



SOF - Social Oriented Focusing

Between you and me

Exercise No. 1: From shades of aloneness to shades of togetherness

We will experience 3 positions:

- 1st – Being together and feeling alone
- 2nd – I'm completely and utterly here for you Listening, caring, empathizing
- 3rd – I'm both with myself and with you Finding the right distance

An SOF Skill for life

I invite you during interactions in the coming days:

- 1) Pause
- 2) Check & identify what position you are in (1st , 2nd , 3rd)
- 3) See whether you want to stay or shift to another position.
- 4) Shift to the chosen position.

Exercise No. 2 From I to We without losing our boundaries

First part I & I

- 1) We connect inwardly to ourselves
- 2) While sensing our boundaries, meet our partner
- 3) Sense our experience and share one at a time, experiencing, listening, sharing...

Second part From I to we

- 4) We experience quietly what happens inside us when we move from being one in front of the other (you & I) to being together (we), and share ...
- 5) Then we take the time to sense being I and being we at the same time, share while sensing.



Third part **I, We, the world & beyond**

6) While in the experience of being I and being we,

We'll take it a little further to being part of the group, the community, humanity, life on earth, the whole world...

7) Let ourselves become familiar with this sensation.

Share while sensing...

An SOF Skill for life

I invite you during interactions in the coming days:

- 1) Pause to check what space you are in (**I, We, the Beyond**)
- 2) See whether you want to stay or shift to a different space.
- 3) To strengthen the sense of self - Sense the presence of your spine/**I**.
- 4) To strengthen the sense of togetherness - Sense the presence of open arms/**We**.
- 5) To be both connected to self and togetherness, Sense both the **We** & the **I** at the same time.

The next 2 SOF – Social Oriented Focusing offerings:

You & I – living and interacting SOF

Introduction to SOF: A Two Session Experiential Work Shop

Wednesday - March 9nd, 16th 10am-12:30pm NY time - Israel time (**TIFI**)

SOF Foundation Course Level 1

Tuesdays at 5 pm Israel time beginning April 26th

OR

Thursday at 8 am Israel time beginning Jun 2nd - every second week (**ANZ**)

Registration – Yehudit.First@gmail.com

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