

Daily System Meeting Starter Guide

How to Run a Quick, Consistent Check-In With Your System

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A daily system meeting is a simple, low-pressure way to start creating structure, connection, and cooperation within your system.

You don't have to do it perfectly—and you don't need to hear back from your parts to make it worthwhile.

Persistence and consistency matter.

It's easy to forget your daily meeting while you're still building the habit, so setting a reminder on your phone can help.

Some systems may not respond in noticeable ways for a while—and that's okay. Try not to let that discourage you. Keep showing up. Keep holding the space. It matters more than it may seem right now.



Step 1: Choose a Time

Pick a moment in your day when things are relatively quiet and consistent. Some ideas:

- Right after waking up
- Before going to sleep
- During a daily walk or routine (like brushing your teeth)
- After returning home from work or school

Step 2: Show Up (Even If It Feels Awkward)

It's okay if it feels weird at first. You can speak aloud, write in a journal, or think silently.

Start small. This is about presence and consistency—not performance.

Step 3: What to Say (Sample Prompts)

Here are some simple things you might say to your system:

- “Hi everyone. I’m checking in.”
- “Here’s what I think today will look like...”
- “If anyone needs anything, I’m listening.”
- “Thanks for helping me get through yesterday.”
- “Let me know if there’s anything we should pay attention to.”
- “I care about all of us, even if I don’t understand everything yet.”

Step 4: End with an Invitation

Close your meeting with something simple:

- “I’ll check in again tomorrow.”
- “If anyone has a message, I’m open to hearing it safely.”

Reminders

- It’s okay if you don’t hear back.
- It’s okay if it seems like no one shows up.
- It’s okay to feel silly.

Just showing up is a powerful act of internal care and consistency. Over time, trust may grow—and connection may deepen.

Optional Reflection

Use this space to note what came up during or after your meeting:

Daily System Meeting

♥ How This Helps You Heal

When you live with DID or OSDD, internal communication can feel impossible—or overwhelming. This guide introduces a gentle way to start connecting.

Daily system meetings help you:

- Create a consistent internal rhythm and routine
- Offer care and acknowledgment to your system—even if no one responds
- Build trust by showing up regularly
- Increase internal safety and cooperation over time

Just saying “I’m here” can change everything. This guide helps you begin showing up for your system—no pressure, no perfection required.



You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

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that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

