



All Parts Are Welcome

The following exercise can help you embrace (and talk to) all parts of yourself using your attention and a few simple questions.

Step 1

- Focus your attention inside yourself and say the following in your head or out loud: "I want to help anyone that needs help, but first, I need to know all of you."

Step 2

- Then say the following out loud or to yourself: "If you overwhelm me, I will not be able to help you."

Step 3

- Make the following request: "Please be here with me, rather than taking me over. When you are ready, let me know who you are, and I will write it down."

Step 4

- Make a note of or draw all the parts you meet (including thoughts, emotions, and sensations) that you feel or experience