

1 → 2

- Please tell me more about what happened / what you experienced then.
- You might have your own thoughts about all this.
- I wonder what are you thinking and feeling about the situation now.

2 → 3

- What was it like for you being in that situation?
- How did you feel or respond when ...?
- I expect this had some impact on you.

FEELING → FELT SENSING

Someone here might be aware there is more to what they are feeling than they currently have words for. If clients are unfamiliar with felt sensing, it will be helpful to affirm the rightness of their bodily experiencing. Most clients will benefit from being prompted to tune into their bodily experiencing.

3 → 4

- Describe what happens to you when you are overwhelmed.
- Do you just feel anger or is there more? (Klein, Mathieu-Voughlan, Kiesler)
- How is it to be you ... going through these medical procedures? (Klagsbrun)
- Let's pause for a moment ... How is it to be telling me about what happened?
- And maybe some of that feeling disappointed is there now.

4 → 5

- I wonder what that whole thing you have been talking about feels like in here. (Klagsbrun)
- Don't go too fast ... feel it for a moment. (Depestele)
- You might sense how it would like you to be with it. (Lou)
- I am going to ask you to do something a little different. Put aside all you already know about this, and sense how the whole thing makes you feel in your body. (Gendlin)
- I'm kind of still with that dark heavy sadness you were mentioning ... that sounded important and very real. I'm wondering if it's still there, in your chest ... (Cornell)

FELT SENSING → FELT SHIFTING

At this level, new awareness and personal meaning come through felt shifting. I remind myself to allow plenty of time for felt senses to evolve. It becomes more important to accurately use the clients' words when reflecting. I appreciate Ann Weiser Cornell's suggestion that "empathic prompts" and "cushioned suggestions" are more likely than questions to facilitate inner sensing.

5 → 6

- Right there in your chest ... a funny kind of squeezing. (Cornell)

- You are sensing something in you is sad (Cornell). One thing you could try to do is ask your body “What’s this sadness all about?” (Gendlin)
- You might ask, “What is the main thing in it that makes me feel bad?’ Let your body answer. (Gendlin)
- Can I ask what the black cloud might be saying to you? (Ikemi)
- Now see if you can find a word or phrase (or image) to match just what that sense is... what fits. (Gendlin)
- Check and see if those words get at the bodily feel of it all – “all upside down” – or if other words fit better.

6 → 7

When someone is in the flow of expanding awareness, it might be enough to attend silently. Listen with all senses for which words resonate with the client’s felt sense and reflect a few key words back.

- Ask your body sense “What would be a right step here?” (Gendlin)
- You could invite it to let you know what is it wanting / not wanting. (Cornell)
- Allow time and space to fully receive all that wants to come.

Ideally clients move fluidly through the levels, back and forth as appropriate and operating at deeper levels when beneficial. To the extent we can facilitate deeper experiencing, clients will have the lifelong, life-giving ability of Focusing we know to be so valuable. It can be helpful to explicitly describe the process at opportune times; e.g. “Earlier, when I suggested you pause and sense how all that about your breakup was feeling inside your body, you became aware of a fear about being alone, and by acknowledging the fear, it settled into a more comfortable feeling, that process is called Focusing.....”

Janet Beggs