

PATHWAYS BACK TO CENTER

In a moment of overwhelm or intensity, try one of these tips:

Breathe:

Step back, rest into your body. Literally pause for a moment.

Unblend: Notice your experience like you are a fly on the wall:

Witness your internal landscape of thoughts, feelings, images, and physical sensations. These can all be different ways your parts show up.

Name your different experiences to yourself:

“Right now, a part of me feels... a side of me thinks...”

Recognize there are multiple perspectives inside you.

Remember, “All parts are welcome.”

Consider positive intent:

Wonder how a part is trying to help or protect you.

What is its job or purpose?

Acknowledge a part:

Express appreciation to your part.

What if... when a certain part of you is coming up, persisting, even overwhelming you, it is because it is trying to help or trying to get a message across. What if...you actually appreciate this part and thank it for working so hard!

Explore the core need.

What is driving your parts underneath? What would be reassuring to your part? What does it wish someone would “get” or do for you?

Then consider:

Is there a way you can take care of your needs on the inside?

Is there a way you want to ask for what you need. You can represent a part’s needs to others, speaking for this part (rather than from it) so you communicate calmly, clearly, confidently and are understood.

Be Your “Inner Classroom” Leader:

Enter your inner dialogue (yes talk to yourself!) and be the leader for your inner classroom.

Sometimes we need to strike the balance between compassion and confidence.... just like we would with a child. For example you might say to your parts:

“I understand how you are trying to help and I can speak with you more later but right now I need you to step back. I am the adult and I need to do my job.” OR

“I appreciate what your purpose is here and you will help more if you dial it down from a 10 to a 5.”