Awareness between Sessions - Practice worksheet

Choose one ordinary moment to notice during the week, define a short time limit, and decide when to stop tracking.

Adults; supported use as appropriate | 15 minutes

Fictional example: Rae observes one transition after work instead of monitoring every feeling.

Use an ordinary or fictional example, with a clinician when appropriate. Observation practice need not become constant self-monitoring.

Practice task

Choose one ordinary moment to notice during the week, define a short time limit, and decide when to stop tracking.

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

2. My response to the practice task above:

3. What is enough noticing for this experiment?

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-A20-2