


## What makes Focusing work according to Gray?



Lucinda Gray tells us that the things that make focusing work are:

If we can ‘let go of trying to make something happen or fix something’

If we can begin with a “non-judgemental acceptance” of whatever comes and to trust the wisdom of our bodies and what “might fit”

If we can get the idea that change is possible

If we can be with our feelings and attend to them like we would a guest in our home.

If we can realize we can feel better, even if we don’t know all the answers to our problems

If we can acknowledge that “words and images can come directly from body experience”

If we can realize forward steps come from our “bodily felt experience” (2009, pg. 8 and 9)