

Talk to Yourself/Selves/System Like You Would a Friend: A Daily Reset for Gratitude and Self/system-Respect

Be Kind in Your Head

Why This Matters:

Change doesn't happen all at once; it starts with small steps. Each time you(s) choose a kinder thought or take a calm breath, you(s) are training your inner voice(s) to be stronger and more supportive than the noise or criticism around you(s).

Suggestions for Systems:

Step 1. Kindly invite system members/parts who want to participate into your shared inner place where you/your system gather for collective reflection or problem-solving.

Step 2. Acknowledge every system member, including those who choose not to participate. Remind them they are safe, not in trouble, not being defiant, and that choosing not to join is okay. Let them know the system will still support them in the best way possible.

Step 3. Invite each system member who wishes to participate to respond to each portion of the handout. Take time to listen, notice where thoughts/feelings/experiences/requests overlap or differ, and reflect on how all of these can help guide care for the whole system.

- Your inner voice is powerful.
- Your inner voice shapes how you see yourself, how you handle stress, and what you believe you can do.
- The goal is to make your own voice louder, steadier, and more positive than any outside opinion.

Suggestion:

When you(s) notice your mind focusing on what others think, pause and ask yourself/selves/system:

Where do I/We want my/our focus to be right now?

Then gently bring attention back to yourself/selves/system, your values, your strengths, your goals.

You(s) are your biggest tool for growth and healing

Focusing on what **You(s)** already have inside your effort, creativity, compassion, and resilience helps you(s) feel grounded and capable. When you(s) turn that focus inward, you(s) begin to build confidence from the inside out, instead of waiting for it to come from other people or things.

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Pause and Notice

Take a slow breath in...and out.

Right now, in this moment, let yourself/self/system arrive here. Imagine your thoughts about the past and future as soft clouds or birds in the sky - they can float by without needing you(s) to do anything.



Bring Your/System's Attention to Today

Ask yourself/selves/System: What is one small thing that feels Okay or Good about Today?

- Something I/We did
- Something I/We felt
- Something that happened
- Something I/We saw

Some People Call
These **Glimmers**



Gratitude for Self/Selves/System:

Think of one thing you(s) appreciate about yourself/Selves/System (a quality, effort, actions)

Positive Belief

Choose or create one positive belief about yourself/Self/System for today.

Today, I /We believe that I/WE: .

Gentle Reminder

Take another breath.

Internally to yourself/Self/System, you(s) can repeat the following:

I/We can focus on Today
The past and the future can float in the background
I/We can return to this gentle moment anytime I/We need to



Gentle Self/Selves/System-Observation

Is there something I/we notice within ourselves, a pattern of thoughts, feelings, behaviors, or body experiences that feels disturbing, distressing, or uncomfortable, and that we'd like to reduce in frequency, intensity, or impact?

Something I/We notice:

Focusing only on what is within your control, your thoughts, feelings, behaviors, and reactions; what is one thing/things you(s) might want to work on to help address the problem identified above?"

Actions I/We can take

Thoughts I/We can notice, and let go of, and allow them to simply just be in the back of our minds

Feelings I/We can name and self-soothe

Reactions I/We can work to slow down or respond differently?

Body Sensations or Experiences I/We can work on allowing, tolerating, accepting, letting be...