

## ► Clearing a Space 整理空间/腾出空间

- Clearing a Space is the first movement of Gendlin's Focusing Short Form
- 腾出空间是简德林聚焦简易法的第一步
- Create distance in imagery from the issues that concern you.
- 在意象中创造你与你所关注的那个事儿的距离
- We encounter difficulties when the issues we are concerned about comes too close to us. When there is adequate distance, we can observe issues without becoming overwhelmed by them.
- 当我们所关注的事离我们太近时，我们会觉得苦恼。当距离适当时，我们能在不被我们所关注的事儿的压迫下，去观察它们
- When all the issues that concerns us are placed at an adequate place, the senses of difficulties accompanying them disappears. It is like cleaning up a room that was full of boxes and packages of issues, and now there is a clean space. We can sit peacefully in this "cleared space".
- 当所有我们关心的事儿被放置在适当的地方之后，与之伴随的苦恼感会消失。就像整理一个充满了事儿箱子的房间，整理好之后出现了干净的空间。我们可以安坐在这个被腾出来的干净空间里

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## ▶ How I teach Clearing a Space 我是怎么教腾出空间的

- Imagine that you saw a good friend after a long time. You would say to your friend, “how are you doing these days (today)?”. You will want to catch up and know how your friend’s life is going, what issues and challenges your friend faces. Be with yourself like this, greet yourself, and ask how you are feeling, what issues are here today.
- 想象你遇到了一位许久未见的好朋友。你会对朋友说“你今天/最近怎样？”你想和他聊天，想知道他的生活，想知道他正面临哪些问题或挑战。就像这样，跟自己待在一起，问候自己，并且询问自己的感受和现在有些什么事儿
- When some issue arises, say one word about it to your Focusing partner, for example “something about a relationship came up”. You don’t need to tell the details. Be aware that you are concerned about this relationship. (Don’t deny the issue, belittle it or exaggerate it.)
- 当某些事儿浮现，对你的聚焦伙伴很简单地说，例如“有件什么跟人际关系有关的事儿浮现出来了”，不需要说出细节。要意识到你所关心的是这个关系。（不去否认它，小看它或夸大它）

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- Slightly tap the felt sense that accompanies this issue. You do not need to go deeply into the felt sense. You just want to identify the felt sense that comes together with this issue.
- 轻触随着这事儿而来的体会。不需要深入。你只是想要确认这个伴随这事儿而来的体会
- Can we find a place to put all that (this issue and it's complicated felt sense)? [In my experience, throwing it away does not seem to work well. Whether you like it or not, it is important for you, so put it where you would put something important or somewhere where you would invite a quest. ] Some places that I often observe are: on a bench in a park; on a bookshelf; in my bed; in a vase. If you have difficulty with finding a space for this issue, ask it where it wants to go.
- 我们能否找到一个可以放置这个事儿和它所带来的体会的地方？【我的经验是，把它扔掉效果好像并不好。不论喜不喜欢，它们对你而言都是重要的，所以把它们放在一个你会放置重要东西的地方或是一个你会去引发探索的地方。】我经常观察到的一些地方，例如：公园的长凳上，书架上，我的床上和花瓶里。如果你对找到置放空间感到困难，可以问问这事儿它想去哪里

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- Try placing it in there in your imagery. If you have difficulty try to find another place.
- 试着在你的想象中把它放在那里。如果有困难，就试试另一个地方
- When you placed all that about this issue, see what else comes to you. You can repeat the procedure above for each issue that arises. [Usually people tend to have 3 or 4, maybe more issues.]
- 当你把所有与这个事儿相关的东西都放好之后，看看还有什么事儿出现。你可以对每个浮现的事儿重复这个过程【人们一般会有三四个，也有可能更多】
- When all the issues are placed in their respective places, enjoy staying in the cleared space.
- 当所有事儿都被安放在它们相应的地方之后，享受这个被腾出的空间