

How to Dialogue with Different Parts (Inner Critic, Insecurity, Anxiety, etc)

1.) Notice the feeling, and validate your experience of having it

(If you make yourself “wrong” for feeling it, or jump into your head about why it’s there and how you could change it, this creates more tension or your nervous system, because it’s being told that how it feels is wrong and needs to change) (Bonus points if you can identify where you feel it in your body and breathe)

- "It's okay for you to feel _____"
- "It makes sense you're feeling scared - you've had some scary times!"
- "I can see that my inner critic/anxiety is really loud right now. That's normal, even if I don't understand why"

2.) Acknowledge that part exists for your good and to keep you safe

(It is the part of you that has felt the pain of rejection and abandonment as well as the pain of your stressful and traumatic experiences. It wants to never feel that pain again, so it would rather you stay put and stay quiet and not talk, trust, feel or try anything new. That would be a “safe” existence, but not a very fulfilling one) (Again, bonus points if you can notice sensations and breath to feel them even deeper)

- "I know you are scared for me and want me to be safe"
- "You have been working so hard to make sure we don't get hurt again"
- "You are here for my good and you belong."
- "I see you are trying to keep me safe"

3.) a. Reassurance with reality

(If you would like to help reassure that part of you with reality/data/circumstances, you may, but it's not always needed and sometimes can get in the way of the more important steps (1, 2, and 3b).)

- "Your friend had your back when X, Y, Z, they probably still care about you"
- "You have faced challenges like this before, you usually come out on top!"
- You can also ask for reassurance from people to disconfirm your inner critic

3.) b. Reassurance with relationship (self-relationship)

(One of the scariest experiences as a human is aloneness, so create safety by connecting to yourself)

- "I got you"
- "We will get through this together"
- "No matter what happens, I have your back!"