

Focusing in conversation with your body *recipe*

Step 1. Choose a starting point

1. **Does your body ask for attention?** *Sadness, anger, pain, something else?*
Go to the sensation in your body and welcome it.
If necessary: Where does it still feel OK in your body? Attention balance!
2. **Do you have a question for your body?** *About a challenge, an event?*
 - * Say it out loud and / or visualise it.
 - * Where does your question resonate in your body?
3. **Do you want to continue working with an earlier "Felt Sense"?**
 - * Use the Felt Sense's name to feel the sensation again.
 - * Then go to step 3.

Accept any resonance and welcome it with curiosity.

If aware of a thought or external Trigger, use the Pain-to-Power recipe.

Step 2. Find the Felt Sense's name for your sensation

1. **Describe** your physical sensation as if it is a "thing"
Colour shape, size, material, sound, odour, temperature.
 - * Avoid interpreting names for these sensations, such as "fear", "sadness", "pain", "falling in love"
 - * Give yourself space to express your emotions if necessary by repeating the trigger word in your description.
 2. **Check** if your Felt Sense is correct by repeating its name.
 - * The better the description, the stronger the sensation becomes.
- You will know when your Felt Sense is properly named.

Step 3. Towards the correct interpretation of the Felt Sense

Use your Felt Sense as your guide. Stay focussed on the Felt Sense.
If it disappears or weakens, use its name to recall it.

Option 1: Ask your Felt Sense questions., e.g.

- * What does my Felt Sense want to tell me?
- * What makes the Felt Sense so strong / annoying?
- * What does my Felt Sense want from me?
- * Is there something that I should face up to?
 - o Something I don't want to know or feel ashamed of?
 - o What decision would I rather not take?
- * What "Solution-oriented situation" would the Felt Sense like to see?

Option 2: Other ways to let the Felt Sense to express itself, e.g.

- * Meditate
- * Dance to your Felt Sense
- * Give a singing sound to your Felt Sense.