

Level 3, Reminding FOR THE COMPANION
Making Contact (B stage)

(if Distant Process)

Maybe just be with that.
You could just take time with that.

(if Close Process)

Maybe you could acknowledge that.
See if you'd like to say hello to that.
You might say to that, 'Yes I know you're there.'

(all process types)

So take that word "_____" back to the feeling in your body, and see if it fits, or if another word fits even better.
See if that word "_____" says it well.

[if they didn't describe it]

You might take some time to sense how you would describe that.

[if it isn't a body sensation]

You might take some time to sense how that feels in your body.

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Level 3, Reminding FOR THE COMPANION
Settling In (C stage)

C1: See if it's OK to just be with that.

C2: Maybe you could be with it with interested curiosity.

C3: You might sense how IT feels from ITS point of view. (or: You might sense ITS emotion.)

Deepening Contact (D stage)

(when "it" starts to communicate somehow)

("You're sensing"-->"It's letting you know" or "It's showing you")

Maybe you could let it know you hear it.

You might say to it, "No wonder..."

You might sense if there's more it wants you to know (or see).

You might invite it to let you know what it's *not wanting* to have happen to you.

(for positives:)

You might let that be there as fully as it wants to be.
Take your time to fully receive how that feels in your body now.