MY EXPERIENCE of the VALUE of FOCUSING PARTNERSHIPS

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In all the years that I have been Focusing, I have found Focusing partnerships to be invaluable. I look forward to all my sessions with my Focusing partners. These are the reasons why.

COMMITTMENT

Partnerships have proven to be an effective way of making a long-term commitment to Focusing. By scheduling a regular time for a Focusing session with another person, it is harder to make excuses to not Focus than it would be if I were Focusing by myself. Therefore, by committing to someone else, I am committing to Focusing. And as a result, I am still here Focusing.

DEPTH

Focusing with someone else is not only much easier to do than Focusing solo, but I find my sessions are deeper in another person’s presence. In other words, Focusing with someone else is easier than Focusing alone. I find that I tend to get ‘stuck’ more on my own than with someone else. The presence that another person brings, as well as their perspective and insight, can often help me move through the places that are stuck, and allow me to go deeper into my process than I would on my own.

UNDERSTANDING and EMPATHY and SYNCHRONICITY

I have had one partnership for approximately six years. The length of our partnership has meant that my partner and I have a deep understanding of each other’s process, which I feel has helped us be better Focusing companions for each other. We have understanding for the process the other person has been through, and where their issues may have come from. We have genuine empathy for each other’s parts that are in pain. This is not something that can be bought – it is a gift.

Sometimes this manifests as synchronicity. That is, when one of us has just completed a Focusing session, the other will say at the end something like ‘*you just had my Focusing session for me – I was Focusing right along with you*’. Or they may continue the theme in their session.

GIVING and RECEIVING

It feels really good to have another person give their time to be present for my process. The words that come to describe this are: indulgent (in a good way!), special, a feeling of me and my process being important. Again, this is not something that can be bought. It is a gift from someone else.

It feels equally as good to be able to offer the same for someone else, that is, to be present for them with their parts that are in pain, and to be there when they find acceptance, understanding, and resolution for themselves. I feel privileged to be able to be present for someone sharing their deepest fears and pains. Although it is a gift from me to someone else, it also feels like a gift for me.