



## *All Parts Welcome Exercise*

The following exercise can help you embrace (and talk to) 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

\*Adapted from IFS: Skills Training Manual by Anderson, Sweezy, & Schwartz