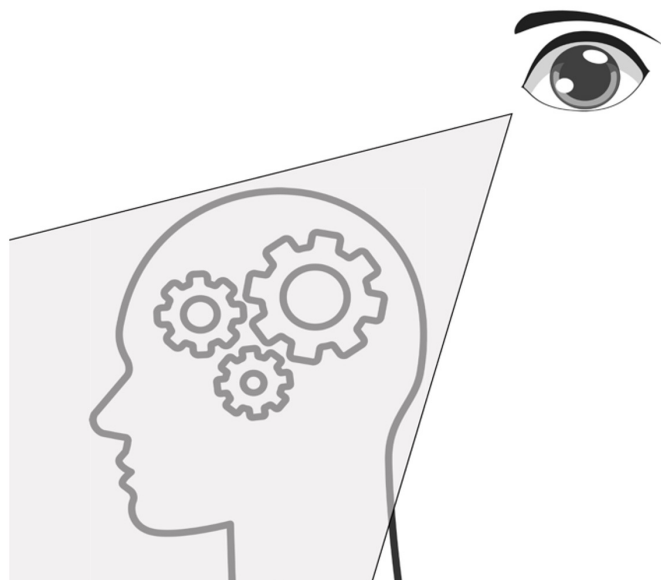


EXERCISE:

Check-in box



1. Check in from the balcony



2. How am I feeling? How are my voices feeling?

Emotional selves/parts

.....

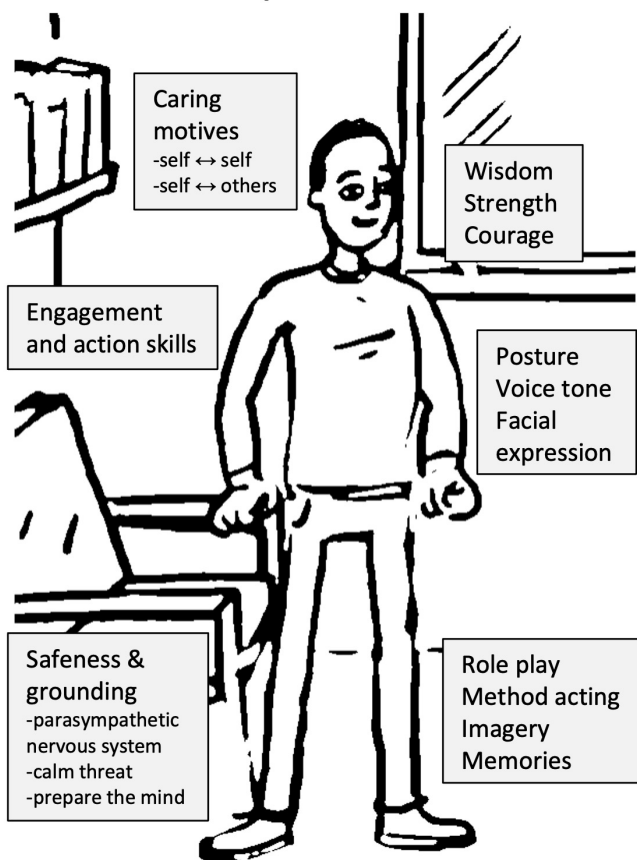
.....

Voices

.....

.....

3. Orientate to compassionate self



4. How can I direct compassion to these emotions/parts/voices?

Engagement

*(it's understandable that... or
thank you for drawing my attention to...)*

.....

.....

.....

Action

(something I can do to help is...)

.....

.....

.....