

## CLASS 3: ACTION STEPS

Focuser	Companion
<p><b>COMING IN</b>  <i>Use this short lead-in, or a longer one, or your own. Or you can ask your companion to lead you in.</i></p> <ul style="list-style-type: none"> <li>▪ I'm bringing my awareness into my body...</li> <li>▪ Sensing my feet, my legs, my seat and the support holding me up, my hands, my arms</li> <li>▪ Sensing the inner area of my body: my throat....chest....stomach....and belly...</li> </ul> <p><i>Think of your bigger "wanting" issue. If you know what action you need to take next: invite the whole feel of taking that action and see what comes. If you aren't sure: invite "what wants to happen next", or "what it [the wanted thing] needs from you now"</i></p> <p><b>MAKING CONTACT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm sensing ["aware of, remembering, seeing, hearing, realizing, understanding] something..."</li> <li>▪ "I'm describing it"</li> <li>▪ "I'm checking the description with my body"</li> <li>▪ "I'm acknowledging I know it's there"</li> <li>▪ "I'm sensing if it knows I'm here with it...or if it feels alone"</li> <li>▪ "I'm sensing what kind of contact would help it know I'm here"</li> <li>▪ "I'm sensing something sending sleepiness or fog"</li> </ul> <p><b>DEEPENING CONTACT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm sensing if it's OK just to be with this"</li> <li>▪ "I'm sitting with it with kindness and openness"</li> <li>▪ "I'm sensing how it feels from its point of view"</li> <li>▪ "I'm sensing if it has its own emotion or mood"</li> <li>▪ "I'm sensing what it is <i>not</i> wanting"</li> <li>▪ "I'm letting it know I hear it"</li> <li>▪ "I'm inviting it to let me know more"</li> <li>▪ "I'm sensing if some action is needed"</li> <li>▪ I'm sensing what comes in my body when I imagine taking this action"</li> </ul> <p><b>COMING OUT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm letting my body know we need to stop soon"</li> <li>▪ "I'm sensing if something has changed in my body or about my issue"</li> <li>▪ "I'm letting my body know I can come back, thanking my body, etc."</li> </ul>	<p><b>SET UP THE SAFE CONTAINER</b>            Ask the Focuser:</p> <ul style="list-style-type: none"> <li>▪ "Are you sitting comfortably?"</li> <li>▪ "Can you hear me OK?"                [In person: "How is this distance between us?"]</li> <li>▪ "Is there anything you'd like from me as your Companion?"</li> <li>▪ "Would you like a lead-in?"</li> <li>▪ [If yes] "Do you have an issue?"</li> <li>▪ "How many minutes signal would you like before your time is up?"</li> </ul> <p><b>COMING IN AND HOLDING THE SPACE</b>            Offer a lead-in if the Focuser requested one. Then—  <i>If the Focuser has an action in mind:</i></p> <p style="padding-left: 40px;">"...and there's that action you are thinking of...as you imagine taking it, sensing what comes in you now..." OR            "...and as you remember your wanting to ___, inviting the felt sense of what wants to happen next..."</p> <p><i>If the Focuser doesn't have a specific issue:</i></p> <p style="padding-left: 40px;">"...and when you are ready, sensing what wants your awareness now..."</p> <p><b>REFLECTING</b></p> <ul style="list-style-type: none"> <li>▪ Use Presence Language ("You are sensing, aware of, seeing, hearing, realizing, noticing, remembering, understanding")</li> <li>▪ <i>If the focuser has said a lot about a situation:</i>                "...and there's something about that..."</li> <li>▪ <i>If the Focuser doubts their experience, just reflect what they ARE experiencing:</i>                F: "I could just have indigestion, but my stomach feels funny."                C: "You are sensing something in your stomach that feels funny."                If the Focuser feels "nothing", or feels "empty":                Focuser: "There's nothing there."                Companion: "You are sensing something that feels like nothing. "</li> </ul> <p><b>GIVE THE TIME SIGNAL</b></p> <ul style="list-style-type: none"> <li>▪ "...and we have about ___more minutes."</li> </ul>