

Partnered Focusing exercise

Notes

Remember the 5 key elements:

- 1) La pausa natural
- 2) Felt sense
- 3) Zig zag
- 4) Parts
- 5) Self-in-presence (magic formula especially)

The magic formula

- 1) *I*
- 2) *Am noticing*
- 3) *Something* in me
- 4) Is [feeling / thinking / remembering etc.] _____.

Instructions

Keep your time for each other using your phone timer.

Speaker:

Speak **ONLY for a sentence or two** about a money issue that has an emotional charge of about 5/10. Enough to feel something but not so much that you are overwhelmed.
Then self-guide out loud, using italicized portion of crib sheet.

Listener:

Keep loving silence except for three things:

- Are you sitting comfortably?
- How many minutes signal would you like?
- You have __ minutes left.

Debrief using questions on the crib sheets below.

Then switch.

Speaker

Speak for a **ONLY a sentence or two** about a money issue (or whatever you want). 5/10 emotions.

1. *I'm pausing.*
2. *I'm bringing my awareness into my body, sensing inside.*
3. *I'm pausing.*
4. *I'm noticing what I'm sensing **about this issue**.*
5. *I'm pausing.*
6. *I'm describing what I notice.*

(Use the magic formula. Example: I'm noticing a prickly sensation. I'm noticing something in me is feeling anxious. I'm noticing something in me is thinking this is confusing.)

7. *I'm pausing.*
8. *I'm checking to see if that description fits.*
9. *I'm pausing.*

Repeat pausing, noticing and describing until you are given your signal.

10. *I'm taking a moment to appreciate myself for this time of self-connection.*

If applicable: make a note of anything you want to keep track of.

Debrief

Speaker first, then listener:

- What was it like to pause and wait?
- What did you notice supported sensing inside?

Switch roles.

Listener

"Are you sitting comfortably?"

"How many minutes signal would you like?"

In silence...

Bring your awareness into your own body

As you keep gentle attention with the person speaking

With soft eyes and ears, breathing in and out of your heart-space

Holding space for whatever the speaker is saying.

When the timer rings: *"You have about __ more minutes."*

Debrief

Speaker first, then listener:

- What was it like to pause and wait?
- What did you notice supported sensing inside?