

## A SUMMARY OF THE STEPS OF FOCUSING



1. PAUSE
2. FELT SENSE
3. DESCRIBE IT (HANDLE)
4. DOES THAT FIT (RESONATE)
5. ASK (SOME QUESTIONS)
6. RECEIVE (THE ANSWERS)

- We first settle ourselves using breath and or a grounding technique and then follow our breath into the inside of our bodies, mainly in our torso area.
- Then we ask: “What is getting in the way of feeling fine right now?” Or “**What feels like it most needs listening to inside me right now?**” Or you can focus on a particular issue you are struggling with. We can ask “What does this whole thing feel like?” or “**What sense do I have of this whole something**” and we wait.....**PAUSE..... (STEP 1)**

People, especially young people, are surprisingly good at this and intuitively know how our body speaks to us

- A physical sensation may come...a tightness in the chest, butterflies etc (or sometimes words or a phrase or metaphors or images or gestures or even sounds)
- A “felt sense’ starts to form (STEP 2 - felt sense)
- We wait and let that felt sense emerge and unfold. **We make sure it is OK to spend sometime with it. We describe it and spend some time with it (STEP 3 - handle - describing).**
- We check if the description fits (STEP 4 -Resonates).
- We ask it some (process) **questions** and we let it respond (STEP 5 – Asking)
- **We receive the more that comes (STEP 6- Receiving).** We thank our body for what it has shown us.

Clearing a space in the original first step of Focusing and is taught as a separate practice