

CLASS 4: THE INNER CRITIC

Focuser	Companion
<p>COMING IN <i>Give yourself a short, medium, or long lead-in, or your own lead-in. Or ask your companion to lead you in.</i></p> <p><i>Invite what is here freshly, now, about your “wanting.” Or invite what comes when you imagine taking the next step towards your wanting.</i></p> <p>MAKING CONTACT</p> <ul style="list-style-type: none"> ▪ “I’m hearing a critical voice saying_____” ▪ “I’m sensing if it has a location” [around your head somewhere? tension in the body?] ▪ “I’m acknowledging I know it’s there” ▪ “I’m sensing if it knows I’m here with it...or if it feels alone” ▪ <i>If it feels alone: “I’m sensing what kind of contact would help it know I’m here”</i> <p>DEEPENING CONTACT</p> <ul style="list-style-type: none"> ▪ “I’m sensing if it’s OK just to be with this” <p><i>If you hear yourself saying, “I feel oppressed or crushed or scared by the Critic,” you may be merged:</i></p> <ul style="list-style-type: none"> ▪ Re-ground yourself in Presence. ▪ “I’m sensing something in me that feels crushed [overwhelmed, shamed, terrified] by this critical part” ▪ “I’m sensing how I’m experiencing that in my body now...describing it...” etc <p><i>When you have enough Presence to let the Critic be as it is:</i></p> <ul style="list-style-type: none"> ▪ “I’m sitting with the Critic, reflecting its concerns and looking at them together, one by one” ▪ “I’m checking if I’m hearing it accurately” ▪ “I’m sharing my grownup perspective with it” ▪ “I’m sensing how it responds to me” ▪ “I’m sensing what it is afraid of or <i>not wanting</i>” ▪ “I’m inviting it to bring me more concerns” <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 something has changed in my body or about my issue” ▪ “I’m letting my body know I can come back, thanking my body, etc.” 	<p>SET UP THE SAFE CONTAINER</p> <p>Ask the Focuser:</p> <ul style="list-style-type: none"> ▪ “Are you sitting comfortably?” ▪ “Can you hear me OK?” <p>[In person: “How is this distance between us?”]</p> <ul style="list-style-type: none"> ▪ “Is there anything you’d like from me as your Companion?” ▪ “Would you like a lead-in?” ▪ [If yes] “Do you have an issue?” ▪ “How many minutes signal would you like before your time is up?” <p>COMING IN AND HOLDING THE SPACE</p> <p>Offer a lead-in if the Focuser requested one. Then—</p> <p><i>If the Focuser has a wanting:</i></p> <p style="padding-left: 40px;"><i>“...and there’s this wanting to ___...imagining you are taking the next step towards that...and sensing what comes in you now...”</i></p> <p><i>If the Focuser doesn’t have a specific issue:</i></p> <p style="padding-left: 40px;"><i>“...and when you are ready, sensing what wants your awareness now...”</i></p> <p>REFLECTING</p> <ul style="list-style-type: none"> ▪ Use Presence Language (“You are sensing, aware of, seeing, hearing, realizing, noticing, remembering, understanding”) ▪ <i>If the Focuser is listening to a critic, reflect as usual:</i> <i>“You are hearing it say___”</i> ▪ <i>If the Focuser doubts their experience, just reflect what they ARE experiencing:</i> F: “I might be making this up, but I thought I heard a voice in me say, “_____” C: “You’re hearing a voice saying, “_____” ▪ <i>If the Focuser feels “nothing”, or feels “empty”:</i> F: “My stomach just feels empty.” C: “You are sensing something in your stomach that feels empty.” <p>GIVE THE TIME SIGNAL</p> <ul style="list-style-type: none"> ▪ “...and we have about ___more minutes.”