

FOT-1 Practice Sheet #1: Focuser

Focuser leads themselves into present moment awareness and describes their experience.

"I'm bringing my awareness to my body. I'm sensing my hands, what they're touching, how that feels. I'm sensing my legs and my feet. I'm sensing my body's contact on what I'm sitting on and resting into that support. I'm bringing awareness inward into my throat, chest, stomach and below..."

Sensing inwardly using Presence language: "I'm sensing something in me that feels..."

"I'm sensing what's wanting my awareness now."

"I'm sensing...something in me that..."

"I'm acknowledging it..."

"I'm sensing how it would like me to be with it."

"I'm describing it" (with words or images or gestures or...)

I'm sensing if the description fits."

I'm noticing how that feels in my body..."

"I'm just being with it..."

(If there is more than one "something," repeat last two phrases)

(At the end) "I'm thanking my body and my body's process."

FOT-1 Practice Sheet #1: Companion

Companion asks Focuser: "Are you sitting comfortably?"

In person: "How is this distance between us?"

Online: "Can you hear me OK?"

"We have ___ minutes. How many minutes signal would you like?"

Bring your awareness into your own body as you keep your gentle attention with the Focuser

With soft eyes/ears and calm patience, interested, holding a space for whatever is there.

It's ok to make little murmuring sounds if it feels right, but NOT to be helpful (in other words, not coming from a place of trying to help the Focuser).

Reflections: Reflect when the Focuser begins with "I'm sensing..." changing it to "You're sensing..."

Your main intention is to hold a space of interested, warm-hearted presence for your partner, mostly in silence. You are not responsible for the Focuser's session!

"We have about ___ more minutes."

**Practice Sheets have been adapted from the work of Ann Weiser Cornell.*

FOT-1 Practice Sheet 2: Focuser

Speak for a few minutes about an issue that is puzzling or troubling to you (and of course one you feel comfortable sharing). Now bring awareness into your body and invite a felt sense about what you've been saying.

When you feel ready, slowly describe the felt sense using Presence Language statements like, "I'm sensing, noticing, aware of, wondering about...something in me that is/feels..."

When your Companion reflects your words, offer them inwardly to the felt sense itself. Take time to sense if those words fit exactly and completely, or not at all, or if they're partly right but there's more.

Stay with the feeling, continuing to describe it, and check the description using the Companion's repetition of your words. If you find yourself getting into 'a story,' gently come back to your body.

When you get the ending time signal, let the felt sense know that you are willing to come back to it another time...and thank it.

FOT-1 Practice Sheet 2: Companion

Companion asks Focuser: "Are you sitting comfortably?"

In person: "How is this distance between us?"

Online: "Can you hear me OK?"

"We have ___ minutes. How many minutes signal would you like?"

Remain silent in Presence while the Focuser speaks about a life issue and invites a felt sense about it. When the Focuser describes a felt sense, wait to make sure they've really paused. (about a breath)

Reflect their description back to them, so they can check if it really fits.

Use Presence language in your reflections to support the Focuser's sense of being with something.

"You're sensing something in you that feels..."

"Sensing" can be changed to "noticing, aware of, interested in, wondering about, something that..."

ONLY say back felt sense descriptions. You can repeat their own words when they are based in feeling or sensing. Anything else that the Focuser says, just leave unreported.

Remember it is not your job to "be helpful" to the Focuser. Do not give advice, opinions or interpretations.

"We have about ___ more minutes."

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FOT-1 Practice Sheet 3: Focuser

1. Coming In

"I'm taking time to sense into my body, first the outer areas, then throat, chest, belly."

"What wants my awareness now (about that issue)?"

2. Making Contact

"I'm noticing something..."

"I'm acknowledging this something."

"I'm sensing how it would like me to be with it."

"I'm finding the best way to describe it."

"I'm checking the description with my body."

3. Deepening Contact

"I'm seeing if it's okay to just to be with this."

"I'm sitting with it, with interested curiosity."

"I'm sensing how it feels from its point of view."

"I'm sensing if it has an emotional quality."

"I'm letting it know I hear it."

"I'm open to any more it wants to let me know."

4. Coming Out

"I'm sensing if it's okay to stop soon."

"I'm letting it know I'm willing to return."

"I'm thanking my body and my body's process"

FOT-1 Practice sheet 3: Companion

Companion asks Focuser: "Are you sitting comfortably?"

In person: "How is this distance between us?"

Online: "Can you hear me OK?"

"We have ___minutes. How many minutes signal would you like?"

Bring your awareness into your own body. Say hello silently to any of your own feelings.

Wait till the Focuser speaks...and then wait until the Focuser pauses.

Reflect the last whole thing the Focuser said with "You're sensing..." except:

When the Focuser gives a self-instruction (example sentences on the Practice Sheet 1), do not say that back. Leave a space of about one breath in length between the Focuser's sentence and you're saying it back. Use your voice in a way that supports contact and empathy with the Focuser.

If there is a **story** try, "You're sensing something about (aspect of the story) that feels..."

Reflect the essence of what is being conveyed. Be careful not to change or add too much.

"You have about ___more minutes."

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FOT-1 Practice Sheet 4: Focuser *(Have Exercise 3 with you, also.)*

Bring your awareness into your body and invite what wants your attention now **OR** begin talking about something that you want to work on and keep checking into your body until you sense "something."

Describe and acknowledge what you're sensing.

When the Companion says back your words, take the Companion's words inside and check if they fit or not, or if they're partly right but there's more. Let the companion know.

Explore what's there with interested curiosity. Notice the kind of contact and distance it would like with you. Sense for its point of view, emotional quality and what it conveys. Let it know you hear it.

When you hear the signal to begin to stop, check inside if there's something more that needs to come before you stop. Then say you will be back and thank what came....

If you lose contact with the present moment try one of these phrases:

"I'm freshly sensing how that is in my body right now."

"I'm sensing how that is alive in me right now."

"I'm pausing and noticing how all that feels right now."

FOT-1 Practice Sheet 4: Companion

Companion asks Focuser: "Are you sitting comfortably?"

"How many minutes signal would you like?"

"What would you like from me as your Companion?"

Bring awareness to your body, noticing your posture and breathing.

Say hello silently to any of your own feelings. You are creating a "field of Presence" for the other.

This time you're going to say something back each time the Focuser comes to a full stop.

Take a breath before you say back the Focuser's words in a gentle but audible voice....

Use Presence Language:

"You're sensing..."

"You're noticing..."

"You're aware of..."

".... something in you feels/is..."

Say back feeling, sensing or body words. Reflect what is being conveyed. If there's a lot, say back just the last whole thing. Stay with the essence of their process. Do not get ahead of them.

Don't ask questions or make suggestions. Don't interpret or analyze. Don't take responsibility for the process. Your job is to be with them in a way that allows them to be with their emerging experience in whatever form that takes.

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