

Body Focusing Questions

These questions help you get out of your thoughts and focused on your body to facilitate healing. Imagine the feeling is an entity that you can picture or imagine. Use these questions to describe the body feeling in more detail:

1. Where do you feel the sensation the most?
2. Describe the feeling. (Is it squeezing, tight, heavy, empty, moving, etc.?)
3. If it had a size, how big would it be?
4. If it had a color, what color would it be?
5. If it had a shape, what shape would it be?
6. If it had a temperature, what would that feel like?
7. If it had a texture, what would it feel like to touch?
8. If it had a weight, how heavy would it be?
9. Does it have a sense of movement, or is it lodged in place?
10. Is there a sense of aching or sharpness?

These questions root you in the body. If any of the questions do not have an answer (i.e., no sense of temperature), that's normal. Go to the next question.

Continue to describe the sensations as they change. Ask yourself the following:

Is the feeling becoming more or less? Is it better or worse or changing?

As the feeling shifts, keep describing it. Revisit the questions above. You may have odd impressions or feel it in places you don't expect, such as in your head or hands. Just continue to notice and sit with the discomfort.

Feeling "Stuck"

Ask all the questions again and see if any part of the feeling is shifting. If the feeling does not change in any way, allow it to be there a few minutes. If you still feel stuck, review chapter 8 for help troubleshooting or chapter 11 for help with resistance.