

The Focusing Steps according to Amodeo



Take some time to become quiet.....pause. Allow your attention to settle inside your body. Just be with how you feel.... (pause at least one minute)

1. Clearing a space by taking an inventory
 - a. Allowing your attention to remain inside your body, notice if there's anything going on in your life that's getting in the way of feeling really good right now.... (pause: wait for response)
 - b. Can you put that aside for now?....(Wait until there is a sense of putting it aside. If after several attempts, you cannot set it aside, proceed to Step 2)
 - c. Is there anything else going on in your life that's getting between you and feeling good right now?....
 - d. Just notice that whole thing and see if you can set it aside for now
 - e. If those for all resolves would there be anything else getting in the way of feeling really good?
 - f. Can you put that aside?
 - g. Anything else?

Continue in this manner, repeating steps (f) and (g) until your inventory feels complete. You might ask yourself, "Would I feel really good right now if all these issues were resolved?"

- h. Is there anything else in your life that is not a problem that would like attention now?

2. Sensing which one wants attention right now?

- a. Of all these issues that came up for you, which one feels the heaviest, stands out the most, or is calling for attention right now?....

3. Is it OK to be with this?

- a. Is it Ok to be with this for a while? Just check to see if your body says "yes" or "no" (pause....if "yes" go to step 3).
 - b. If it is not OK ask: Is it OK to be with how scary or difficult it is to get in touch with this right now? (if "yes" notice how your body feels about this. Then, when you feel ready, proceed to Step 3. If the answer is still "no" then notice if there's another issue that feels okay to be with.)

4. Allowing a felt sense to form

- a. How does this whole thing feel inside your body right now?.....(pause)
 - b. Where in your body do you feel it?.....
 - c. What does it feel like?....
 - d. Take some time to sense it inside of yourself, apart from your thoughts about it....

5. Allowing it to express itself

- a. As you stay with how your body is experiencing the whole thing, allow a word, phrase, or image to come that expresses how you feel inside...
- b. Just allow yourself to be with that whole sense of _____ (whatever word, phrase, image etc came up). If anything more wants to come to you as you stay with that (whether a new word, phrase, image, memory, or felt meaning), then allow it to come. (Continue in this manner, using step (b) to open to each new experience as it arises. If something particularly painful or difficult emerges, see if you can be with it in a gentle caring way)

After several cycles, when you sense there has been some release, you may ask:

- c. Does that feel complete for now, or is there something that would like more attention? (if complete, go to step 6. If not return to Step (b) or, if you are feeling stuck, proceed to ask one of the following optional questions):
- d. Optional step: asking
 1. Exploratory questions:
 - Staying with how your body is experiencing the whole issue or situation, notice if you get any sense of what that's about.
 - What's the main thing about all this that's really getting to you?
 - What's the worst thing about it?
 - What is it about this whole issue you're dealing with that has you feeling so _____? (whatever word or phrase that may have arisen that matches your felt sense
 2. Forward moving questions
 - (remember to allow your attention to be inside your body as you work with any of these questions):
 - Do you have a sense of what direction would feel like a small step forward with all this?
 - What direction would feel like a breath of fresh air?
 - What needs to happen in order to feel better about the whole situation?...Is anything getting in the way of that happening?

6. Allowing yourself to be

Just allow yourself to be with how you feel inside right now, perhaps with a sense of appreciation for whatever steps you may have taken.