

ENLIVENING RECOVERY AND EXPANDING FELT RELATING

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“...the release of addiction’s hold requires awareness: awareness of where we keep ourselves hobbled and stressed, where we ignore our emotions, restrict our expression of who we are, frustrate our innate human drive for creative and meaningful activity, and deny our needs for connection and intimacy.”

—Gabor Maté (2010, p. 399)

Recovery Focusing was born in August 2008 at Costa Rica Recovery Center when the Director, Jim Dopp, welcomed me to come in and try the new process I was envisioning at that time. Since then, it has grown to be one of the most enjoyable practices in which I have had the honor and pleasure to participate. Recovery Focusing has transformed my life into one that is full of playfulness, love, and happiness.

In this article, I share a bit of my history with Recovery, then with Focusing, and how these two life-changing paradigms came together to create this new, enlivening group process called Recovery Focusing, out of which emerged the “H.O.W. We Heal” model for working with groups.

I hope to show how Recovery works, as it relates to a Twelve Step Program and Fellowship, and how it enabled me to embark on a joyous journey of self discovery and healing which was made all the more alive by Focusing. I also outline my “H.O.W. We Heal” model, show how Focusing enlivens Recovery, and how Recovery enhances Focusing. Finally, I offer a few suggestions on further ways in which Focusing may be integrated into a Twelve Step Program of Recovery.

RECOVERING MY TRUE SELF

Twelve Step Programs of Recovery are peer-based support groups that help participants find ways of coping with life that do not involve drugs, alcohol, or compulsive behaviors. The Program considers addiction and other dysfunctional behaviors to be a physical, mental, and spiritual dis-ease. Its basic philosophy is that the key to a stress-free life is establishing and continuing to improve our connection with ourselves, other human beings, and a Higher Power (*Twelve Steps and Twelve Traditions*, 1952). One of the premises of the Twelve Steps is that we help ourselves by helping others. This premise gives us permission to ask for all the support we need at the beginning, knowing that someday we will be able to pay it forward.

I came into Recovery in 1998, trembling, terrified, and broken. Lonely, depressed, and strangled by self-loathing and shame, I was facing a devastating personal tragedy. Spinning inside a confusing tornado of painful emotions, I felt as if I was slipping into a dark well of despair. It was as if I had lost myself somewhere along the way — as if there was no real ME anywhere to be found, just this empty shell of a human being, tortured by the reality of the life I had created. I felt dimmed and wilted, dead emotionally and dying physically. As we say in some Twelve Step rooms, I was given “the gift of desperation”.

The miracle occurred when on a hot August afternoon a Twelve-Stepper asked me how I was. Unexpectedly, with tears streaming down my face, I said, “Not well. I need help.” And, at that moment, I stood at the turning point: I could stay on this treacherous path, heading straight over that edge into madness or death; or I could take a step in a new direction. Someone had offered me their hand. By taking it, I chose the new direction.

Thus began my journey on the Twelve Step spiritual pathway. I had surrendered.

Hungry for guidance, I did everything that was suggested to me by my sponsor. A sponsor is a person in Recovery who willingly helps newcomers by showing them how to work the Steps. The Twelve Steps involve specific actions that were suggested as a “Program of Recovery” from alcoholism by the founders of Alcoholics Anonymous (*Alcoholics anonymous*, 1976, p. 58). They are considered to be a spiritual (not religious) pathway involving a personal journey of self-awareness within a community of like-minded souls.

The Steps helped me have a relationship with a Higher Power of my choice: the creative life force and the power of Love and loving. Working through the Steps with a sponsor taught me how to process suppressed feelings in a healthy way. Each of the Steps showed me who I really was and revealed to me what was not working in my life. They offered ways of replacing these patterns with values and principles that make my life more manageable. By acknowledging and owning my “shortcomings” and sharing these with another person, I became willing to let them go. Making amends for the harm I had done released me from my resentments and enabled me to forgive myself and others. Participating in the fellowship by going to meetings taught me how to listen to others, to empathize, and to share my own experience in order to give it meaning. I found a sense of dignity and integrity that I had never known.

I went through quite a personal transformation in my thinking, in the way I felt, and in my behavior. The last three “maintenance Steps” help me continue to take a personal inventory, to pray and meditate in order to connect with my Higher Power, and to connect with others through service work, like sponsoring and going to meetings. Essentially, the Steps helped me heal my relationship to myself, to my loved ones, and to the universe.

THE POWER OF FELT RELATING

In January of 2001 I assisted in a two-day Focusing workshop with Dr. Robert Lee and Margarita Brenes. I had always loved working with groups (in the university and in the Peace Corps). This workshop was a powerful example of how people can be together

to process feelings and situations in a way that is grounding, respectful, and surprisingly enlightening. After this workshop, I decided to sign up for their Certification course in Domain Focusing. I had been hoping that I could someday facilitate groups and help other people who had gone through a similar personal tragedy.

Focusing is a simple practice that involves pausing our narrative and attending inside our bodies. When we hold an issue, situation, or feeling and ask, “*How is this inside me?*” we may get a felt sense of it. A felt sense is an experience that has meaning. Our bodily living of situations has a particular *feel* and it makes *sense* — thus, the term *felt sense*. As we stay with this inner experience, it comes into ‘focus’ with a word, image, metaphor, gesture, inner part, etc. that is a “handle” or symbol for it. This symbol helps us understand how things are for us. When it is just right in terms of capturing our experience, we usually feel a physical release or shift (relief) that is often accompanied with insights. We feel differently and we think differently. Small steps forward may be revealed.

Focusing helped me to peer past the waterfall of tears that enveloped me into the dark cave of pain within. It allowed me to symbolize this pain and my situation with symbols that spoke clearly to me, such as images that told my story better than words ever could. Attending inside with a welcoming attitude allowed my feelings to be held within a safe embrace of empathy. It brought me into a calmer space of ease. The processing I did during the weekly Focusing/Listening exchanges of my training kept me sane.

I was so overwhelmed with grief that Robert Lee had to regularly guide me into exploring Self Empathy. Integrating Self Empathy into my life was another gift of Focusing. The beauty of Self Empathy is that it is specific to each person, each situation, each felt sense. If I couldn’t be kind to myself one day, perhaps I could be loving or compassionate. If I couldn’t be loving or compassionate for myself in a certain situation, perhaps I could be patient or forgiving. Maybe this felt sense needed some far away, curious company, while this other one needed a friendly embrace.

Making contact and spending time with my bodily-felt awareness within a Focusing/Listening partnership supplemented my Recovery by showing me how to find my inner truth. Being with myself and another person in this deeply intimate and empathic way (Felt Relating) is an act of love with tremendous healing power because, for me, the worst of the traumatic events of my past and of my dysfunctional behaviors was that I was alone with my overwhelming feelings. Within the caring inner and outer embrace of Felt Relating, I was able to let my body make sense of the nonsensical. Furthermore, when listening, I escaped myself and was able to be fully present to the other person. It was a kind of meditation. Listening made me feel good about myself because I was being there for someone. Focusing partnerships are egalitarian relationships: win/win for both partners as we journey inward together to open up our body’s wisdom.

In effect, the kit of spiritual tools I picked up with Recovery, combined with the relief, clarity, and sense of moving forward that Focusing brought into my life, allowed the true, loving, playful, authentic me to begin emerging. I had changed. I had a sense of integrity and wholeness.

During my training and after, Robert Lee would often nudge me into finding a way of introducing Focusing to the Twelve Step Fellowship. I couldn't imagine how to do this. Twelve Step meetings and the Twelve Step pathway worked. Why fix something that is not broken? How could I market Focusing to a program that believes in attraction rather than promotion; meaning, it does not advertise itself? Recovery is based on passing something on in order to keep it—how could I charge money for Focusing training to Twelve Steppers? These and other questions blocked my way forward. Though it made sense to me that Felt Sensing was a gift to Recovery, having received so much from it myself, I did not know how to *cross* the two.

RECOVERY FOCUSING

“My brain is so numb I can only think in metaphors.” (Client in treatment)

At the 2004 International Focusing Conference in Costa Rica, I led an interest group on Focusing and the Twelve Steps. We met in a circle but did not know how to proceed. It was quite amusing actually. There we all sat: we knew we were interested in this possible crossing, but had no idea how to actually interlace these two life-changing practices. All I could think of doing was to invite the group to Focus into Focusing, then Focus into the Twelve Steps. Discovering that moment's inner experience of Focusing and the Steps was illuminating for all of us, but the two remained separate, as if seeing each other through glass, but unable to actually make real contact.

In 2006, I began exploring the concept of Recovery Focusing with Rob Foxcroft. These sessions helped me understand how these two “circles” (as I saw them) shared many of the same ideas. They were both about personal change through togetherness. They had similar guidelines for safety during partnerships and meetings (no commenting on or giving advice, etc). They both valued empathic, respectful listening. There were many other ways in which these two mind/body/heart healing practices resonated with each other, but for the sake of brevity I won't detail them here.

Rob's empathic and careful listening solidified my knowing that the healing that happens in Focusing is due to the relating, not just the attending inside. It is the *interaction with another person* itself that enhances the interaction with our own inner experiencing, opening up spaces that are not possible without that connection. As Gendlin maintains, during these human encounters, our responses interact with each other and carry forward our experiencing, bringing forth solutions that previously were not available (Gendlin, 1964, p. 116).

I continued Focusing with Rob, finding more and more similarities and getting more in touch with the transformative power of both Focusing and Recovery. But still, I couldn't figure out how to make these two practices work together.

Then, in August of 2008, after a Twelve Step meeting, I met the director of Costa Rica Recovery Center. He mentioned that he was looking for a bilingual counselor to work at his center. I told him I was a Certified Focusing Trainer who had ten years as a committed and practicing Twelve Stepper, that I was fully bilingual, and that I had an idea for a new process called Recovery Focusing. He told me to come in on Monday and start.

Just like that, my career as a Recovery Focusing Facilitator began! The fact that I had been Focusing on it with Rob Foxcroft gave me a confidence in this *crossing* that I may not have had without our many sessions. I knew in my body that the two processes were “soul mates.” (And body-and-mind mates as well.)

The Beginning

I went in to work that Monday, not really knowing what I would do. In the Recovery Focusing group I invited people to “go inside and wait” for something to come about alcohol or their addiction. I decided to make my Focusing instructions easy to follow for people in Recovery. This is because I knew I was dealing with all levels of physical, mental, and spiritual damage due to addiction and the trauma that causes it (and later accompanies it). These people have severely low self esteem, plus anxiety, anger, depression, personality disorders, etc. They have a total disconnect with themselves and others. I needed to make Focusing available to anyone, in a gentle, respectful, simple way.

Not only did I know that people have different abilities to feel things, but I had assumed people in withdrawal from drugs could not get a bodily-felt sense, as traditional Focusing emphasizes (I soon found this was not true). In my years of teaching Focusing, I had found that people have different *ways* of discovering felt meaning. For example, incest survivors I had worked with could easily get images and gestures that captured exactly how they were living a situation, but could not feel anything inside their central trunk (throat, chest, belly). Most addicts are sexual abuse survivors. I did not want to push anyone in any way or trigger PTSD reactions. I wanted them to honor themselves, respect their own sense of safety, while at the same time being curious and allow something to come “from within,” whatever “within” meant to these “Hungry Ghosts” as Maté calls them (2010).

I have heard from more than one Focusing Coordinator that they prefer to consider Focusing to be of the realm of metaphor and imagery, and thus, they do not mention the body in their therapy sessions. As my own Focusing has developed, paradoxically, I no longer need to solely “focus” into my central trunk (unless that is what is needing my Focusing attention). What I most regularly receive from inside are illuminating images that reveal to me exactly how I am living an issue. I consider Focusing to be the language of the soul as much as of the body.

Due to all of the aforementioned, I decided to flip Focusing upside down: I would not mention the body until after inner symbols came. That is, I wanted people to welcome *anything* that came, be it a word or a phrase, a feeling tone or mood, an image, memory, song, etc. Robert Lee calls these “Avenues INTO Felt Sensing.” Once something meaningful came, I invited them to then feel this in their body, as follows: “*And, if you haven’t already done so, hold whatever came to you and ask how this is in your body. What is the feel of this? Wait. Notice how this is in your throat, chest, or belly, or maybe in your whole body. Once you have the felt sense, try to describe it, again, with a word, or image, or song, etc. And if nothing comes, no worries. We’re just checking.*”

I used (and use) the words “feel” or “felt sense” after inviting them to welcome whatever came to them. Of utmost importance to me was that each person could find their personal meaning about whatever we were Focusing into. If they could only think of what it meant to them with a word or phrase, this was OK. If a song came, this was wonderful! If an overall feeling tone emerged, this was good enough. The idea was to reduce shame and to make each person feel that he or she was included in the process. I wanted them to feel safe to share whatever they needed to share by letting them know there is no “right” way. Our unique way of finding meaning is...our unique way. This resonates with the principle of Recovery that we each work our Program in our own way (though with the help of others) and that all are welcome as they are.

At times I worry that this perhaps is not, technically, Focusing, in the classic sense of feeling something directly in the body. Yet, it doesn't matter. In time, people are able to sense more in their body. It's like this: an alcoholic came back in to treatment after a relapse. He was cut, bruised, and trembling. One could see he was in a lot of physical pain. I invited the group to hold the word “*God or Higher Power and wait for something to come from inside you about this.*” When it was his turn to share, he said, “I don't feel anything. I just feel this deep happiness.” It broke my heart wide open! Is this “deep happiness” not a felt experience? Yes, it is. He might not have been able to locate this somewhere in his physical body, but he felt it as an overall experience.

This is group Focusing. It's about making contact with the essence of a shared *something*. In a group, we don't have time to explore our felt experience by entering it deeply, as we do in Focusing partnership or Focusing Oriented Therapy. Yet, this process of briefly touching into our felt sense, together, is enough to have a powerful impact in each of us. AND, the overall felt experience gains meaning because it is being crossed with the felt meanings of others. *What we lose in depth we gain in breadth.*

This “keep it simple” approach of welcoming anything that emerges from inside has worked beautifully for these groups. Everyone is heard. Everyone is part of the process for each other. Each person's responses helps the felt sensing process of the others.

By not emphasizing or concentrating solely on physical sensations, new possibilities open up—new possibilities that the person might not have had access to previously. People make contact with a general feel or mood. Often, for example, clients say they feel “lighter, with more energy.” They use phrases such as, “My body feels calm and happy.” “I feel strong and confident.” They are able to notice and appreciate the overall shift in how their body feels. Of course, specific body location is regularly noticed. “It is as if a heavy bag of rocks has been lifted off my shoulders.” “I feel an empty dark hole in my stomach that is sucking everything into it.” Generally speaking, sensing into the more negative aspects of addiction often brings localized bodily felt senses in the chest or belly, but the carrying forward feel of “Recovery” is a more global sense of feeling better.

Many things started emerging for people. Images, feeling, gestures, songs, body sensations came to show us how addiction was lived inside us. Our personal felt meaning of whatever we were Focusing into was revealed to us. It was quite moving. Furthermore, this

“attending inside” was *interesting* to all of us: we don’t know what is going to come from within. It’s a surprise! Thus, an atmosphere of interested curiosity is created, and a felt resonance that is quite...fun. The symbols that come tell a story that speaks to all of us.

After a few days, I began Step One with Robert Lee’s technique of “Getting Help From Your Past” from his “Macroshifting” model. I invited people to remember a time in their lives when they had been happy and fulfilled while clean and sober. What a positive impact this idea had on the whole group. They were able to share in the joy of that happy time and experience it directly in their bodies, now. I told them that this was a reminder that their bodies know how to feel good without drugs.

I then invited them to spend some time thinking about the last year of their using or drinking, then the last few months, then the last week. I wanted them to get a sense of the progression of the dis-ease. I told them to hold this “powerlessness” and the unmanageability of their lives and “go inside and wait” for anything to come from inside. After a long pause, I asked, “*What is the worst of this? What does this need?*” (Gendlin, 1981, p.60). Below are two examples of responses:

“It is like a flower wilting in the dark. My body feels like it is in lock down...the jail doors are closing. The worst of this is that I feel trapped, with no way out. As if I am frozen in a winter storm. This needs for my inner core to be transplanted. Care in a new environment...with a field of flowers. It’s important that I be in a field of similar flowers.”

“I feel dirty, sneaky. Cluttered inside. Tightly knotted. The worst of this is that I was doing it even if I did not want to do it. This needs to be cut off. To turn my back on it and never look back.”

The answer to what they needed came from *them*, not an outside authority. This part of the process was very moving. The pain, despair, and hopelessness of people’s “bottoms” came strolling into the room as a clear, felt presence. We sat together in awe by the fact that we had commonly survived the grim reaper.

The principle within Step One is honesty. By coming out of denial and accepting our powerlessness (which implies we need to remain abstinent in order to begin healing), we were already receiving the higher power of honesty. Felt sensing makes this honesty all the more real, more felt, more *right here now*. (The power of each principle within each Step is received directly with Focusing). We were already *doing* Recovery.

Imagining life without our drug of choice or acting-out behavior is almost impossible for many people who self-soothe in these ways. I then decided to invite the group to envision and feel into “sobriety.” Wow! They each got a felt sense full of meaning about this idea. I eventually started asking, “*What is the best of this positive feel of Recovery?*” This question widens, deepens, and expands the newly-discovered FEEL of Recovery and thus helps protect it from cynical, or critical inner voices. We feel physically and mentally able to hold the best of Recovery. Thus, it is no longer a distant concept. It is now a lived reality.

“I got an image of giving flowers to others...being willing to share happiness...like giving something alive to others. Recovery is like leaving a trail of flowers behind me, and their seeds...and making the planet a more beautiful place.”

“I feel tall and straight. Without fear. With a calm assertiveness inside.”

“I sense Recovery as cleansing...like reviving life. The best of this is a sense of openness and comfort inside. Hope.”

Yes. Both Focusing and Recovery “revive life.” Sensing into Recovery enhanced the “compare and contrast” approach I was developing. When overwhelmed with craving for a drug or negative behavior, we can choose to use again and feel the worst of it (felt sense of addiction); or, in contrast, we can stay in Recovery and feel the best of that.

With a little creativity, I started applying this same process to each of the Twelve Steps. The way to integrate the Steps with Focusing was now so obvious. We can sense directly into the Step itself. My three-phase “H.O.W. We Heal” model was happening, though at the time I had not named it yet. I would start the group by sensing into something positive. Then, we would dip into the addictive/dysfunctional aspect of the Step, asking what the worst of it is and what *it* (italics again for emphasis) needs. And, finally, we allowed ourselves to imagine and feel the best of Recovery.

This is what came to one person as we sensed into “a power greater than ourselves” in the starting phase:

“Collective synergy. I feel awe and gratitude. I see two people sitting together, creating “more” than the two. “One plus two equals infinity.” Inside, I feel open and connected to all things, to the collective conscious. I see concentric circles of light, beginning inside my heart and expanding out to my family, my friends, and outward, encircling everything...I am in their circle, and they are in my circle.”

Making Space for Joy and Togetherness

The beauty of Focusing is that it allows people to find what they need from within. It enhances self esteem. Nothing but gentle guiding is being imposed from outside. Furthermore, because of the specific nature of Self Empathy, each person can find their own right way of being with themselves in this particular moment or with a particular felt sense. Focusing “frees us from self attacking and shame” (Hendrix, 2003, para. 1). Since people new to Recovery are so full of regret and self-loathing, these aspects of Focusing are welcome salves to wounded souls.

This sharing together on this intimate, vulnerable level helps people connect to and empathize with each other, even when it is difficult. I have found that even those with cognitive impairment, or with only one day of sobriety, or who are rejected by the group in some way, are heard when they are sharing from the felt sense. It is *real*. It is *authentic*. It is *felt*. It carries meaning for the rest of the group as well. The interested listening each person receives from the group honors them and their experience. Because of the empathy this relating enables, the group bonds with each other. To some degree, we all experience being loved, or at least cared for.

The circle of the group creates a sense of wholeness, oneness, and togetherness. It creates the experience of “Us.” This is like a safe home where we feel securely held, thus

making it more OK to explore the worst of the addictive process. We are not alone. Together we can face the past, knowing we are actually here, now, working towards a better future. Best of all, we all shift into the feel of Recovery, together, infecting each other with our happiness and well-being. This *is* Recovery: enjoying life to the fullest.

Though I have worked at Costa Rica Recovery Center for over five years, this work continues to be interesting and enlivening for ME! I, too, am interested and surprised. I, too, feel the energy of what is happening. Furthermore, I feel immense gratitude that I continue to find new aspects to my own Steps as I do this work weekly. My own process continues to be illuminating. As a result, I experience more and more happiness in these groups. What a blessing to any person who works in this challenging field of addiction treatment, to find a practice that, rather than burns us out, infuses us with aliveness.

H.O.W. WE HEAL

At some point I decided I needed an acronym to help people remember this process. We use a lot of acronyms and simple slogans in Recovery; such as H.A.L.T. When we get “Hungry, Angry, Lonely, or Tired” we are in danger! H.O.W. is another such acronym: by learning to be Honest, Open-minded, and Willing to change, we are learning a new design for living. These acronyms and slogans are sometimes all we can manage to remember about the program when we are in early Recovery, for they carry much meaning.

Because of the three-phase process I was already doing in my groups, it was easy to come up with “H.O.W. We Heal.” We heal by Honoring ourselves and each other with a positive felt experience, Opening a pattern that is stuck so that it can carry forward, and Welcoming the best of the feel of Recovery. The phrase “H.O.W. We Heal” captures for me the amazing group process of “Healing Through We-ing,” as I often call it (thanks to my friend David Young, who originally coined the word, “We-ing”). A few years ago, I also came up with the acronym P.A.U.S.E. to simplify the Focusing movements. Much is written about the Focusing pause (Hendrix 2003). This acronym stands for: Pause. Attend Unconditionally. Symbolize Experience. For addiction, I use Pause. Attend Urgency. Symbolize experience with Empathy.

ENHANCING RECOVERY WITH FELT RELATING

Focusing can be integrated into our Program of Recovery in many ways. These are detailed in my *Recovery Focusing in Manual*, available at www.lulu.com. Below I summarize a few of these, which would be enhanced if practiced within a Focusing/Listening exchange with another person.

- We can continue to apply the H.O.W. process as we work the Steps, or daily as we explore what is needing our attention or causing us stress.
- The Focusing P.A.U.S.E. for addiction (Pause, Attend Urgency. Symbolize experience with Empathy) can bring relief from triggers that cause intense craving.

- We can Clear a Space around what may be in the way of our serenity or in the way of working a Step, letting the block transform itself into a stepping stone.
- We can start the day with Self Empathy, asking, “How do I need to be with myself today? (Can I be kind, friendly, patient, forgiving, compassionate, supportive, etc?)” We wait for our body to answer how we need to be with ourselves. Self Empathy can be visited as we make amends and work other Steps as well.
- We can do a mini Step Ten (personal inventory) by: a) honoring ourselves by reviewing what we did right (and sensing the feel of this); b) opening what is stuck by exploring what we wish we would have done differently (and noticing the body feel of this); and c) picking a Recovery behavior which may replace our dysfunctional behavior and let ourselves imagine and feel the best of this.
- Regarding our practice of Step Eleven (prayer and meditation): We can pause to enjoy the feel of any prayer; clear a space before meditation; pause to sense into the feel of serenity, and spend time appreciating our connection to our Higher Self and Higher Power.
- And, finally for our Twelfth Step of service and carrying the message, we could engage in Co-Sponsorship through Focusing Partnership; as Sponsors, we can invite newcomers to pause while applying the H.O.W. Model to the Steps; and we can begin hosting “Focus-IN Recovery” circles.

Not long after I started facilitating Recovery Focusing groups regularly, I felt as if I had stepped across one atmosphere into another. The new mood was one of a deep sense of well-being and gratitude. I felt a connection to the planet and to living things that I had never experienced before, at least not quite so completely. It was as if the new vision I gained with Recovery was enhanced by felt sensing, helping me see things more clearly and feel them more directly with my whole self. I hope this new, en-lightening vision can someday illuminate the Recovery pathway for others.

Twelve Step fellowships are spreading throughout the globe. Millions of people are finding relief from addictive processes and dysfunctional behaviors by coming together, working the Steps, and living life based on principles and values that keep them connected to themselves, each other, and the creative energy of the universe. Perhaps someday many of these circles will be Focusing oriented or *Focus In Recovery* circles. Felt sensing and felt listening will infuse these meetings with more love, joy, and empathy than we can imagine. Well, I can imagine.

And the feel of this is strong under my feet and solid behind my back, while the rest of my body is loose and fluid, wanting to sway and dance, smiling through and through. I feel a warm light glowing in my heart center. As I stay with this, a song by Bruce Cockbrun comes to mind: “Making contact...swimming in the ocean of love.” By making contact with our felt sense together, we make contact with and swim in the ocean of love, rather than drown alone in the dark well of addiction. Thank you for listening!

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