

At the weeklong, I have developed presentations about colliding styles of focusing partnership in the focusing world. We would like for everyone to be able to exchange focusing sessions with anyone else in the world who also has a basic training in partnership. The problem is that most people only know their style of focusing partnership as if it were the only one and they project problems on to the partners from a different tradition, as if they were focusing based in their style.

**6 step focusers.** When Domain Focusers do not guide a 6step focuser even with process suggestions like “maybe you want to stay with that”, they can find that uncomfortable as the focuser (solution: ask for guiding when you want it).

**6 stepper as listener** , the 6 steppers listen to Domain Focusers and they need to learn to not make these process suggestions. . . . Often they forget when the focuser is entering the felt sense and they are drawn into their usual ways (solution: both focuser and listener should just be gentle but the focuser should keep mentioning their preference for “no suggestions, not even process suggestions”).

### **Trespassers Will be Forgiven!**

6 step Focusers tend to project “Absolute Listening” from the focusing book on to Domain Focusers. . . “oh Domain focusers just do that Absolute Listening”, but that is a misunderstanding. Domain Focusing articulates differences in listening based on domain and also, to a lesser extent, on phases. It is a client centered style but instead of giving an emphasis to emotion, it gives an emphasis to felt sense. Remember that felt sense can be present in any domain. . . .(the 3 domains are Thinking, Felt Sensing, Self Empathy). So it is not simplistic nor basic like Absolute Listening but it is strictly reflective like Absolute Listening.

DF listening is like client centered to a degree, but then how it varies listening to thinking, to felt sensing, to self empathy; and how it orients to felt sense rather than to emotion, are both quite different from client centered.

**IRF and DF.** Conflicts between Inner Relationship Focusing (IRF) and Domain Focusing (DF) are much more common than between 6 steppers and Domain Focusing.

**Interaction of Inner Relationship Focusing and Domain Focusing.** Every elaboration of focusing has its vulnerabilities and strengths. Over the last few years Ann and I have gotten good at articulating the collisions of DF and IRF such that they don’t have to be so challenging.

Here is a list of the substantial stylistic differences between IRF and DF:

### **Inner Relationship Focusing**

Something in me feels \_\_\_\_\_  
Parts Work is a common way in  
No clearing a space  
Rules about parts  
Concepts of Presence  
Disidentification  
  
Suggestions by listener  
Listener adds connector phrases  
Situations less emphasized  
Something in me → FS  
  
No domain linking  
Finds gentleness in relation to parts  
  
Important to get out of head  
Avoids direct self questions  
Do not reflect classic IRF out loud prompts  
Listener to the best of their ability  
gives focuser the listening they want

### **Domain Focusing**

Does not use “something in me feels\_\_\_\_”  
Parts work is unusual. . . instead 12 avenues  
Likes Clearing a Space  
No rules about parts  
No concepts about presence  
Dislikes distancing from self; likes self  
coherence/ownership  
No or few suggestions by listener  
Listener does not typically use connector phrases  
Emphasizes situations and felt sense **of** a situation  
holding a situation and letting a felt sense form of  
it  
Encourages Domain Linking  
Finds empathy in relation to felt sense and/or to  
self-in-situation  
Thinking is essential in focusing  
Values direct self questions initiated by focuser  
Do reflect classic DF out loud prompts (questions)  
Listener to the best of their ability  
gives focuser the listening they want

In addition to conflicts between style of focusing there are always individual conflicts as well. People in this class are long term focusers interested in Domain Focusing so there is less chance of conflict, but they are also from different first languages and different regions where focusing is taught differently so lets stay generous and accepting while also using Domain Focusing as an orientation.