

For this Holiday Season,  
Are you Open to Engaging in a  
System Check-in Before Each  
Gathering You Will Attend?

## System Check-In



I invite you to engage in a system check-in, which is simply connecting internally, in your own way.

With your eyes closed, at a gaze,  
whatever feels comfortable.

Ask all of the Yous that you've ever been to present themselves, gathered around wisest you/Present day adult you, in an imaginal place of your choosing

1st. I invite you to thank all of the YOUs that you've ever been for everything they've done to keep you safe, to help you survive



2ND.

I invite you to ask internally

the following questions about the holidays:

Who would we all like to see and spend time with during these special days?

Who do we NOT wish to see or spend time with?

Please take time to look around internally  
and allow all of the yous their right to  
express themselves.



3RD.

If possible, take a glance at the following list of  
Personal Bill of Rights.

Notice your Reactions

If there are some rights that you struggle to Assert,  
I invite you to inquire if you feel safe with any one  
particular person or community,  
to assert your personal rights.

Notice where and with whom you feel safe enough to  
assert your personal rights.


# Personal Bill Of Rights



1. I have the right to ask for what I want
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behavior, actions, feelings, or problems.
10. I have the right to expect honesty from others.

Adapted from author and psychologist, Dr. Edmund Bourne, in his book *The Anxiety and Phobia Workbook* (Bourne, 2015, p.299)

# Personal Bill Of Rights, continued

11. I have the right to be angry at someone I love. 
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say "I feel scared."
14. I have the right to say "I don't know."
15. I have the right to not give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings, values, preferences, and logic.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a nonabusive environment.

# Personal Bill Of Rights, continued

21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.



# For Many of Us, This is a Big Ask

It's Ok to be wherever you are finding yourself to be on the journey of reclaiming your voice(s), your Selfhood(s).



Wherever you are, you are not alone.  
You have a community here.

These are BIG SELF/Selves and LIFE changes.  
Trust all of the YOUS that you are going at a pace  
that feels RIGHT to YOUS.

I invite you to read some of my BLOGS on Boundary  
Setting if you'd like to make some steps in reclaiming  
your voice(s) and Selves.