

**DOMAIN FOCUSING SELF-GUIDING FORM**

LOGIC:	THINKING	EXPERIENCING	BEINGNESS OR LOVING
NAME:	ISSUE (I) OR SITUATION	FELT SENSING (FS)	SELF-EMPATHY (SE)
FUNCTION:	EMBODIED THINKING	EXPLORING FELT SENSING	FINDING SELF-EMPATHY
Phase 1 <b>Getting Started</b> Gendlin step 1	<b>Letting an Issue Come</b> 1. What is the ____ ? (issue, situation, challenge, problem, dilemma) 2. What do I want to work on? 3. Clearing a Space; Issue Oriented. What is in the way of feeling ____?(ok)	<b>Letting a Felt Sense Come</b> 1. What is the_? (felt sense, feeling tone, felt meaning, body sense, direct referent) 2. Is there a felt sense inside that I want to begin with? 3. Clearing a Space FS Oriented: What is in the way of feeling _? (fine, peaceful, upbeat)	<b>Letting Self-Empathy Come</b> 1. Can I be ____ (gentle, kind, accepting, caring, patient) with myself now? 2. What is a good way to be with myself now? 3. What is a good kind of Self-Empathy to start from
Phase 2 <b>Domain Linking</b> Parallels Gendlin step 2	<b>Letting the Issue Come from Holding FS or SE</b> 4. FS→I What issue or situation is that felt sense all about in my life? 5. FS→I Is there some issue like that (e.g. FS- sticky) in my life? 6. FS→I As I hold the body sense, can I let a relevant issue come? 7. SE→I What issue would be good to work on from this Self-Empathy? 8. SE→I Is there some issue needing that Self-Empathy (e.g. kindness)? 9. SE→I As I hold the self-empathy, can I let a relevant issue come?	<b>Letting a Felt Sense Form from Holding I or SE</b> 4. I→FS What felt sense forms in my body from that issue? 5. I→FS Is there some felt meaning NOW that comes in my body about that issue? 6. I→FS As I hold the Issue, can I let a relevant felt sense come? 7. SE→FS What's the Felt Sense like of having this self-empathy? 8. SE→FS Is there a feeling tone which comes with that self-empathy? 9. SE→FS Holding the Self-Empathy I have found, can I let a felt sense come?	<b>Letting Self-Empathy Come from Holding I or FS</b> 4. I→SE What kind of self-empathy helps with that issue? 5. I→SE Can I be __ (gentle, kind, curious, patient, accepting, loving) in my situation? 6. I→SE Can I have — (understanding, tenderness) for myself in this situation? 7. FS→SE What kind of self-empathy would help with that felt sense? 8. FS→SE Is there a kind of self-empathy which would help with that felt sense? 9. FS→SE Holding the felt sense, can I let a helpful self-empathy come?
Phase 3 <b>Explore/Enter</b> Parallels & combines Gendlin Step 3 & 4	<b>Avenues Into Thinking</b> 10. Naming: From felt knowing, can I name the issue in 3-6 words? 11. Exception: Can I note exception, oddness, mystery in this situation? 12. Slotting (neti neti—not that not that): Can I find a key word in my issue name and generate potential just-right alternate words? 13. Insistent Intricate defining your way (iti iti—yes that, yes that). From words in step 12 above, make one mean what I want it to mean. 14. Refining. After exploring, do I need to refine my statement of the issue? 15. After exploring, what is central in the issue after this exploration? 16. Story. What is the story of the issue/situation? 17. History. What is the historical context of the situation? 18. Characters: Can I understand the situation by grasping its characters? 19. Factors: Can I find the principal factors sustaining the situation? 20. Pattern. What is the pattern(s) which is important to recognize? <b>Adaptation from TAE (Thinking at the Edge)</b> 21. Crux. State Crux sentence of situation from Felt Knowing 22. Illogical. Find the “More than logical”/paradox/illogical/friction/nonfit 23. Key word Replacement. Identify key word in crux sentence and explore Replacement in working with words/phrases 24. Defining intricately. Can I find/create exactly what I want in the replacement space or slot? 25. Revise Crux. From the above steps can I revise my crux sentence 26. Instances. Can I identify instance(s) of my Situation (or Theory)? 27. Patterns. Can I explore instances so as to identify the patterns?	<b>24 Avenues Into Felt Sensing</b> 10. Stringing: e.g. I feel ... (pause) sad, . . . down. . . resistant . . . confused...dense 11. Choosing by resonating: Which of those words in the string feels right? dense 12. Specifying Further: What kind of dense? . . . odd dense (poetic or unique is good) 13. Location: Is that__ (e.g. odd dense) showing up inside? Where is it registering in body? 14. Shape: What is the shape of that inside place where the felt sense registers? 15. Extensity: Describe the subtle extensity of this felt sense? From where to where? 16. Kinesthetic: ___ e.g. rough, smooth, jagged, soft, itchy, tense, stretched, gelled. 17. Kinesthetic: texture. What is the texture of the FS space? e.g. soupy, dough, scattered 18. Kinesthetic: symbolizing FS with: Posture, body sculpting, or a movement sequence 19. Emotional: Describe w/ emotional words (sad, shy, energetic, optimistic, puzzled) 20. Emotional: Describe with ‘-ed’ words like pushed, pressured, attacked, rescued, 21. Emotional: Quality of the space of FS. Or Parachuting down into space—ambiance? 22. Analogy: like _____ e.g. when explaining pain to a Doctor or a car sound to mechanic 23. Analogy: metaphor: e.g. like trying to hammer a nail with a hot dog (poetic) 24. Analogy: relevance from the past. e.g. like when I was 16 singing in choir 25. Auditory: quality: percussive, cello, alto, staccato, flowing thunderous, fine, screeching 26. Auditory: expressive tone (further elaboration of sound), like in theatrical acting 27. Auditory: representing with voice, instrument; a particular song, speaking from the FS 28. Imagery: visualization of felt sense. ‘Like a red ball on top of a cow’ 29. Imagery: Differentiating: holding image at eye level and finding FS in stomach 30. Imagery: Visionary holding of whole picture. Multiple pieces coming together 31. Positive FS: How can I sustain, support, nourish or nurture this positive Felt Sense? 32. Positive FS: What difficult situation or feeling would be right to explore from this FS? 33. Positive FS: What about sustaining a project, inspiration, meditation from this FS?	<b>Avenues Into Self – Empathy</b> <i>Seek ‘yes’; ‘no’ is ok but continue looking for ‘yes’; partial ‘yes’=‘no’</i> <b>Particular SE in relation to Self or Situation (thinking domain)</b> 10. Particular adjective. Can I be _____ (forgiving, acknowledging, kind, gentle, generous, soft, accepting, firm, tender, tolerant, compassionate, tender, loving, calm, understanding, grateful, friendly, welcoming, curious, interested, empathic, caring, careful, receptive, supportive, patient, upbeat, respectful, honoring, merciful, good, sure, protective, self-affirming, legitimating, confirming, peaceful) with myself in this situation now? Use noun and verb versions of these words in 11. & 12. 11. Noun. Can I have __ (peace) with myself in this situation? 12. Particular Verb. Can I _____ (befriend, forgive) myself in this situation? <b>Valuing the ‘NO’</b> 13. Can I see the value of learning that I cannot have a kind of SE? 14. 3 no’s →: Can I appreciate the difficulty of changing this situation when I can’t be __, __, or ____ (SE’s)? (e.g. soft, kind, calm) <b>Particular SE in relation to Felt Sense (Felt Sensing Domain)</b> 15. Particular adjective, noun, verb-- empathic words in #10 in relation to felt sense/body sense/wholefeel e.g. Can I be ____ careful with this FS? <b>Particular SE for difficult/dangerous experiences/states/ conditions</b> (dissociation, shame, grief, black hole, terror, rage, aggressive depression, intense anxiety, compulsiveness, bipolaring, vengefulness, jealousy. . .) 16. Can I ____? ‘be firm with’, contain, hold solidly, “boundary”, limit ____ (the difficult experience)? 17. From difficult, can I link to issue repeatedly--‘what is that all about in my life?’
Phase 4 <b>Shifting</b> Parallels Gendlin Step 5 & 6	<b>Shifting Through the Issue</b> 28. Recognizing the Process of an Emerging Shift: A. Is the overall FS qualitatively different? B. Is the new state a carrying forward in your definition? C. After receiving the shift, does an insight emerge? (takes time) D. After receiving the insight, do new New Possibilities emerge? . . . . 29. Can I look through the pattern into the situation? 30. Instance. Can I look through the instance into the situation? 31. Is there a way ____? Can I express the dilemma in the form of “Is there a way to do X without Y? or X while Y? Holding the? and waiting. 32. Inherency. What is the very nature of X such that it IS (an aspect of) Y?	<b>Shifting Through the Felt Sense</b> <i>Keep attention on FS while asking:</i> 34. What does that ____ need? (e.g. jumpy nervous —FS Descriptor) 35. What makes it so ____? (e.g. sticky awkward —FS Descriptor) 36. What is the crux of ____? (e.g. cramped distorted confused—FS Descriptor) 37. How would it feel if ____ were all OK? (e.g. stalled gravity—FS Descriptor) 38. What does this ____ (e.g. rough strange —FS Descriptor) imply for the situation? 39. What poetic metaphor can fit the felt sense intricately and deeply? 40. Can I use more than two terms with an Is There a Way question toward a shift? 41. If the shift is incomplete, can I ask these questions toward the FS remnants	<b>Shifting Through Self – Empathy</b> 18. Safety Protocol. Is it ok to be exploring ____? Is There a Way to do X__ without Y__? e.g. Is there a way to quit smoking w/o getting divorced? 19. Beingness. What is a good way to be with myself now? . . . . . 20. Open SE: What is a good kind of Self-Empathy to learn from? 21. Continuing to work with different SE words can bring a shift 22. Critic (Counter) emerging during shift: Can I wait to consider the counter until after the shift has had a chance to form fully? 23. Receiving: Can I be glad (friendly, welcoming, thankful) for a small change which has come? 24. Something is different inside, and it is a forward, can I be real slow?
Phase 5 <b>Acting into the situation</b> Gendlin wanted a step 7 for action steps	<b>Refining Action Steps out of the New Possibilities</b> 33. Can I hold the shift and new possibilities and wait for an action step? 34. Is there an action step which would fit with these new possibilities? 35. Can I let a possible action step interact with my whole knowing? 36. Can I look for an action step in the next few ____? (hours, days, weeks) 37. When I take the action step, what happens in the situation? 38. What comes new from Acting Into the Situation? 39. Can I stay in interaction with the evolving situation?	<b>Felt Sensing with Action Steps</b> 42. Can I check the possible action step with my Felt Sense? 43. Is the possible action step too big of a step? 44. Are there objections to the possible action step in my whole knowing? 45. Can I sense the time frame (day, week) for an action step? 46. As I take the specific action, how does the Felt Sense of the situation change? 47. Do I need to check again after a time lapse? . . . in case it takes time. 48. Is the shift significant enough and stable enough to try Monading from it? 49. Can I act into the situation from Diafiling with two sustaining shifts?	<b>Self-Empathy for Acting Into</b> 25. Can I be patient with the refining of the action step? 26. Can I make space for an action step to interact with my whole knowing? 27. Can I make room for objections coming from my whole knowing? 28. Can I make room for whole knowing refining action steps? 29. Can I appreciate my taking an action step? 30. Can I bring wisdom and deeper knowing to the acting into process? 31. Can I appreciate the difficulty of taking this action step? 32. Can I be curious about what came new from taking the action step?