



# *Let Your Body Make Your Mind Up*

21st/22nd October 2023

Most decisions we make in our personal and working lives make themselves without our having to think too much about them. But sometimes a decision presents us with a dilemma, for example:

**difficult decisions:** *"should I do this or should I do that?"*

**awkward edges:** *"whatever I do here, it's going to be tricky"*

**stuck situations:** *"I feel stuck, and I don't know how to move on"*

What do we do when we lack a clear sense of the way forward in a situation that feels 'right'? We may chew it around endlessly in our mind, weigh up the pros and cons, ask others what they think, prevaricate, or make a hasty decision that leaves us with an uncomfortable feeling that it wasn't the right one. How can we use Focusing to help us make our minds up?

When a decision does feel right, our whole being lines up behind it. The feeling body relaxes and the mind is at peace. To get to this point, we may need to reflect on the options by listening to the various feelings and felt sense perspectives we are carrying. Sitting with the felt sense of the situation, we can invite a way forward to emerge that feels right, a step in the right direction.

This workshop is for people who would like to explore ways to apply their Focusing skills to situations in their personal and working lives. It covers:

- ❖ pointers to making decisions that feel right
- ❖ different scenarios when decisions don't make themselves
- ❖ strategies for using Focusing to explore decisions
- ❖ working through snags to making decisions
- ❖ the art of companionship Focusing sessions on decision making

Working with the felt sense is a creative and pragmatic application of Focusing and listening skills. This is an experiential workshop that provides the opportunity to explore some real decisions, with time to discuss the principles and patterns behind working this way.

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- times** ▶ from 9.45 am to 5 pm on Saturday and Sunday
  - venue** ▶ here in Clapham (close to Clapham South tube)
  - cost** ▶ the workshop fee is £130 if booked at least two weeks in advance, or £150 thereafter
  - booking** ▶ please write to me in good time with your name, address and phone number, enclosing a cheque for a deposit of £50 or the full fee (payable to *Peter Afford*), or email me if you prefer to do an online transfer
  - cancellation** ▶ incurs a £50 admin charge i.e. in normal circumstances deposits are not refunded

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