Pace and Pause Experiment - Concept brief

Understand the idea behind pace and pause experiment and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae notices more choice when a request is not rushed.

The idea

Changing pace can reveal preferences and limits.

An ordinary example

Rae notices more choice when a request is not rushed.

What this can look like

Compare one short sentence spoken or read at two chosen speeds; use text-only comparison if speaking is uncomfortable.

Check the fit

What pace supports useful contact for you? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Awareness is information, not a demand to explain every sensation or change immediately.

Reflection

What pace supports useful contact for you?

Scope and adaptation

Keep experiments collaborative and low intensity. Chair-based or unfinished-business exploration belongs with appropriately trained clinicians after assessment, with a stop cue and an observing alternative. Do not interpret symbols, recover memories, force body focus, or use cathartic confrontation.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Gestalt Therapy: An Introduction. Full source links and scope: library.morethantherapy.org/approaches/resources/GST-A16-1