

Clearing A Space Instruction

Modified by Zack Boukydis, Ph.D. ^{1,2}

1. Turn your attention to the **CENTER OF YOUR BODY** (where you tend to feel things/experiences).
2. Ask yourself, "**HOW AM I RIGHT NOW?**" ^{Lorem ipsum} (Do not answer right away; just notice how you are, there {in the center of your body} for 15-30 seconds). There may be a word, words or an image which arise as you are paying attention.
3. Now ask "**IS THERE ANYTHING IN THE WAY OF FEELING OK, RIGHT NOW?**" Don't answer quickly, --- let what comes in your body do the answering. Don't answer quickly from your head. Wait for a **FELT SENSE** (in your body) of a concern (or concerns) to form.
4. If there is a concern, (or concerns) **Find A WORD, PHRASE, OR IMAGE** that resonates with the quality of how the concern feels in your body.
5. Imagine putting each concern '**OUT OF YOUR BODY**' , i.e. up on a shelf in front of you. [the concern doesn't disappear, but it is not 'in the center of your body']
6. **REPEAT** steps 3-5 again until each concern has been placed outside your body.
7. Now ask, "Except for these concerns, **CAN I NOW FEEL OK? (FINE, WELL)**
8. If you are able to feel ok (or fine, well), **NOTICE HOW THE 'OK' FEELS**. Just stay with the feel of 'ok' there in your body. There may be a word, phrase, or image for this 'ok-ness'. Repeat (or resonate) the word, or phrase and see how it relates to your body felt sense of 'OK'

References

1. Focusing. Eugene Gendlin (2007) New York: Bantam Books
2. Focusing-Oriented Psychotherapy Eugene Gendlin (1996) New York: Guilford Press