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“FOCUSING”¹

- Focusing “consists of six steps that identify and change the way thoughts and emotions are held within the body.”¹
- “Focusing can be done virtually anywhere, at any time, and an entire ‘session’ can take no longer than ten minutes, but it’s effects can be felt immediately – in the relief of bodily tension and psychological stress, as well as in dramatic shifts in understanding and insights.”¹
- Focusing “will enable you to find and change where your life is stuck, cramped, hemmed in, slowed down. And it will enable you to change – to live from a deeper place than just your thoughts and feelings.”¹

STEP 1. HOW DO YOU "CLEAR A SPACE?"²

- “How are you? What’s between you and the feeling fine?”
- “Don’t Answer; let what comes in your body do the answering.”
- “Don’t go into anything.”
- “Greet each concern that comes. Put each aside for a while, next to you.”
- “Except for that, are you fine?”

STEP 2. “FELT SENSE”²

“YOU LOOK AT EACH ITEM IN YOUR LIST AND TRY TO SENSE THE BODILY FEELING RELATED TO THAT ITEM.”³

- “Pick one problem to focus on.”
- “Don’t go into the problem.”
- “What do you sense in your body when you sense the whole of that problem?”
- “Sense all of that, the sense of the whole thing, the murky discomfort or the unclear body-sense of it.”

2 - [Focusing Short Form – Gendlin](#), accessed (November 2, 2021).

3 - [Eugene T. Gendlin - Focusing \(effective-mind-control.com\)](#), (accessed November 3, 2021).

STEP 3. “GET A HANDLE”²

“YOU TRY TO NAME THE FEELING, SUCH AS *TIGHT, STICKY, SCARY, STUCK, HEAVY, JUMPY* OR A PHRASE, OR AN IMAGE.”³

- “What is the quality of the felt sense?”
- “What one word, phrase, or image comes out of this felt sense?”
- “What quality-word would fit it best?”

2 - [Focusing Short Form – Gendlin](#), (accessed November 2, 2021).

3 - [Eugene T. Gendlin - Focusing \(effective-mind-control.com\)](#), (accessed November 3, 2021).

STEP 4. “RESONATE”²

“YOU MUST GO BACK AND FORTH OVER THE LABEL TRYING ALTERNATE WORDS.”³

- “Go back and forth between word (or image) and the felt sense.”
- “Is that right?”
- “If they match, have the sensation of matching several times.”
- “If the felt sense changes, follow it with your attention.”
- “When you get a perfect match, the words (images) being just right for this feeling, let yourself feel that for a minute.”

² - [Focusing Short Form – Gendlin](#), (accessed November 2, 2021).

³ - [Eugene T. Gendlin - Focusing \(effective-mind-control.com\)](#), (accessed November 3, 2021).

STEP 5. “ASK”²

“YOU ASK, ‘WHAT MAKES THE WHOLE PROBLEM SO _____?’
REPEATEDLY QUESTIONING EACH ISSUE ELICITS MORE INFORMATION
FROM YOUR SUBCONSCIOUS MIND.”³

- “What is it, about the whole problem, that makes me so _____?”
- “When stuck, ask questions:
 - What is the worst of this feeling?
 - What is really so bad about this?
 - What does it need?
 - What should happen?”
- “Don’t answer; wait for the feeling to stir and give you an answer.”
- “What would it feel like if it was all OK?”
- “Let the body answer”
- “What is in the way of that?”

2 - [Focusing Short Form – Gendlin](#), (accessed November 2, 2021).

3 - [Eugene T. Gendlin - Focusing \(effective-mind-control.com\)](#), (accessed November 3, 2021).

STEP 6. “RECEIVE”²

“YOU SHOULD STAY WITH THE FEELING OF THE ‘BODILY SHIFT,’ EVIDENTLY TO ABSORB IT INTO YOUR MIND. *FOCUSING* SUGGESTS THAT YOU WILL HAVE SUCCEEDED ONLY WHEN YOU FEEL A CHANGE IN YOUR FEELINGS ABOUT THE PROBLEM.”³

- “Welcome what came. Be glad it spoke.”
- “It is only one step on this problem, not the last.”
- “Now that you know where it is, you can leave it and come back to it later.”
- “Protect it from critical voices that interrupt.”
- “Does your body want another round of focusing, or is this a good stopping place?”

2 - Focusing Short Form – Gendlin, (accessed November 2, 2021).

3 - Eugene T. Gendlin - Focusing (effective-mind-control.com), (accessed November 3, 2021).

“WHY IS THE FOCUSING (SIP) EFFORT SIMPLER?”³

- “When an emotion troubles you, three things happen.
 - First, the system fires disagreeable emotion signals.
 - Second, those signals trigger troubling visceral reactions.
 - Third, frustrated search drives initiated by the emotion signals trigger more visceral reactions. Obviously, a “bodily felt sense,” is the combined effect of the three activities within your mind.
- In *Focusing*, such recognition grants you a sense of relief.”