

Guiding When 'Positive' Feelings Are There

At the beginning of the session:

[There is no need for the Focuser to disidentify from (say hello to, call it 'something in you') a 'positive' feeling.]

"You're feeling really joyous right now."

[Describing and checking the description, however, are good to do.]

"You might check if the word 'joyous' captures what that feels like."

[If needed, if the person only feels positives even though you know they want to work on something:]

"You might let this feeling of _____ be like an invitation to any part of you that doesn't feel so _____, if it might also want to come and be heard."

Later in the session, when the 'positive' comes as a shift:

"Take some time to really let your body {OR let yourself} have {OR receive} the feeling of that _____."

"You might let that be there as fully as it wants to be."

"So take time to really let that in/enjoy that/receive/savor that fully."

"You might want to really get acquainted with that positive feeling, almost like you were walking around in it/soaking it in."

At the ending:

[instead of "Let those places know you're willing to be back.":]

"You might want to invite that _____ to stay with you even after the session ends."