Choice at the Contact Point - Practice worksheet

Identify one adjustable moment in an interaction and list what remains outside your control.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae cannot change a workplace policy but can ask for its written explanation.

Use an ordinary or fictional example, with a clinician when appropriate. A small choice may exist without eliminating constraint.

Practice task

Identify one adjustable moment in an interaction and list what remains outside your control.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Where is a realistic choice, and where is support or advocacy needed?

4. An optional next step, support, adaptation, or reason to stop:

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-A18-2