

humantold

Going Inside to Identify Parts

Using an Internal Family Systems lens, this meditation guides you to shift your energy internally for a few minutes. It can also be accompanied with the other IFS resources provided.

Meditation

- Settle into a comfortable position.
- Notice your back against the seat, your feet on the floor, and your contact with the ground.
- Close your eyes or gaze downward at a fixed point. Take a couple deep breaths if that feels comfortable. Notice.
- Focus your attention inside and pay attention to any thoughts, feelings, or sensations that arise.
 - You may feel physical sensations– some may be pleasant, others may be unpleasant.
 - You may notice one feeling or many feelings.
 - You may hear one thought or many thoughts competing with each other.
 - You may notice blankness or foginess inside. That's okay.
- You may also notice your mind wanting to distract you and shift your focus away from that sensation, feeling, or thought.
- Be curious about what's there.
 - What does it want you to know?
 - What is it holding for you?
- If you can, send gratitude for showing up, even if what you have noticed is negative.
- Observe how the part responds to your gratitude.
- When you feel ready, come back to the room.

Are you calmer, more peaceful, or perhaps more agitated?

Adapted from: Frank G. Anderson et al. *Internal Family Systems Skills Training Manual*.