

Systems & Members



System Members: The Collective YOUS.
System does not mean YOUS have met
ALL & agree to work & exist as a unit.
System just means that YOUS are
more than ONE.

System Members can present
in All forms.
There are endless manifestations.
System Members may appear as
symbols, animals, voices, globs,
shadows, etc.

There is NO wrong way
to be a System.
All Systems & Members are unique,
valid, & inherently good, even if
members do not feel or look kind
& well intentioned.
Some members may appear scary.

The manifestations of members are
often based on what was available for
Yous at the time of their origin.
Some Members may have had to wear a
disguise, so as to not reveal information
that they believed YOUS could not hold
at the time.



Let Go



of

things, situations, people,
outcomes, environments,
systems, dynamics
that are beyond
our control &



Embrace All that IS Us



Embrace



May we extend an
invitation to
Embrace

All System Members
All presentations or
non presentations
&
Let Go

of the need to know
all that has
not been revealed
in this moment,
one moment at a time



Curiosity



May we extend an
invitation to ask &
acknowledge internally,
the following:

In this moment
Do we have enough safety?

Do we have
enough comfort?

What can our System

Anchor to
that can provide more
safety & Comfort?



Attunement & Compassion



May we extend an invitation
to ask Our
System Members
Whose eyes
are we viewing
Ourselves, Others, &
the World through?

May we receive internal permission
to Choose
Our most kind eyes
or the kindest eyes & heart
that we are most
connected with
in this moment

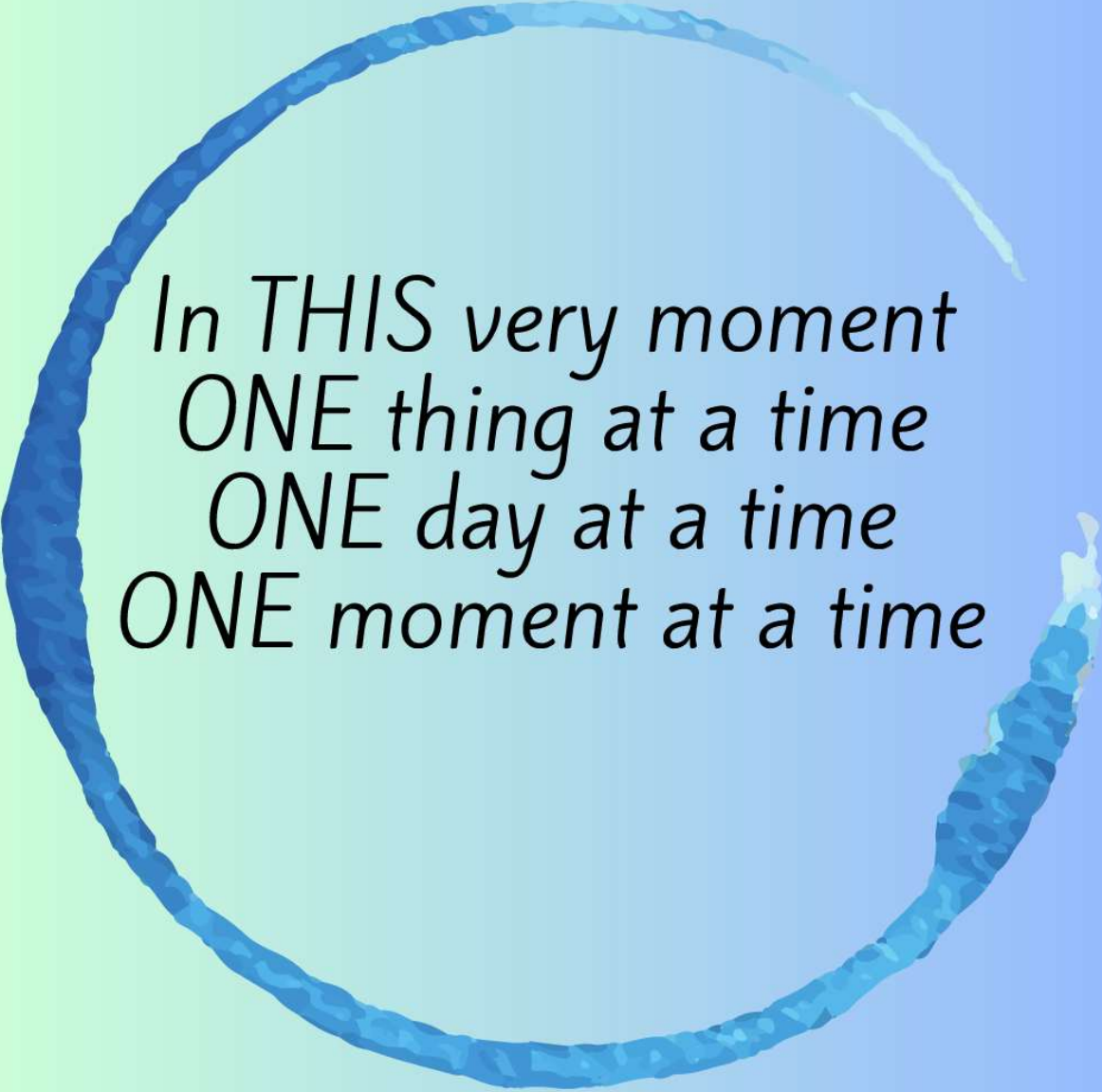
(this may be an internal resource, such as
an ideal nurturing figure, animal, etc)



Live Mindfully



Engage in all that Yous do
Mindfully



In *THIS* very moment
ONE thing at a time
ONE day at a time
ONE moment at a time

Intention & Kindness



May we extend an invitation
to All System Members
to make their best efforts to:

Slow down

Notice tense muscles &
unclench, if possible,
by stretching muscles,
One group at a time.

Breathe in goodness
through the nose, &
breathe out through the
mouth (very slowly),
all that is not serving us,
all that we are NOT
attending to
in this very moment.

Let's also bring our attention &
Anchor to
the parts of the body that we feel
most supported by, & Allow our
System to be in this Support.

This is System Kindness

Kindness & Compassion



All difficult experiences,
mistakes, disappointments,
etc., are just ONE
MOMENT in time.

We as a System are more
than these moments.
We are US.

We invite YOUS to look
internally to your
resource team
of helpers, nurturers,
guides, supporters,
for the
comfort, kindness,
support, and connection
YOUS need right now.



Radical Acceptance



Today, In This Moment

*May We extend an
invitation for*

*Acceptance
of Our System*

& Acknowledgement

*that Our System
has Helped
us Survive*



Trust



May we extend an
invitation to
All System Members
& acknowledge pain,
hurt, & suffering
of each and all,
& express gratitude to each
System Member,
While also inviting All to
detach from past suffering,
& Lean Into
Trust
of Our System,
as We exist today,
& Trust
that this difficult moment
Will Pass



Allow



May we extend an
invitation to
All System Members
who are willing
to be present
in this moment;
to be who
We are,
free of
judgment & criticism,
& Anchor
to what is
safe enough &
good enough
right now



Trust



May we extend an
invitation to
All System Members who
are willing to
engage in a check-in,
&
explore any needs
that are unmet,
&

Trust

that one or more
System Members
will collaborate to
meet this need
& provide nurturing & comfort



Notice, Let Go, Trust



May we extend an
invitation to
All System Members,
to gently open both hands
palms facing up,
& imagine that
the past is represented by
one hand & the Present is
represented by the other hand.
Then, I invite Yous to have the
hand representing the past,
to let go & support the
hand representing
the present,
& consider leaning into a
mantra about the present,
such as:

We know enough
We are comfortable enough
We are safe enough



Allow & Welcome



May we extend an invitation to
All System Members
to gather in our comfortable
& safe enough
internal peaceful area,
where we can invite attitudes of
Curiosity, Kindness,
& Non-Judgment
when Listening to
System Members
that we may not quite understand
at this time.

May we invite these
System Member to share
what they might
want or need
to feel
safe enough,
comfortable enough, &
good enough
right now



Trust



May we extend an
invitation to All
System Members, to Allow
Doubt to exist in the
background.

Doubt will exist,
but we do not have to
attach to it
Instead,

We can trust that
our System is Truthful.
We did not make things up.
We can Let Go of doubt &
Lean into what feels
Safe Enough &
Good Enough
Internally &
Externally



Compassion



May we extend an
invitation to

All System Members
to consider & practice curiosity
& notice the lens we are seeing
ourselves through.

May We look through the
lens of trauma, where
behaviors are seen as
trauma responses.

May We consider that all
System Members
originated out
of a need for survival.

Behaviors, therefore
were meant to help us survive.

May we extend compassion to each
System Member, & express gratitude,
& let go of criticism & judgment of
System Members, for they have just
been surviving.



Patience & Trust



May we extend an
invitation to
All System Members,
to consider & practice
Patience & Trust.

That each one of Us
is doing our best.

May We select an imaginary container
of some kind
to store traumas & trauma
information.

Thank Yous to the Members
that have held all of this for so long.
We have an option now to Let Go &
store what we wish (not members
themselves, just memories, events,
information).

This may help Us feel less heavy, more
present, more motivated,
& simply, just better.

We have the option to return to this
stored material when & if we are
ready, only if our System agrees to it,
for the purpose of healing.

For now, we are doing enough.

