3. Grasp Form (Assumed My Sentence Form)

① Write down your theme
② View overall of 「1. Realization Form」 or 「2. Actual Case Form」. Continue feeling the scene written down and
keep your attitude for feeling whole things. If you have not made out both of them, feel newly the experiences you
set as your theme. Identify the feeling or sensation as "the sensation" with pointing your internal sense. This
feeling or sensation is called "Felt Sense".
3 Ask yourself how you can express your felt sense. Write down the words or sentences coming up with.
4 After writing certain amount of words or sentences, put \(\cap{,,,}\) at the end of sentences and complete the
process. Underline 2 or 3 parts that you think are important.
③Pick up one or all words you underlined and express your felt sense. Write down to [] in below. This sentence
in below is called "My Sentence". It is preferable if you can make the sentence that expresses felt sense somewhat.
Assumed My Sentence
This feeling is [
©Double-underline the strongest word you want to feel more deeply.