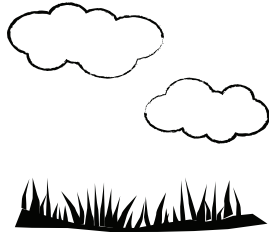


Reparenting check-in



(1) Ground your attention

Tune in to your breathing, where it's comfortable for you, and notice how it feels. What emotions and physical sensations are here?



(2) Who is triggered?

Who or what part of you needs your loving parent's attention?



(3) What was the trigger?

What triggered this part of you? People, places, things? The critical parent or distorted thinking? It's okay if you don't know.



(4) Tend to this part

Notice if you feel compassion, curiosity, or a desire to connect with this part of yourself. Once you do, how can you tend to them?