

## Focusing Sheet

Focusing Initiation:

- Center yourself in presence (conscious breaths, noticing where body feels open and comfortable)
- Bring awareness (sense) into my body
- Notice contact with (and support from) chair
- As ready, bring awareness inward noticing throat, chest, belly
- Let awareness rest in that inner area

Guiding Questions or Statements (and my responses)	Record responses from body (sense into each response)
What wants my company now?  OR  How am I about that issue?	
<i>Say hello to that felt sense. Is there more?</i>	
<i>[Ask until I get all sensed responses]</i>	
I'm finding the best way to describe it.	
<i>I'm checking back with my body (and refining)</i>	
Is it OK to just be with this right now?	
<i>I'm checking back with my body</i>	
I'm sensing how it would like me to be with it.	
<i>I'm checking back with my body</i>	
I'm sitting with it, with interested curiosity.	
I'm sensing how it feels from its point of view.	
<i>I'm checking back with my body (and refining)</i>	

## Focusing Sheet

Guiding Questions or Statements (and my responses)	Record responses from body (sense into each response)
I'm sensing if it has an emotional quality.	
<i>I'm checking back with my body (and refining)</i>	
I'm asking "What gets it so _____?" [emotional or description word]	
<i>I'm checking back with my body (and refining)</i>	
I'm sensing what it does <b>not</b> want (experience and feeling).	
<i>I'm checking back with my body (and refining)</i>	
I'm sensing what it wants or needs (experience and feeling).	
<i>I'm checking back with my body (and refining)</i>	
I'm asking my body to show me how 'all OK' would feel.	
<i>Let it know I hear that and spend some time with that feeling.</i>	
I'm checking if it's OK to stop soon?	
<i>Let it know I hear that</i>	
I'm saying "I'll be back."	
I'm thanking my body and the parts that have been with me.	

Helpful hints to me:

- Be a good listener to myself
- When having a feeling, say 'Hello, I know you are there.'
- Stay present, listen and wait patiently for responses from my felt sense
- It's NOT what needs to be done; it IS what needs to be heard
- Sit with -- not in -- my feelings
- Listen for what I don't already know