

The Focusing steps according to Gray (2009, p. 37 -39)



Gray's steps

Clear a space

When we focus we just ask – “what’s between me and feeling just fine right now?”

Then just wait and see what comes.

Something may come as physical sensation or a feeling

Or maybe a thought comes –if a thought comes check to see if there is a body sense that goes with the thought.

Make a space for it, find the right distance for it – Allow it and acknowledge it or recognize it and perhaps name it.

You can do this several times to see what wants your attention and each time allow it and acknowledge it and set it aside at the right distance for you.

Once you have created a space spend some time there separate from your issues or problems

Felt sensing

Now you have cleared a space ask a question like:

What do I most need for myself today? Or What feels most important for me at this time?

It is important to wait – *for the more.....*

Stay with your body sensation and let words or images come directly from the felt sense. Check in to see if the word/image does fit your felt sense

Finding an action step –

Ask what step you can take today to help your situation – Wait

Check back into your body to see if that action step fits

Receiving

Whatever information you receive, appreciate it and be thankful/grateful for what your body has shown you.