

Fieldwork: Questions for Mapping

First Impression

Describe in general terms, in a sentence or two, what it feels like to be you experiencing this [feeling state], as if you were telling a good friend.

Location

If you were to say that the actual, felt experience of this [feeling state] is located somewhere in or around your body, where would you say that seems to be?

And in this location, what kind of size and shape does this [feeling state] seem to occupy?

Substance

Inside this region, if you were to say that the actual, felt experience of this [feeling state] has qualities of substance, would you say it seems more like a solid... a liquid... a gas... some kind of light... or energy... or something else?

Does this [feeling substance] seem hard or soft, heavy or light, more or less dense, thick or thin? What finer details do you notice about the qualities of substance of your experience of this [feeling state]?

Temperature

If you were to say this [feeling substance] has a temperature, what temperature would you say that seems to be?

Color

If you were to say that this [feeling substance] has color, what color or colors would you say it seems to be?

And would you say it seems more transparent, translucent, or opaque? Is the color vivid or flat? Dark or bright? What other qualities of appearance do you notice in your experience of this [feeling state]?

Movement/Force

If you were to say the actual, felt experience of this [feeling substance] is moving in any way, would you say it seems to be flowing... pulsing... vibrating... moving in some other way... or does it seem to be perfectly still?

And do you notice any force or pressure? Are these qualities of movement, force or pressure steady, rhythmic, or random in any way?

Sound

With your attention on the felt experience of this [feeling state], when you listen internally, do you notice any inner sound? Is it natural, artificial, mechanical, vocal, or something else? Is this sound steady, or does it vary in a way that is rhythmic or random in any way? If there seems to be no sound, is it more the case that there is no sound of any kind, or is there in fact the presence of a distinct silence?

Review

Is there anything else you want to notice about how this [feeling state] actually feels before you move on? Is there any other sensory information like taste or smell to capture? Are there any adjustments you would like to make to your notes?

Take some time now to draw what you have described.

Beliefs

How would you capture in words what seems most true, or real, or important, from the perspective of yourself when you are feeling this [feeling state]?

How might you complete the sentence:

- I am, or I'm not...
- I can, or can't...
- I have, or don't have...
- I need, or don't need...
- I want, or don't want...
- I should, or shouldn't...
- I have to, or don't have to...

Fieldwork: Questions for Moving

Preamble

Before we begin, we need to set three frames.

First, this part took on this feeling state form in order to serve you. You're going to move this feeling state, but you can always put it back if that is what is needed. Therefore, it is safe to move.

Second, because it is safe to move, you might as well go for it. What could this part of you be in an absolutely perfect world, where all your needs are met, fully and completely?

Third, this part of you is connected to other parts. We invite these other parts of you to participate in this process passively, as witnesses only, learning from the process what is possible for all parts of you, all feeling states.

Now, in the spirit of exploration, in a perfect world, if this part of you were free to become anything at all, what would it most want to be?

Temperature

If this part of you were free to become warmer or cooler, what would feel better? What would this part of you prefer? And in becoming warmer or cooler, if this part of you were free to take on any temperature at all, what temperature would it most want to be? What would be this part's perfect temperature?

Substance

So, in taking on that new temperature, if this part of you were free to become harder or softer, heavier or lighter, more or less dense, what would feel better?

And in moving in that direction, if this part of you were free to take on qualities of any substance at all, would it prefer to be more like a solid... or a liquid... or a gas... or some kind of pure light or energy... or something else?

And going into the finer qualities of that substance, does this part want to be hard or soft, heavy or light, thick or thin? What other qualities do you want to notice about what this part of you most wants to be?

Color

So in taking on these new qualities of substance and temperature, if this part of you were free to become darker or brighter, what would it prefer?

And in shifting in that direction, if this part of you could take on any color or colors of the rainbow or beyond, what color or colors would it most want to be?

And would it want to be transparent, translucent or opaque?

And would it want to have any qualities of being luminous, iridescent, shimmering or sparkling?

What other visual qualities of appearance do you notice this part of you wants to take on?

Location

In taking on these new qualities of color, substance and temperature, if this part of you were free to locate itself anywhere in or around your body, or in and around your body, where would it want to be located? And what kind of size and shape would it most want to be?

Movement/Force

In locating itself in this new location, how does this part of you want to be moving? Does it want to be flowing, or pulsing, or vibrating? Does there want to be any sense of waves or ripples? Does it want to be radiating in some way? What directions or other qualities of movement does this part of you most want to have?

Sound

In taking on all these new qualities, if this part of you were free to generate an inner sound as a way of more fully expressing its true nature, what would that want to be?

Would it want to be some kind of music or a sound from nature? Some kind of voice? One voice or many? Male or female? What age? Or would it want to be perfectly silent? What would be the optimal inner sound to express this part of you?

Review

Going back through the different qualities, are there any other adjustments you want to make? Is there anything else you want to notice about what this part of you wants to be?

Beliefs

If this part of you were free to express in words what seems most true, or real, or important, what would it say?

How might this part of you complete the sentence “I am...” or “I have...” or “I can...”? What else do you notice?

What does this part of you most want you to know?

New Name

Finally, what name would you like to give this new feeling state? Another way of thinking about it is, what name would this part of you like to be called?

Drawing

And now, take some time with the drawing, in the same way as you did with the original feeling state map.