Pace and Pause Experiment - Review journal

Review an attempt at pace and pause experiment and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Changing pace can reveal preferences and limits.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What pace supports useful contact for you? My optional adjustment or support request:

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-A16-5