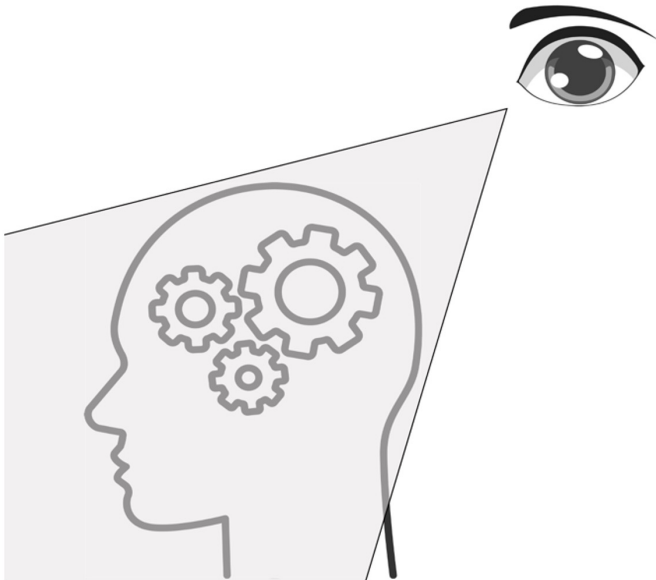


**1. Check in from the balcony**



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

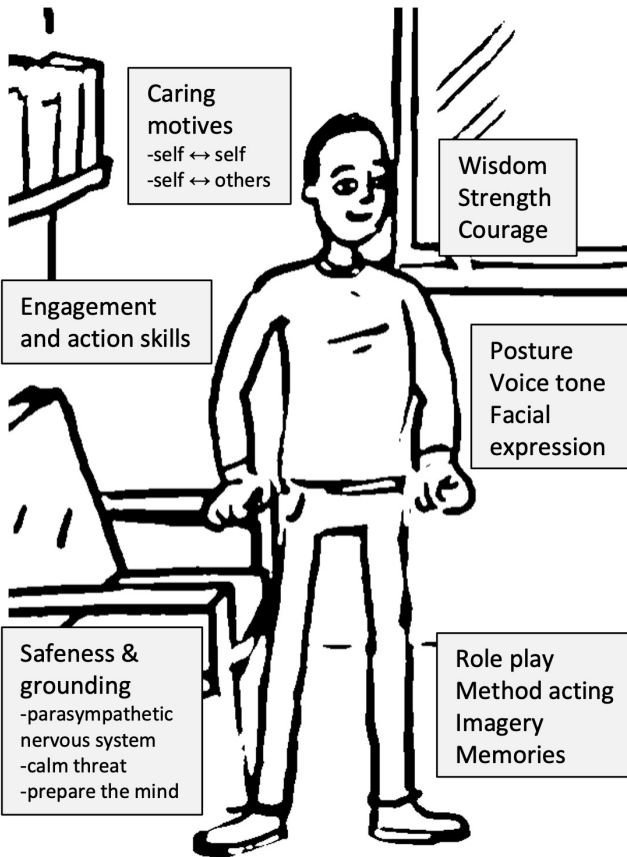
Emotional selves/parts

.....  
.....

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...)*

.....  
.....  
.....