

AWARENESS + ACKNOWLEDGING PARTS

-I notice I am experiencing a protective stress response and my nervous system is responding by going into (fight flight freeze or fawn).

-I noticed I do — when I feel —.

-I notice I experience — sensations in my body when I feel —.

-I notice a part of me feels —.

-I notice a part of me thinks —.

-I notice a part of me believes —.

COMPASSIONATE RESPONSES TO PARTS

-Hello (emotion/part) I see you. I'm here with you. You are welcome here.

-It makes sense that you feel — because —.

-I give you permission to express.

-This is — and it's OK to feel —.

-It's human to —.

-I'm sorry for ignoring you + making you feel alone. I'm here now.

-I offer you —.

-Thank you for —.

-I see you I'm with you in this. I got you you're not alone.

-You're safe with me.

-I understand that —.

-I'm listening. I have time for you.

-I care about you. I love you.

-Tell me more.

QUESTIONS TO ASK PARTS

- What are your core beliefs?
- What are your values?
- What emotions do you feel?
- What is your unmet need?
- How can I support you now and help you feel valued and accepted by me?
- How old are you? How long have you been feeling this way?
- What are you trying to protect me from or help me with?
- What is your coping strategy when this trigger comes up?
- What outcome do you want? What is your purpose? What are your goals?
- What are your biggest fears?
- What emotion do you not want to feel right now?
- What feels like too much?
- Is there a way we can work together to take a different approach to this?
- What do you need from me to feel safe in this moment?
- What is something you'd like me to know and understand?
- How do you want to express yourself right now?
- What other part are you in disagreement with or feels like it's opposing you and holding you back?

ENCOURAGING WAYS TO SPEAK TO YOURSELF- MIRROR WORK

-You got this!

-I got you! No matter what happens today...I GOT YOU!

-You are capable!

-I believe in you!

-I'm rooting for you!

-Everything you need is already within you!

-You are worthy of ____!

-Your story, your voice, and your truth matter!

-You are a miracle in motion!

-Good things are coming your way!

-Everything is working for your highest good!

-You are so precious to me!

-You can do anything you set your mind to!

-You are allowed to take up space!

-You are powerful!

-You are right on time. Everything is happening exactly as it needs to!

-You are a sacred rhythm, not a machine!

-You are allowed to move at the pace of your nervous system!

-You belong here just as you are!

-You have my permission to _____!

-Shine baby shine! Let your light shine today!

-I'm with you every step of the way today! I'm right here with you through every little thing!

- You are so beautifully and wonderfully made! I'm so glad you were born!
- I love how you _____!
- You are so brave. You are doing deep brave work and I'm so proud of you!
- Wow! Look at all that you've overcome! You are an overcomer!
- You are so resilient! You amaze me!
- You don't have to earn your worth- it's already yours!
- You bring something to the world that no one else can!
- You are allowed to change, soften, evolve, and begin again!
- You get to take up space with your whole self- joy, fear, and every part are welcome here!
- You are so deeply needed in this world!
- Your softness is your strength!
- You are rising!
- I give you permission to step into your power! It's time to take your power back from ____ (stress, overwhelm, anxiety, depression, etc.)
- Today I celebrate you for _____!