

## Commentary on new Large Domain Focusing (DF) Form, (2018)

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1. **SELF-GUIDING FORM.** (Top of Form): Focusing Partnership is the basic molecule of Focusing. (Lee)

a. **Partnership.** Gendlin: “I don’t teach Focusing any more (gasp from audience in 1990)... I only teach Focusing Partnership.” “Without partnership”, he went on to say, “no one really learns focusing.”

b. **Listening/Focusing Reciprocity.** In learning Domain Focusing (DF) partnership, it is essential to learn to listen carefully to the focuser, without trying to fix, without trying to guide, and with good will. **When you learn to listen carefully and deeply to the focuser, you are learning to listen carefully and deeply to yourself which IS Focusing.**

c. **Resource for the Focuser.** The Self-Guiding form is firstly a resource for the Focuser such that there are always further questions and suggestions the focuser can make to herself.

d. **No questions or suggestions initiated by Listener!** In DF partnership the listener does not initiate suggestions or questions to the focuser. The focuser is encouraged to ask for a question or suggestion once or twice in a session and more if they like. In that case and in that case only, the listener may make a suggestion using a question or suggestion on the form.

2. **LOGIC, NAME, FUNCTION** (top far left, narrow 2cm. column). Each of the three domains are in broad columns on the form.

LOGIC row: gives the kind of logic governing that domain

NAME row: gives the most common name for the domain

FUNCTION row: gives the function of the domain

a. **Issue or Situation Domain.** The name of the first domain is “Issue or Situation”. That is because a prime early purpose of the domain is to define the issue or situation you choose to work on. The logic behind the Issue domain is the classic logic of thinking.

b. **Issue Domain Function:** The function of the Issue domain is “Embodied Thinking”.

c. **Domains are not mutually exclusive.** The domains are not mutually exclusive. When one domain is the primary modality where a focuser is working, it does function somewhat differently than the modality of another domain.

d. **For listeners,** there is much implying about how to listen which comes from following which modality (domain) is the primary place of functioning for the focuser at a particular time

e. **Finding where you are.** For the Focuser in a partnership, the form helps you find the domain and the phase (step) where you are. There is much advantage to finding where you are on the form in terms of knowing your options. Knowing how to find where you are, allows you more freedom to get lost in the focusing process. Getting lost can be very productive ... as long as you know you can find where you are!

3. **PHASES OF DOMAIN FOCUSING** Phases of Domain Focusing follow Gendlin’s Six Steps closely. (See far left narrow 2cm. column under **LOGIC, NAME, FUNCTION**):

**PHASE 1** parallels Gendlin’s Step 1 (‘Clearing a Space’). It is the first row.

a. **Letting an Issue Come** (under Issue or Situation) is phase 1 for the Issue Domain. Clearing a Space (Gendlin’s step 1) is oriented to finding issues. It is question 3 in the Issue Domain.

b. **Letting a Felt Sense Come** is the *Starting From* phase in the Felt Sensing Domain. Question 3 in the Felt Sensing Domain is Clearing a Space oriented toward finding a felt sense for your beginning.

c. **Letting Self Empathy Come** is the *Starting From* phase in the Self Empathy Domain.

d. **3 Different Questions for ‘Starting From’ in each Domain.** Notice there are 3 different questions in each domain for the ‘starting from’ phase. Many of those questions have many many variations. So in Domain Focusing, there are many many possible ways to start.

4. **DOMAIN LINKING** Phase 2 is Domain Linking, it is the second row. It parallels Gendlin's step 2, 'letting a felt sense form'.

a. **HOLDING AND LETTING.** Domain Linking draws strongly from Gendlin's A Process Model, Chapter VIII, **Holding and Letting**. Holding a situation and letting a felt sense form (question 6 in Felt Sensing Domain in the Domain Linking Phase).

b. **Going to versus coming from the FS.** Most highly experienced focusers acknowledge that going from felt sense to Issue (FS→Issue) is different from the other direction of going from the Issue to the Felt Sense (Issue→FS). This form shows that difference by putting those questions in different columns (Domains).

c. **The Domain Linking Questions are located in the Domain the Focuser is moving to:** The Domain Linking questions are not in the domain the focuser has been working in. They are located on the form in the domain the focuser is moving to! So if you have a felt sense and you are finding the issue that it implies, that question will be found in the Issue Domain, FS→Issue (**Felt Sense moving to Issue**) in the Phase 2 row (Domain Linking).

d. **3 Questions for each kind of Domain Linking.** Each Domain Linking movement such as FS→Issue, has 3 different Domain Linking questions. E.G., in the Issue Domain in the Domain Linking Phase, see questions 4, 5, 6. The variations show you different ways to 'language' Domain Linking. Those variations let you know a few different ways to do domain linking, encouraging you to choose the phrase which works best. When you use the form often, you begin to be able to create other variations.

5. **PHASE 3. EXPLORE/ENTER.** Parallels Gendlin's Step 3 and 4. The Explore/Enter phase parallels Gendlin's step 3 (Getting A Handle) and step 4 (Resonating).

a. **Avenues into each domain.** So there is a phase 3 for entering the Issue Domain (Thinking Logic) with a subheading, **Avenues into Thinking**. There is a phase 3 for Felt Sensing Domain with a subheading, **24 Avenues into Felt Sensing**. There is a phase 3 for entering the Self-Empathy Domain with a subheading, **Avenues into Self-Empathy**. Much of the work of Domain Focusing occurs in phase 3 just like much of the work of Focusing occurs in Gendlin's steps 3 and 4.

b. **Entry into the Implicit.** Gendlin sometimes calls his Philosophy, 'The philosophy of entry into the implicit'. The name of the Domain Focusing phase, Explore/Enter comes from that.

6. **TAE BUILT INTO THE THINKING DOMAIN.** Please note that the thinking domain has questions I created, # 10-20 in Issue Domain, and questions from TAE (Thinking at the Edge), 21-27 and 29-32. The latter were adapted with the collaboration of Evelyn Fendler-Lee (an international TAE teacher). My steps are meant to be simpler and the TAE steps are meant to be more complex.

**HISTORICAL.** Some of the questions of mine and those adapted from TAE overlap as Gendlin and I had realized we were both very concerned about the anti-thinking tendency in the focusing movement in the 1990s. That was a significant reason for his developing the TAE steps, and it was a significant reason for me to develop the thinking domain. But neither of us knew the other was working there until 1999.

7. **PHASE 4. SHIFTING.** Phase 4 (shifting) parallels Gendlin step 5 (Asking Into) and step 6 (Receiving). This phase can occur in each domain though in different ways.

8. **PHASE 5, ACTING INTO THE SITUATION.** Gendlin talked about adding a 7<sup>th</sup> step for Action Steps for 2 decades but never did it. I refined action steps to **Acting into the Situation** and provided a way for focusing to articulate more around Acting into the Situation.

a. **Gendlin's Philosophy points to continuity between the Inside and Outside.** Gendlin's philosophy has much potential in its continuity between inside and outside but there needs to be much more work there. **Acting into the Situation**, phase 5, begins that work.

**9. FURTHER NOTES ON THE SELF-EMPATHY DOMAIN.** Gendlin's 6 step model of Focusing articulates the 'critic' and the 'focusing attitude' as important factors in the focusing process. I found his articulation there to be not so theoretically elegant in contrast to his usual way of being very theoretically elegant. For three years I asked, what is the function in these two, 'the critic' and 'the focusing attitude'?

a. **The Critic is an Expression of Insufficient Self-Empathy.** Eventually, the answer came that the critic is an expression of insufficient self-empathy.

b. **The "focusing attitude" is an expression of sufficient Self-Empathy.**

c. **Self-Empathy Domain is The Help.** I conceptualize the Self-Empathy Domain as the HELP and the lubrication for the focusing process.

d. **Felt Sensing functioning depends on Sufficient Self-Empathy.** Without sufficient Self-Empathy, the felt sense cannot form. Without Sufficient Self-Empathy, the felt sense cannot be entered. Without sufficient Self-Empathy, the shift cannot occur. Without sufficient self-empathy, there cannot be a productive acting into the situation.

e. **Helping the problem of people having difficulty finding a Felt Sense, and in getting a shift.** A significant group of people have difficulty in finding a felt sense. Self-empathy gives a way to address that process. Self-Empathy and the Issue domain can move back and forth toward generating a shift just as Issue Domain and Felt Sensing domain can move back and forth toward generating a shift. For people who cannot find a felt sense easily, Domain Focusing gives an alternate route to getting a shift: moving back and forth between Issue and Self-Empathy.

**10. CHANGING THE UNCHANGEABLE/MACROSHIFTING** A major reason for the intricacy of Domain Focusing is to be able to address major issues and dilemmas without it taking forever (even with decades of 1:1 weekly psychotherapy). I call changing these dilemmas, Changing the Unchangeable. I name issues that are so difficult to change, 'macros', and I name the issues that are easier to change, 'micros'. Psychotherapy and Focusing Partnership both do well with microshifting. Both have problems with Macroshifting. Domain Focusing is designed to support the process of Macroshifting. Macroshifting is Domain Focusing applied to Difficult Dilemmas.

**11. IMPORTANT QUESTIONS IN SELF-EMPATHY DOMAIN.**

a. **Right under Avenues into Self-Empathy.** Seek 'Yes'; 'No' is Ok but continue looking for Yes; Partial Yes=No. This phrase concerns the process in answering the questions in the avenues of Self-Empathy.

b. **Question 10 in Self-Empathy Domain gives a list of many self-empathy words.** You can always go through this list looking for a word that fits. That would be a kind of Self-Empathy.

c. **Question 16 and 17 (SE) are about Self-Empathy with very difficult states**—terror, rage, major depression etc).

d. **Question 18 in Self-Empathy domain gives a very brief description of the Safety Protocol.** It generally takes more study to know how to use the Safety Protocol than just seeing this question.

**12. GETTING STARTED PHASE Question 1 \_\_\_\_.** For the Getting Started phase, question 1 in each domain has a blank, '\_\_\_\_' afterwards. E.G in Issue Domain, 1.What is the \_\_\_\_? (issue, situation, challenge, problem, dilemma). First, feel the right word to use and put it in the blank. Second, respond.

a. **After you get started in one of the domains, you can move to Domain Linking (Phase 2)**

OR

b. **You can continue in the same domain you started in with phase 3 questions (entering) before moving to Domain Linking (Phase 2).** . . . There are many possible paths through Domain Focusing.

**13. THE STRINGING TRIAD IN FELT SENSING DOMAIN—QUESTIONS 10, 11, 12**

The Stringing Triad in Felt Sensing Domain: Questions 10, 11, and 12, are used as a sequence very frequently. In question 10, a series of words come as possible handles for the felt sense: In question 11, you choose the word of that series of words which fits best, by carefully listening to your listener reflecting them and noticing which one resonates better inside. In question 12, you modify the word you have chosen with a second modifying word.

**14. DOMAIN FOCUSING (DF) PARTNERSHIP AND DF SOLO SESSIONS ARE ESSENTIAL COMPONENTS IN A NEW MACRO-DF ARCHITECTURE FOR PSYCHOTHERAPY**

a. **The Macro-DF Architecture for Psychotherapy has 6 components.** The whole design has more impact than just the sum of the components. Macro-DF seeks to make psychotherapy more effective, more timely, more affordable, and more broadly within each society. DF Partnership and Solo DF are especially affordable because they do not cost after you develop strong skills in them.

**15. DF 3 PERSON | 3 HOUR (3p|3h) SESSIONS ARE ANOTHER KEY COMPONENT OF THE NEW MACRO-DF ARCHITECTURE FOR PSYCHOTHERAPY.**

- a. **This 3p|3h format is very productive in delivering “fertile sessions (breakthrough sessions)”.** I created this format in 2002.
- b. **This 3p|3h format is the most effective setting I’ve seen for helping people stay with the felt sense.**
- c. **This 3p|3h format is the most effective setting for people at different ranges of experience, from ‘new to focusing’ to experienced focusing teacher.**

**16. DOMAIN FOCUSING (DF) PARTNERSHIP AND INTERACTION WITH OTHER FOCUSING STYLES**

- a. **DF Partnership interacts well with 6 step partnership** because DF is an evolution of 6 step focusing.
- b. **DF Partnership does well with a Rogerian listening tradition of unconditional regard** and avoiding suggestions and questions by the listener.
- c. **DF Partnership has less fit with focusing partnership styles which are further from 6 step focusing and further from Rogerian listening styles.**

**17. DOMAIN FOCUSING (DF) AND MACROSHIFTING/DOMAIN FOCUSING (Macro-DF) TRAINING**

- a. **People with interest in DF and Macro-DF are encouraged to form small groups (2-4 person) and medium groups (5-10 person) for online monthly sessions and contact me so they can: Start Domain Focusing NOW!**
- b. **I regularly teach in-person 3-day and 4-day Macroshifting/Domain Focusing Intensives:**
  - in New York City, October 11-14, 2019 and in Spring, 2020 (dates to be announced)**
  - in Shanghai, China, November 5-7, 2019**
  - in Sardinia, Italy, April 24-28, 2020 and October 22-26, 2020**
- c. **I look for talented Focusers with high integrity to learn DF and Macro-DF thoroughly, so they can teach DF and Macro-DF in their countries.**

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