

CHECKING IN WITH PARTS: BUILDING AWARENESS AND MEETING NEEDS

1. Notice when you are triggered.

- a. What are some of the flags you can be aware of that tell you something has been activated?
 - body sensations
 - urges to move/not move
 - emotions
 - thought content
 - sense perception
 - how old do you feel?
- b. Are you hyper or hypo aroused? Where are you on the Window of Tolerance?

2. Describe what are you are noticing.

- a. Try to be as objective and descriptive as possible. Stepping back from your experience helps create *separation* from it: when there is separation you can be *with* your experience rather than be *hijacked* by it.
 - *I can notice my body feels heavy*
 - *Part of me feels depressed*
 - *I am aware that my thoughts are telling me that I want to be dead*
 - *My body doesn't want to get up*
 - *I am cold*
- b. Ask yourself if this experience is old? Is it familiar in anyway? (same thoughts, story, body urges, body sensations).

3. How do you feel towards this experience?

- a. See if it is possible to access a place inside that feels even a little calm, curious, compassionate, warm hearted, or tender towards your experience.
- b. Meeting your experience from places like anger, criticism, frustration, fear, or apathy create an environment where it is hard for parts to trust us—they will likely either shut down OR become more intense. See if these reactions can soften, give you a little space, and can allow you to be with your experience differently.

4. Listen. Get to know what this part of you is thinking, feeling, or worried about.

- **What are you afraid of?** (*People are watching me and judging me, bad things could happen if I go outside, people will be mad at me if I speak up*)
- **What do you believe?** (*I am worthless, I deserve bad things to happen to me*).
- **What are you afraid would happen to me if you stopped doing this job?** (*I would get hurt, people will leave me*)

5. How do you want to respond?

- a. What would you rather believe?
- b. What do you wish someone would have told you?
- c. What would you say to a loved one?
- d. What do you need in this moment to feel more soothed or comforted?
(skills/tools from group, weighted blanket, connection with a loved one, validation).
- e. Connect yourself to *this moment* in time.
 - Look in the mirror and see your adult face and adult body

- Notice and name things in your immediate environment (*This is the TV I own as an adult*).
- Stand up! Feel your adult feet on the ground. Feel your size.
- Put on recent music, movie, or podcast.

f. Approach from “C” qualities

Curiosity.
Compassion.
Clarity.
Connectedness.
Creativity.
Courage.
Confidence.
Calm