

# BRITISH FOCUSING ASSOCIATION

## OPERATIONAL PHILOSOPHY

The operation of the British Focusing Association is based on the values and principles of Focusing and grows out of a person-centred approach to human potential. The British Focusing Association is run in a way that embodies these values.

We strive to ensure that the structures and practices in this organisation are open and flexible so that the organisation serves its members, meeting their needs as closely as possible. Our structures are intended to support freedom within relationship. We encourage authentic, congruent communication, respectful of self and others.

In Focusing we sense the bodily felt response to something. As we attend to this experience, it opens and changes, naturally evolving to a more integrated form. We are committed to using the process of Focusing in how we do things.

### OUR VALUES AND PRINCIPLES:

- People have an inner sense of rightness which can be trusted.
- People are responsible for themselves.
- Every person is more than can ever be put into words.
- All parts of each person have the right to be heard, including the vague and contradictory
- Each person has a right to privacy.
- Each person is in process, and change is always possible.

#### *The inner sense of rightness*

Each person's inner sense is welcome to be heard. The inner sense moves in response to what others say, or to changes in the situation. As we listen to each other, the sense of what is right for the situation emerges and becomes clear.

#### *Self-responsibility*

Each person has rights, as each person has responsibilities, and no set of rules can possibly fit the infinite variety of human situations and levels of mutual trust. We have a flexible ethic of congruence, which respects each person's inner sense of rightness.

#### *Each person is more than can ever be put into words*

We avoid using labels and are committed to relating to each other and to ourselves as whole people.

#### *All parts of each person have the right to be heard*

People are complex and multifaceted. When a new feeling or thought is forming, it may at first be confused and unclear. We make space for the new in each of us to emerge.

*Each person has a right to privacy*

Something may feel too tender or vulnerable to be shared. We never expect a person to reveal more of themselves than feels right. Each person is in process, and change is always possible

Focusing invites change. People may change their opinions, ideas, feelings and behaviour. We trust the steps of change which Focusing brings.

## HOW WE MAKE DECISIONS

The BFA makes decisions by coming to consensus.

Each person is invited and encouraged to participate in decision making. We are not looking for uniformity; we value the richness and wisdom that emerges from welcoming different points of view. We are committed to a process in which the individual felt-sensing of many people leads to a way for us to go ahead together.