

The Bottle

Use reflections, especially with Presence language, before each guiding suggestion. "You're sensing... something in you is/feels [like]..."

A: Leading-in [see other handout]

B: 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.

B: [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.">

B: [if "it" is sensitive] You might sense what kind of contact IT would like from YOU might now.

Reflections: "something in you..." becomes "it" (or "he" or "she")

C1:

See if it would be OK to *be with* that.

<See if it would be OK to keep that company awhile.>

<See if it would be OK to spend some time with that.>

C2:

Maybe you could sit with it, with interested curiosity.

<You might sit with it, like you're wanting to get to know it better.>

C3:

Take some time to sense how it feels from its point of view.

C3+ [if needed]: You might sense if it has its own emotion.

<You might sense what mood it's in.>

D:

Reflections: "You're sensing..." becomes "It's letting you know..."

[when "it" says something:]

You might let it know you hear it.

Take some time to sense if there might be more it wants you to know.

[if needed:]

You might invite it to let you know, "What gets it so _____?"

[EMOTION WORD or BODY WORD]

[if needed, especially with fear or anger:]

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

You might invite it to let you know what it *is* wanting for you.

E: [see other handout]

Warning: This is not a formula! Use these phrases as guided by the Focuser's process.

Sentences marked as < > are alternative ways of making the same suggestion.