

Listener

1. Do a lead in
2. Ask the focuser one of the following questions of their choosing:
“What wants my awareness now?” or feels like it needs listening to inside me right now?” or
“What is in the way of feeling OK?” or
“What sense do I have of this whole something/issue that is bothering me?”
3. (*Focuser describes their “felt sense”*) Listener just repeats what they say (echo) start with: “You are sensing something in you that _____”
4. Ask the Focuser, ‘Is it OK to spend some time with it?’
5. Say, ‘Perhaps, you can turn towards this something you are sensing and say hello and keep it company in a gentle, friendly way (and if not gentle, curious).
6. Say, ‘You might like to notice if something has changed (or not)?’
7. ‘Would you like to ask it some questions? Open your eyes and choose 2 from the Focuser’s guiding suggestions. Take you time and pause after you ask each question. You can share with me (or not) what comes’.
8. “You might like to receive the answers and find a stopping place and thank your body for what it has shown you’
9. When you are ready bring yourself back into this room and feel your self sitting in this chair, grounded to this earth, connected to something larger than yourself.
10. Swap places

Focuser's Guiding suggestions:



Focuser

1. Decide whether you want a lead in and what type
2. Listen to the Listener's invitation and **PAUSE (Step 1)** and get a sense of the bodily feel or quality of this whole thing "**FELT SENSE**" (**Step 2**)
3. **DESCRIBE IT (Step 3 - handle)**
4. **CHECK IF IT FITS (Step 4 - resonate)**
5. *Make sure it is OK to spend some time with it SAFETY QUESTION*
6. Say **HELLO** and **KEEP IT COMPANY** (gently, with curiosity)
7. **ASK "IT" SOME QUESTIONS** (you choose) just 2 or 3 (**Step 5 - Ask**)
8. **HEAR** what your body tells you (**Step 6 - RECEIVE IT**)
9. Find a stopping place and **THANK YOUR BODY** for what it has shown you
10. **GROUND YOURSELF** (a '**FELT SHIFT**' may happen, it can be subtle).

Please note: This is a 'being with' method not a 'doing or fixing' method. However, it often brings a little easing and a forward movement because as Gendlin says: 'Your body knows how to fill itself in'.

By just allowing and acknowledging the 'somethings' we find, in our inside place, can unfold a way forward.