



**ASK ME House, LLC**

1027 Seymour Ave  
Lansing, MI 48906  
(517) 484-3127

With Compliments from  
*Mary Elaine Kiener, RN, PhD*

www.askmehouse.com  
www.stresswell.com

## A Guided Focusing Exercise for **Difficult Times**

(A FREE downloadable mp3 file version of the exercise is available at: <http://snipurl.com/u0s1a>)

Fill in the blank [using as few words as possible to "name" the issue you're struggling with.

**I am having a difficult time dealing with \_\_\_\_\_.**

Taking a moment to simply pause.....and check into how you are in this moment.... Letting your body show you how it would like to be comfortable.... And beginning to be more and more aware of your whole body....Finding a sense of your arms and hands, your legs, your feet.... Sensing your body's contact on what you're sitting on.....and allowing yourself to rest into the support that's there.....

And now to kind of slow down, inviting your awareness to come inward, toward your inner world, your inner sensing.....your body-heart-mind.....Being aware of your breathing - with no need to change anything.....just noticing how it is right now. Sensing in that whole inner area that includes your throat, your chest, stomach and belly.....So you're just kind of arriving, within yourself, within your body-heart mind.

So you have how your body's supported, your whole body, and then coming inside, sensing in there. And maybe first taking time to sense how you are, right now. Not just how you are - "I'm fine"—not just the first level of how you are, but that level of how you are that's not so easy

to describe...that's more like a texture, or a feeling quality, a tone.....

And if you're feeling maybe distracted, or like it's hard to come inside for some reason.....noticing that.....And maybe just saying a gentle Hello to whatever is distracting you.....Acknowledging whatever seems to be between you and coming into Presence with yourself.....Just acknowledging that....and then noticing if that acknowledging lets you come into yourself again, more fully.....

So, in that inner area, remembering that issue, that concern you've been having. Maybe saying to yourself a sentence or two about it. Like you're remembering what happened.....And then imagining that you're taking all of that, all that's included in that, and not trying to think about the details of it, but just calling it "that whole thing," "all that," or "what happened."

And then asking your body for a sense of it.....As if to just say, "How am I with all that... right now?" or "How am I with what happened... right now?" Letting go for awhile of all the words, all the ideas, all the ways you could have explained this, letting go of all of that, just letting your

body give you the feel of it.....And that could come in images, or movements, or memories. It's still from your body.....It's still here and now.....

And then, letting one word come back, and that one word is "something." Seeing if it would feel true to say, "I feel something..... Something is here."...

And then once you can say, "I feel something, something is here," then describing it. Describing it freshly, as if you'd never felt it before.....And noticing whether with the descriptions you offer, you can get a feeling of "yeah, that fits just right," or "maybe it feels partly right, but there's more." ....Just noticing.

And checking again, noticing what you're still being aware of in your body. Noticing .... "Does it feel like I'm just being with what's here, without judging it, or evaluating it, or reacting to it?" Just being with it....with interested curiosity....as if you'd never noticed it before..... Without needing to blame anything or anyone for causing it. Gently letting go of "the story" surrounding all that.....And if not, then saying Hello to something in you that is having a reaction to it. Noticing what happens when you say Hello to something in you that has a reaction to this.....Noticing if when you say Hello, you feel something.....whether something shifts inside.

And noticing if you can feel that it is somehow about that situation.....It's somehow from that, or connected to that.....And noticing if you can feel that there's more to it....That if you stayed with it longer, there would be more.

Maybe taking a little time to offer a gentle invitation inside. "What am I wanting, really the most, to occur in relation to this situation?".... Inviting a sense of how you'd like to be feeling when this situation is resolved.....and what might be needed for you to feel ok.....and just waiting.....noticing and acknowledging whatever's coming to you about all that.....

And, in a moment, we'll bring this exercise to a close. And first, taking a moment to acknowledge what's come.....and inviting one last thing to come if it needs to be heard.....And also maybe just thanking your body. Taking a little time to thank and appreciate your body-mind and its process. And letting your awareness slowly expand to include the room around you.....

### **Want / Need more individualized help?**

#### **Schedule a 1-1 Guided Focusing Session**

What you can expect:

- Receive respectful, confident, unobtrusive guiding throughout the process
- Feel deeply understood and understand yourself more deeply
- Experience some movement or fresh perspective on your issue or problem, even in one session
- Get some ideas to continue the process on your own and/or in further sessions

<http://askmehouse.com/irf/guided-focusing/>