

Asking For a Dialogue

STEP 1

Focuser

Ask your partner for an appointment to dialogue as soon as possible. You need one hour of uninterrupted time. Sit across from each other so you can connect in an open embodied way. You can give one sentence that describes the topic of the dialogue to help your partner begin the process.

Clearing a Space: Finding A Welcoming Attitude

STEP 2

Listener

Pause and ask yourself the question "Is there anything coming between me and feeling really clear and available to listen?"

Then in your mind you take all the things that are there and ask them one by one to go outside of the room, just for now. You know that you will get your turn to share when you are speaking, but for now keep yourself out of it. Now you have a cleared space inside in which to welcome whatever comes.

Good listening is an act of kindness. It includes a welcoming attitude of whatever comes into the room, whatever needs to be heard, as long as it is respectful.

Mirroring: Resonating

STEP 3

Focuser

Begin by saying just enough to get the Dialogue started. Often one or two sentences is all the listener can take in, especially at the beginning of learning how to listen deeply.

Listener

Simply say back what you hear the Focuser saying, feeling into it down in the center of your body. Don't add any new information. Say, "Let me see if I am hearing you . . . Did I get you? . . . Is there more about that?" The "Is there more?" is an invitation for the Focuser to take their time. Resonate back what you hear the focuser sharing.

Asking into the Body

STEP 4

Listener

Invite the Focuser to check to see how all of this feels in the body. Ask if there is a word or phrase or bodily movement that captures the quality of the Felt Sense. This word or phrase we call the Handle. You receive it and hold it for them. You say it back to them giving them a chance to shape it as they resonate back and forth between speaking and paying attention to the felt sense. As you create a safe space you will be amazed at how the speaker surrenders to their felt sense. You receive it and hold it for them. Remember to check to see if you got it. In focusing we welcome being wrong because then we know when we are right. The Focuser holds the wisdom while you hold the space and silence.

Welcome what comes, paying particular attention to the uncomfortable feelings and sensations.

Never push the focuser to ask into the body. This may frighten some people or it may not be where the focuser wants to go at the time.

Validating

STEP 5

Focuser

After accurately summarizing the listener now validates the Focusers experience. The Focuser always makes sense, you just have to see the sense it makes for them. Validation is a difficult step as most people do not want to validate if they are not in agreement.

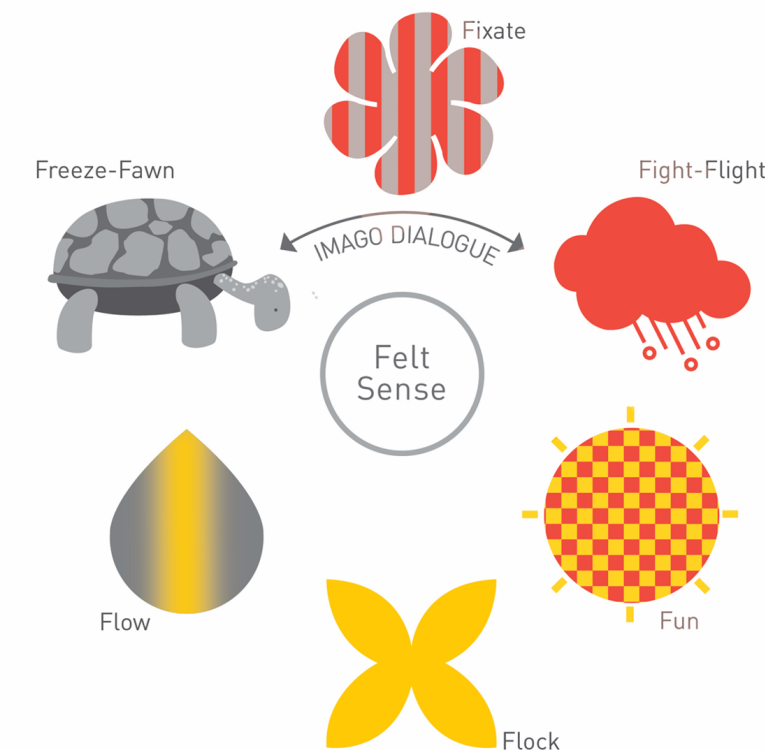
Empathizing & Welcoming

STEP 6

Listener

"So given all that, I can imagine that you might be feeling" . . . just say back the feeling words and the Handle of the Felt Sense only, without explanation. And then "Have I got your feelings and the Felt Sense of your experience?" Welcoming whatever came. The most uncomfortable often gives us the most information about our lives. Take time to be here and savor the moment of liberation that often occurs when your partner feels truly heard by you. These moments are the carrying forward of new growth within your relationship.

THE FELT SENSE POLYVAGAL DIALOGUE (FSPD)



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THE SIX STEPS
OF THE
FELT SENSE
POLYVAGAL
DIALOGUE

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Asking For a Dialogue

STEP
1

Clearing a Space:
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Attitude

STEP
2

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3



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Asking into the Body

STEP
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Validating

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Empathizing &
Welcoming

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