This is the term that most often used by a gestalt therapist. You as a reader have clear idea of what does it mean and on the other hand I believe the meaning of it must explore in depth rather than simplified meaning of it. Now to start I am inviting you to notice the concept of unfinished business in regard to your inner and outer self. What is unfinished business for you at this moment of your life? What are you experiencing when you are noticing some unfinished business of yours?

How can you notice and realize your unfinished business and indeed how and when would you willing to finish your unfinished business? Let’s talk about what is unfinished business, the events which happened in the past and have profound affect on you and caused logical and emotional disturbance (short term or long term) that were rationally thinking unacceptable and inappropriate.

With such definition I wonder individual is able to go on with daily life without noticing such important element. An individual also might realize how she or he had been avoiding dealing with the issues from the past which bothered the person. Avoidance tool is self talk that individual might have been using most likely such as: use of language and core belief system like, by saying to yourself, oh well I am big girl or boy now; I will get over, all those past!

This means individual have been maintaining this unfinished business by avoiding to deal with it through made logic by use of generalization, distortions or through behavior by use of maladaptive behavior or through the effect of it by feeling of hopeless and unable to make any changes. Individual also might maintain such issue by refusing get help, discrediting self and feeling anxious even when reaches to an ex-ordinary achievement or accomplishment in life. Individual may also use irrational thoughts in order to avoid dealing with this issue that would generate fear. Then individual will isolate oneself, vulnerable for abuse, deprived of protection, love, attention, generate negative view of the self and etc.

After all this depends on the individual to recognize the conflict and decide when, how, where to deal with unfinished business and how to approach for finishing an unfinished business. On the other hand I do believe that the most basic element of noticing and dealing with any unfinished business is AWARENESS which will lead individual to explore all aspects of life in finding and leading for a closure state.