

Gestalt therapy

Noticing What Is Happening Here

Adults | 10 to 15 minutes

Gestalt therapy pays attention to present experience and the person's situation. This brief reflection helps you notice what is happening now without requiring an intense exercise, closed eyes, bodily focus, or a story about the past.

Choose a manageable moment in a conversation. Notice only what feels tolerable; you can use external observations instead of bodily sensations.

Describe before interpreting

Separate what you can observe from the meaning you add. For example, 'I looked away' is an observation; 'I must be failing' is an interpretation.

Bring curiosity to contact

Notice what you want to say, ask, or pause. You can share one observation with a therapist and check whether their response fits your experience.

1. What do I notice in the situation right now?**2. What feeling or thought is present, if I want to name it?****3. Which part is an observation and which is my interpretation?****4. What would I like to say, ask, or pause in this conversation?****Clinical use and adaptation**

This is an orientation exercise, not a Gestalt protocol. Seek consent for experiential work and adapt attention practices for trauma, dissociation, sensory needs, and accessibility. Do not infer hidden meaning or require enactments.