

SOLO FOCUSING PRACTICE CARD

Solo Focuser: full menu	
<p>COMING IN</p> <p>If you are sitting down:</p> <ul style="list-style-type: none"> ▪ I'm bringing my awareness into my body... ▪ Sensing my feet, my legs, my seat and the support holding me up, my hands, my arms ▪ Sensing the inner area of my body: my throat....chest....stomach....and belly... <p>If you are walking:</p> <ul style="list-style-type: none"> ▪ I'm bringing awareness into my body... ▪ Sensing my feet as they hit the ground...my arms and hands...sensing the inner area of my body: my throat....chest....stomach....and belly... <p><i>Begin with a specific issue in mind, by talking about it. Or begin by checking in your body.</i></p> <p>MAKING CONTACT</p> <ul style="list-style-type: none"> ▪ "I'm sensing something..." ▪ "I'm describing it" ▪ "I'm checking the description with my body" ▪ "I'm acknowledging I know it's there" ▪ "I'm sensing if it knows I'm here with it" ▪ "I'm sensing how it would like me to be with it" <p>DEEPENING CONTACT</p> <ul style="list-style-type: none"> ▪ "I'm sensing if it's OK just to be with this" ▪ "I'm sitting with it with kindness and openness" ▪ "I'm sensing how <i>it</i> feels from <i>its</i> point of view" ▪ "I'm sensing if it has its own emotion or mood" ▪ "I'm letting it know I hear it" ▪ "I'm inviting it let me know more" ▪ "I'm sensing if it's OK to turn to the other guest now" <p>BEING WITH MORE THAN ONE GUEST</p> <ul style="list-style-type: none"> ▪ Each time I become aware of a new guest arriving, I greet it, describe it, check the description ▪ I'm sensing what wants to happen next ▪ IF I sense both guests need my Presence: "I'm being with both of these guests" ▪ IF I sense that one of the guests particularly needs my attention now: go back to Deepening Contact with that guest 	<p>IF I FEEL OVERWHELMED OR "CHECKED OUT"</p> <ul style="list-style-type: none"> ▪ "I'm feeling my feet on the floor" ▪ "I'm breathing into my heart" ▪ "I am the space where all this can be as it is" ▪ "I'm saying my name, date, location, etc." <p>COMING OUT</p> <ul style="list-style-type: none"> ▪ "I'm letting my body know we need to stop soon" ▪ "I'm sensing if there's some last thing that wants to come here" ▪ "I'm sensing if something has changed in my body or about my issue" ▪ "I'm letting my body know I'm willing to come back to this Focusing space" ▪ "I'm thanking my body and my body's process" <p>REFLECTING FOR YOURSELF</p> <ul style="list-style-type: none"> ▪ Pause often and reflect your own words ▪ Use Presence Language and your own body, emotion, or felt sense words: <i>"You are sensing...or "You are aware of..." or "You are seeing/hearing/realizing/noticing/remembering</i> ▪ Or, if you've said a lot about a situation: <i>"...and there's something about that..."</i> ▪ NOTE: there's no need to reflect the self-instructions listed under each of the four stages. <p>OFFERING YOURSELF SUGGESTIONS</p> <p>After reflecting, look at the menu under the "Making Contact" or "Deepening Contact" stages and try one of the suggestions to see what feels right.</p> <p>Note: It's good to add "you might", or "maybe", or "perhaps" to your suggestion: by itself, "Let it know you hear it" sounds like an order.</p> <p>Example: "I'm sensing something in my stomach that feels hot." "You're sensing something in your stomach that feels hot...and you might check that description with your body."</p> <p>Example: "I'm hearing my stomach say, "This is no good."" "You're hearing your stomach say, "This is no good..." and you might sense if it knows you are here with it."</p>