

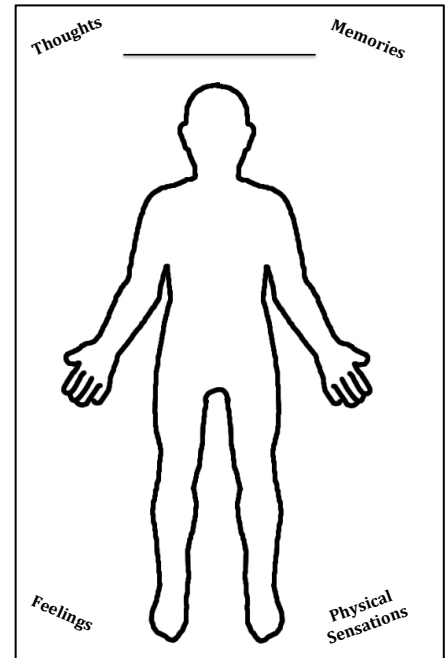


# Felt Sense Body Cards

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## Overview

- The felt sense body cards are used to record the various aspects of a felt sense—physical sensations, feelings, thoughts, and memories (Winhall, 2014)—as well as to draw the felt sense as it is experienced in the body and mind. The body outline provides the shell for the felt sense to be drawn into. The spaces around for descriptions of these felt sense aspects. The line at the top is for the handle.
- The back of the card is used to illustrate the felt sense. This can be done, for example, as an illustration of the handle, a metaphor, a scene where the felt sense is active, or of the memory of where the felt sense first originated.
- Multiple rounds of focusing can be used to flesh out the details of these three ways of perceiving the felt sense (written descriptions, visualization of where it's carried in the body, illustrating a depicting scene or the handle).
- The cards can be utilized to record a focusing session or the separate parts of the personality (ego states).



## Focusing session: a snapshot in time

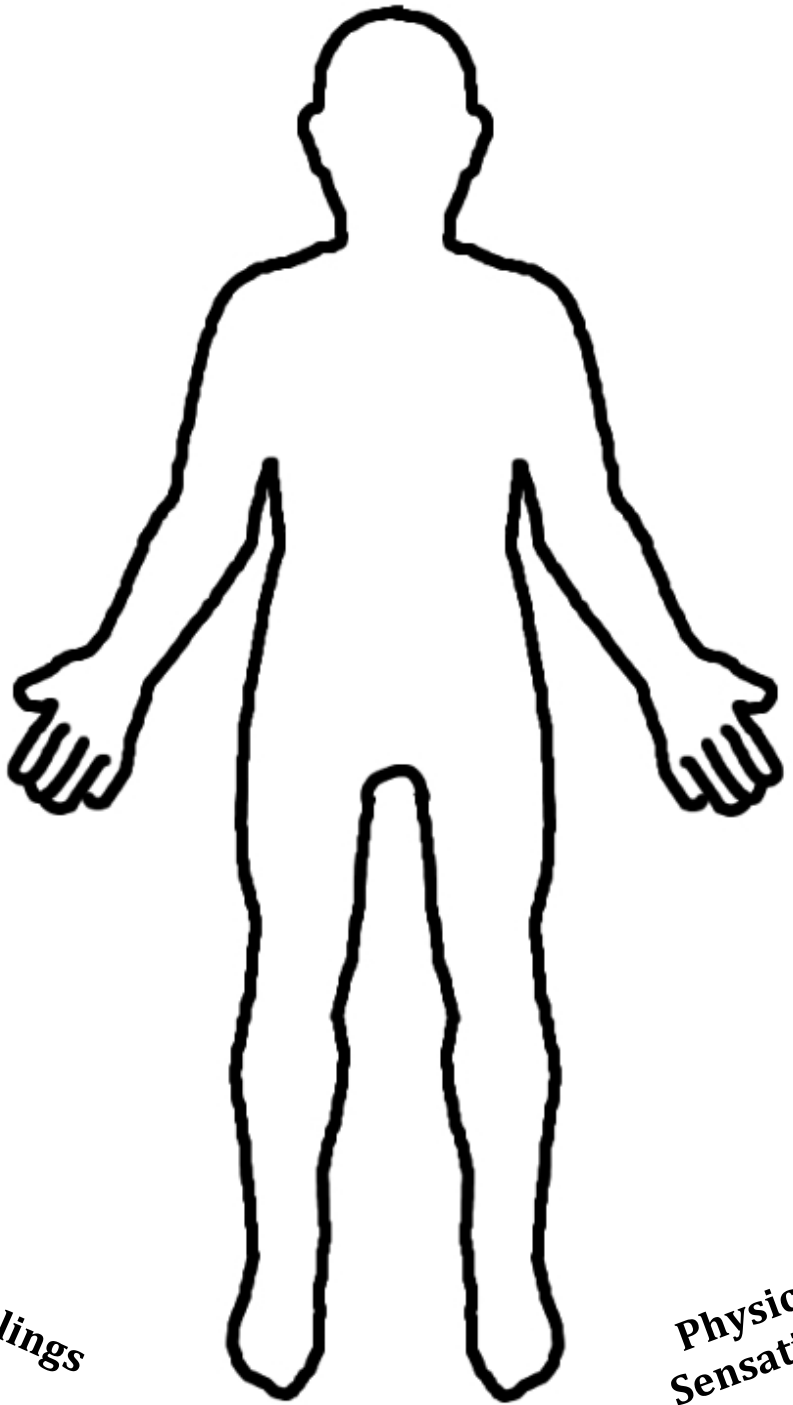
- When the cards are used to illustrate a specific focusing session, the various felt senses are recorded and the handle is put at the top. In the instance where a situation or issue is explored, or multiple handles are present, the card can be named for the overall experience.

## Ego states: identifying and working with our personality parts

- A card can be used to record each individual ego state, with the line at the top used to name it.
- We are all made up of a number of different personality parts which each have their own unique felt sense. These different parts are called ego states because whichever state we are in, we think of it as a part of 'me' (see Federn, Weiss and Watkins to learn more about ego states/ego state therapy). Typical ego states include the critic, the hurt child and the grounded self, but one can identify dozens of states and each will be unique to us.
- Ego states are formed "to enhance the individual's ability to adapt and cope with a specific problem or situation" (Watkins & Watkins, 1997). They create a physical neural pathway in the brain that has its own emotions, abilities, and experience of living (a felt sense). We switch into an ego state when the need for it occurs, including when we are reminded of a past injury (an injured part of us is triggered). If multiple states are active at once, we can feel conflicted.
- Identifying the felt sense of each ego state facilitates identifying which are currently active.
- We can then tease out the patterns between the active ego states, learning how they interact and dialogue together. This helps identifying the edge we are working on.
- Using focusing and the focusing attitude, we can resolve or carry forward stopped processes that led to an ego state's formation, enabling it to become constructive, reframed and integrated.
- Ultimately this work of getting to know and resolve our ego states can result in the ability to call on specific ego states for the purposes they serve, including by invoking its handle (Winhall, 2014). We do this knowing that they can now interact well with our other ego states internally, due to our "inner community integration" (Badenoch, 2008), and with other people, externally.

*Thoughts*

*Memories*

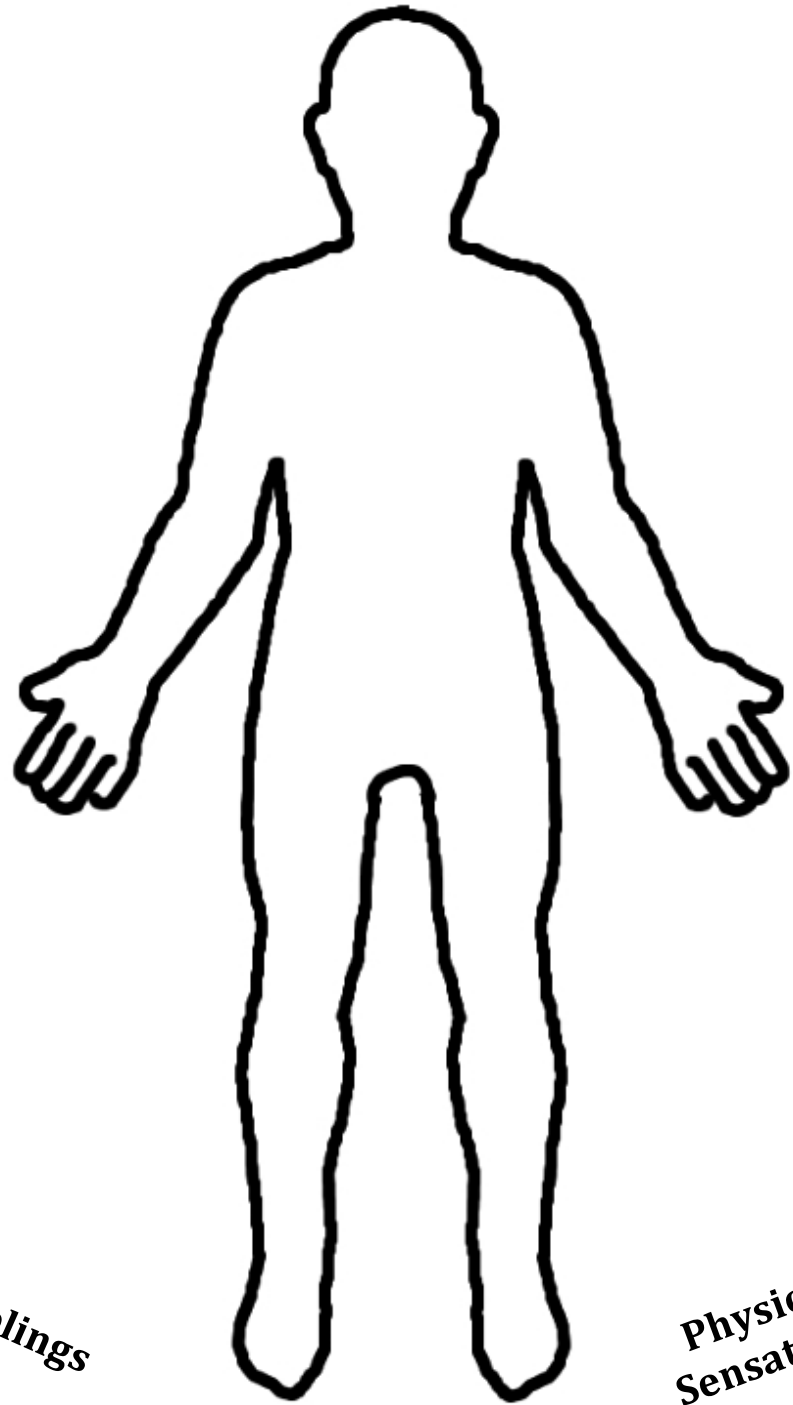


*Feelings*

*Physical Sensations*

*Thoughts*

*Memories*



*Feelings*

*Physical Sensations*