

TUNE YOUR EMOTIONAL PROCESSING: STORIES

JANUARY 2018

A reader commented on the relation between Focusing and emotional processing, and also on applying Focusing to itself:

My impression is, that the emotional processing tuning is a natural extension of Gendlin's Focusing. [...] The way I see it right now, Focusing is a technique to make information conscious, that is available only in your sub-conscious. And then the natural next step is to use that information.

I started doing a lot of Focusing in late October, and I've since noticed a few times when communicating via text, that I can use Focusing to get a wonderful clarity on what my feelings concerning the situation are, and then it follows automatically what I should say. It was nice to see that sort of thing confirmed in your Focusing description. Also, I'm assigning a lot of recent improvements in my life to the skills I got through Focusing, and so I'm now sort of viewing practicing the Tuning stuff as More Dakka for Focusing and I'm rather optimistic that I will get some good benefits.

Another thought/thing I noticed: One of the first things I used Focusing on was a nervousness I felt about doing Focusing itself. And now the first session where I deliberately did the emotional processing tuning I chose to process the resistance I felt to doing it. I think it's really cool how this is a thing that can bootstrap itself, and I suspect many people may benefit from the advice to Focus on their feelings related to Focusing when they are just starting to learn it and want to practice it. I think I got a bit lucky, in that I had the insight that I could do this.

Another reader had some initial successes:

I looked at [BWT] for the first time a little over a week ago. Since then, I've been going back to the guidelines for Gendlin Focusing and "Tune Your Emotional Processing" regularly. I've noticed feelings of boredom, agitation, (often physical) discomfort, and overwhelm. Sometimes, going through the processes from [BWT] have helped me find a clear way forward.

For example, I focused on the feeling of overwhelm at all the knowledge in the world, and the hopelessness of my learning it all. I think thinking about this, using the processes from [BWT], has led my mind to better realize that I have finite capability (i.e. all the employees are on board with this), and made it easier to prioritize. It's easier to say "Oh yeah, that action isn't worth doing, let's forget about it."

Sometimes, focusing on feelings doesn't lead to much, so that a part of me still feels mostly unresolved, even after trying to process it. This happens in degrees - problems can feel unsolved, partially solved, mostly solved, or totally solved, though usually after processing them, there is some sort of shift in attitude.

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