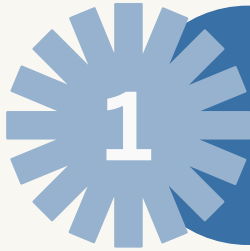
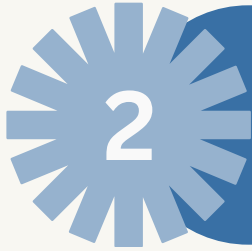


STEPS FOR UNBLENDING



ASSUME ANY UPSETTING OR
OVERWHELMING FEELINGS OR
THOUGHTS ARE
COMMUNICATION FROM PARTS



DESCRIBE “THEIR” FEELINGS
AND THOUGHTS. EXAMPLE:
“THEY ARE VERY SAD. THEY ARE
HAVING A HARD TIME RIGHT
NOW.”



MAKE SPACE TO FEEL THEIR
FEELINGS LESS INTENSELY BY
MOVING YOUR BODY. REPEAT
“THEY ARE FEELING ____.”



USE YOUR WISE GROWNUP
MIND TO REASSURE THOSE
PARTS. ASK WHAT THEY NEED
FROM YOU TO FEEL BETTER.



CHECK IN WITH THEM. IS WHAT
YOU ARE DOING HELPING? TELL
THEM YOU WILL CHECK IN AGAIN
SOON.