

## Level 2 Crib Card – Class 5

### FOCUSER

In addition to Focusing today in the way that suits you (and using the Crib Card from Class 1 for Self-Instructions) you might also want to keep in mind the following:

#### Six Recommendations

- 1. Being in Presence**  
"I'm sensing something in me that (feels)..."
- 2. Going Slowly**  
"I'm taking time to...."
- 3. Sensing in the Body**  
"I'm noticing how that feels in my body now..."
- 4. Staying in contact with the Unclear Edge**  
"I'm sensing for what is unclear here...."  
"It's *something* about..."
- 5. Holding a Space for Something New to Come**  
"I'm letting it know it can be as it is for as long as it needs to be..."
- 6. Whatever Feels like *Fresh Air* is a Step, No Matter What it Looks Like**  
"I'm saying 'yes' to what's come..."

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### COMPANION

1. "Are you sitting comfortably?"
2. "How many minutes signal would you like?"
3. "What would you like from me as your Companion?"
4. "Would you like me to lead you in?"  
(*if yes*) "What kind of lead-in would you like?"

**If asked for a Lead-In**, follow along in your own body, speaking slowly and gently and pausing when appropriate. **Use Presence Language** when reflecting:

- "There's *something about* that (incident/situation...)"
- "...something in you" **if the Focuser was identified**
- When you "hear" a response from "It," "You're sensing..." becomes "It's letting you know..."
- *Follow the Focuser's language*: "it"; that place"; "he/she"
- Be sure to say back **present emotion**.
- Say back anything **said twice**.
- No need to say back past experiences
- **Do not say back doubts about the process.**

**At the end:** "We have about \_\_\_\_ more minutes"