

Focusing on what is going well

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In focusing, I almost always pay attention to what is **not** going well, to the problems and the issues.

I imagine that it can be beneficial to sometimes, deliberately, pay attention to what IS going well; and to the issues that may come up around *that*.

We'll take some time to reflect on:

- appreciating what is good in our world;
- what is good in our own personal life;
- things that we've achieved, and that we're proud of;
- expressing gratitude (NVC has a practice for doing that); there is some science about the benefits of gratitude practices (even if you just express gratitude in your journal)

We may have also had negative experiences tied up with the positive, such as:

- toxic positivity, a push to **only** express or experience what is positive, and ignore or suppress everything else;
- unwanted pressure to use certain talents and gifts;
- pressure **not** to use certain talents and gifts (or we may have something that we enjoy and cherish, but we feel that it is unappreciated or unwanted by other people);
- lessons from childhood that we should never show off, or that success was unsafe, or that making money is always immoral;
- maybe we do want to share our gifts with others, but the culturally accepted ways of doing that do not resonate with us (e.g. because they feel fake or exploitative) – can we forge our own path, our own way of sharing our gifts in a way that feels fresh and alive?

