

RIPPED OUT FOCUSING DEMONSTRATION WITH GENE GENDLIN

Gene: Okay so hello.

Focuser: Hi. Am I just kind of walking into a session with you?

Gene: Yes, you're walking into a session with me but you can use it any way you want.

Focuser: Well, I put my hand up quickly because I'm in the middle of something that's alive.

Gene: Okay, it's there for you already.

Focuser: Yeah.

Gene: Great.

Focuser: That is a lot of, I feel like something was ripped out of me actually.

Gene: That's like the name of it. Something was ripped out of you. Allow that swelling up in you. Allow that to come. Something was ripped out of you.

Focuser: It's interesting because I was planning on telling you a phrase about the circumstance and as soon as you reflect that back to me, it seems totally irrelevant.

Gene: You don't need to. Yeah.

Focuser: Just the sense of hollowness or emptiness.

Gene: The ripped out, it left a hollow place or an emptiness.

Focuser: I'm noticing the emptiness in my chest.

Gene: Yes.

Focuser: I'm having another line of conversation that's... I haven't done Focusing work specifically a lot but I've done other kinds of work and

I feel like I'm using the language too readily.

Gene: Using the language.

Focuser: Yeah. I got a little self critic that came.

Gene: Oh I see. Oh I see, oh yeah. I know. I'll do another demonstration to make a good example. This one's just for you. I see, that interrupted there. Actually were for a moment with here.

Focuser: Yeah.

Gene: An emptiness, that's what you called it, was there. Something was there, the hollow.

Focuser: Yeah. It's a ripped out feeling.

Gene: Ripped out is still the best word for it, I see.

Focuser: It's a hollow that wasn't a hollow before.

Gene: Yes.

Focuser: Yeah. I feel, as I explore it, I feel this longing for it to be whole again and at the same time I feel like it'll never just not, it'll never be whole again.

Gene: Now say that back to you but very slowly so that you can just be there.

Focuser: Okay.

Gene: It's like there is a longing for it to be whole again, and also as some conviction oh it will never be whole again.

Focuser: Yeah.

Gene: That's where it is right there. Again, if your tears come, they're welcome.

Focuser: Yeah, it's the part of feeling like I'll never be whole again.

Gene: That's the part that wells up. I see. Oh we'll never fix it. We'll never be whole again.

Focuser: Then I want to figure out how to fix it, but what do I do when I know there's no way to fix it?

Gene: Yeah, oh yeah. Oh yeah. Part of it yes, and welcome the tears if you can. They're welcome to me. I don't know if they are to you.

Focuser: It's okay.

Gene: They can. That's fine. It's in that place that feels like, no that'll never fix.

Focuser: Right.

Gene: Never feel whole again.

Focuser: Yeah.

Gene: Again, the right words are it will never be whole again, never be whole again. That's where that is. Then part of you wants to fix it, but then it seems like there is no way to fix it. There's no way to work on it or whatever it is.

Focuser: Yeah. That's right. Then-

Gene: What I'm doing here. Yeah, right.

Focuser: My answer is, well you go around going through the motions of your day, as if it was whole, so you can try to keep your life up, but in fact it's not whole.

Gene: No, that's not. That's true but it's not what you need, right. It's I guess I'll keep my life going and yes I know how to do that, but that's not what this needs.

Focuser: That's right.

Gene: Then we can yes, again let it through if you can. Yes indeed. Very quietly we can. We don't know yet what could possibly do anything for here.

Focuser: Right.

Gene: What it needs, nothing we can think of fits there. It's just to say, we don't yet know anything that it needs or that would help it or that would make it whole. We don't know.

Focuser: That's interesting, when you say, "We don't know." Is that what you said?

Gene: Yeah.

Focuser: Interesting. I haven't. That's a new one for me.

Gene: How come? I didn't really understand how come? That's new.

Focuser: Because I feel recognized in the pain.

Gene: Yes.

Focuser: I don't feel crowded in it, but I also don't feel alone in it at the same time.

Gene: Yeah, I see. I see. Okay. Yes, yes, yes.

Focuser: I still feel like it's mine to be with but-

Gene: Yes.

Focuser: It doesn't have the added dimension of isolation.

Gene: It feels like that to me. It feels like what you're saying you don't know, and of course I don't know. Here we are, so we don't know.

Focuser: Right.

Gene: We're working on it. It moves you in some way that you're not alone. It is weird.

Focuser: It's interesting because I often feel like it's sort of a core thing for me, that feeling uncared about or not understood. When you say the we, it's not like I feel flooded with caring.

Gene: Yeah. It's not that.

Focuser: It's also not feeling cared about.

Gene: Right. Right. Right. I get that very well.

Focuser: You do?

Gene: Oh care is this huge thing coming after you. Never mind. It's not that. It's just that we *are* working on it here, as we are together. It's just not uncared about, not all alone.

Focuser: Yeah. That's right. That's right. It's more like not uncared about than it is cared about.

Gene: Right.

Focuser: It almost doesn't create a new big feeling to deal with.

Gene: Yeah, that I understood. Yeah, not an additional thing. It's just this, you're not having to be uncared about and not having to be all alone and all alone sense. Yeah.

Focuser: That's right.

Gene: There's time now. I would say, you don't have to say something every minute.

Focuser: Okay.

Gene: You can of course. I'm just saying there's time to be.

Focuser: Not uncared about. Time to be not uncared about.

Gene: That but yes. We assume that you're supposed to say something next, and that's what I was trying to get out of it.

Focuser: I noticed in my inner process just how I'm sitting. There's this fascinating airplane over there. I was tempted to talk about that.

Gene: Sure.

Focuser: Then I thought well, what if I looked back inside.

Gene: With me you can, of course it'd be like taking a break or something. You might want.

Focuser: That's true. There's acknowledging the ripped out feeling.

Gene: Yes.

Focuser: It's interesting, because there's earlier I was feeling something wrong or missing or pain about myself about it. In speaking it, I feel more accepting of it.

Gene: Yes. Like the main thing is it is here. This feeling of ripped out.

Focuser: Right.

Gene: There isn't as there was before, some kind of self critical or some kind of additional different issue.

Focuser: Right. It's just more interest.

Gene: In *it*.

Focuser: Yeah.

Gene: Yeah.

Focuser: Not so much trying to fix it, but more.

Gene: Oh this is here.

Focuser: Yeah, more relationship through it.

Gene: Like you're willing to let it breathe or be or listen to it or care about it or something like that.

Focuser: Yeah, that's right.

Gene: That place.

Focuser: I'm wanting to see if it has something to say to me.

Gene: Yes, okay. Okay. Okay, that's nice. Giving it room in case it wants to say something to you. Yes.

Focuser: Of course it's saying something along the lines of Help!

Gene: Yes, okay. It is very much saying and allow that through if you can. It's very much saying, "I need help, help, help."

Focuser: I notice when you say allow it through, because I'm fairly comfortable with crying actually, that I start to think about the fact that I'm crying.

Gene: I don't have to say it anymore.

Focuser: Right.

Gene: Absolutely. Absolutely. I love clear instructions. That was interrupting you and you were saying, oh what would it like to say to me. The first thing it wanted to say is help.

Focuser: That's right.

Gene: Help, I need help.

Focuser: It's a very now and again, feels like a very lonely place.

Gene: Yes. It's a lonely place. It's used to being a lonely place.

Focuser: I don't know if it's used to it or not.

Gene: That's adding something that isn't. That's not right.

Focuser: Yeah.

Gene: Just it's a lonely place.

Focuser: Yeah. It doesn't seem to have time in it.

Gene: Time is wasted by a little word I added. Nevermind all that. It's a lonely place.

Focuser: Yeah. The help is a little, it's like a good day when it feels like it's worth the bother of help.

Gene: To actually ask for help, shout help is more relational than it usually is.

Focuser: That's right. That's right.

Gene: Yes I see. In some way you're glad it's saying help rather than just silent in the alone place.

Focuser: That's right. There's like a little more hope there.

Gene: More, yes, yes, yes.

Focuser: Now I'm feeling a little self-conscious.

Gene: Okay, because that was so true or what? Nevermind. Wrong question. Wrong question. Okay, so we're going to stop pretty soon, but I'd like if you would, to stop sort of slowly, gradually, gently until it says we can stop. Let's just be quiet for a minute or two or three. They don't care about three minutes or two or one. You can be. You just got there where even though it says help is a little bit more hopeful than its all-alone place.

Focuser: Something happened where it said help, and then got a little distant from that again, got scared. That's where I got self-conscious.

Gene: Ah yeah.

Focuser: Started being aware of being new to this group and having asked a question and felt reasonably good about what people might think of me given what I asked. Now, it's not even, I don't even care about the people there really. It's just internal. What have I done?

Gene: Yes, which takes you away, of course, from here.

Focuser: Yeah, that's right. That's right. I probably also have a good internal clock. I probably had a sense that it was-

Gene: It was time or something. Then I'm just invested in that you can find that again by yourself, or that we didn't just abruptly leave it. That we can say, that you would say that you can come back to that spot, of course.

Focuser: I think if I ... my first thought is how would I do that without somebody doing this? Which I don't have immediately set up. My therapist just canceled our appointment for tomorrow because he's sick. I could go home and I could write from that place. That would reconnect me to it.

Gene: That would reconnect you to it. Then you did say there is not another person, like I didn't hear your therapist went off for?

Focuser: We just had an appointment for tomorrow but he's sick.

Gene: Oh okay. He's not that bad. Okay, okay.

Focuser: No, no.

Gene: All right.

Focuser: I'm fine.

Gene: It feels like we can stop.

Focuser: Yeah. Thank you. Maybe I could just sort of notice people.

Gene: Yeah, take your time.

Focuser: Oh, they look very benign.