

DAILY CHECKING IN WITH YOUR PARTS

1. Find a place of **Curiosity, Calm, Compassion, Confidence, Clarity, Connectedness, Courage, Creativity (Self Energy)**. You can use deep breathing, meditation, connecting your feet to the Earth, movement, music, art, remembering the feeling/body sensation of being in Nature or with a person or animal you love – **anything that works for you!**

You can also light a candle, incense or in some other way create a space for your parts.

2. Find the Part(s) you've been working with in your session - **Remember the emotion and feeling in your body from the session.**

- **Speak Low** (quietly) **and Slow** (either out loud or internally) **and Repeat** to communicate a sense of safety to the Amygdala, the emotional center of the Brain. **Don't rush!**
- Ask the Part if it wants to tell you anything. **Wait and Listen.**
- Ask if it needs anything from you. **Wait and Listen.**
- **Offer to make physical contact** with the part – a hand on the back, holding hands, a hug, sitting in your lap. **Let the part decide** what s/he wants.

3. Say a general "hello" to the rest of your Parts.

- Ask if anyone needs or wants to anything. Once again, **Wait and Listen.**
- **Offer physical contact** with any of your Parts that want contact.

It's important to wait for a response, but don't expect a response in words.

Follow your sense of whether they want contact.

The point is for YOU to show up for your Parts, NOT for them to respond to you, and for your Parts to feel They Matter to You!

Even if they're silent, they are there, taking note of you showing up. The more you check-in, the more your Parts will trust you. The more they trust you, the more they can relax, will reveal themselves to you, and allow you to run your life instead of feeling they have to do it all.

WHEN TO DO IT

Add this practice to another habit you already have established, e.g. when you brush your teeth, your first cup in the morning, when you put your head on your pillow at night, as part of an already established meditation or movement practice.

TROUBLE SHOOTING - IF YOU FIND YOURSELF NOT DOING THIS

Get Curious!

- Is there a part stopping you from checking in?
- What is it concerned would happen if you consistently checked in with your Parts?
- What does it need to feel more comfortable with you checking in with your Parts consistently?

Wait and Listen.

Set Reminders

- Put a sticky note on your mirror, your refrigerator, or somewhere else you will see it
- Set an alarm on your phone

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Partially Adapted from: Daily Minute Practice, LauraLively.com, Certified IFS Practitioner

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