

CLEARBRIDGE

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Guided Imagery — Showing Up with Self Energy

For this prompt, find a comfortable, quiet space. You might want to close your eyes between each section, then open them to write, or record voice memos if that feels easier.

Think of a recent situation where it was hard to stay connected to yourself — maybe a moment with your mom, or an anxious moment anticipating Alexander's return, or a time when someone you care about was having some big feelings and your parts took over. Choose one specific scene that feels real and recent.

Bring that moment to mind as vividly as you can — the setting, who was there, what was happening, how your body felt.

Now, imagine a version of yourself walking back into that same moment — but this time, your system has access to more Self energy. Your parts are still there, but they aren't running the show alone. You are present with them, not blended into them.

As you hold that image, explore what it might have looked, felt, sounded, or been like if you had showed up with each of these qualities of Self — even just a little more of each one:

1. **Curiosity** — What would you have been genuinely curious about in that moment, rather than bracing or fixing? What question might you have asked yourself or the other person?
2. **Calm** — Not the performed calm your protector produces, but a deeper, quieter okayness or peace underneath. What would that have felt like in your body? What might you have done differently from that place?
3. **Clarity** — What did you actually know to be true in that situation that your anxious parts couldn't quite access? What would clarity have allowed you to see?
4. **Compassion** — For yourself first. What would it have felt like to extend the same warmth to yourself in that moment that your parts so naturally offer others?
5. **Confidence** — Not certainty about the outcome, but trust in yourself to handle whatever came. What might you have said or done from that grounded trust in yourself?
6. **Courage** — Is there something you would have said, asked, or gently redirected if you had felt safe enough to do so? What might that have sounded like?
7. **Creativity** — Were there options available to you in that moment that your parts couldn't see because they were working so hard? What might a creative response have looked like?
8. **Connectedness** — To yourself, and to the other person, at the same time. What would it have felt like to remain connected to both simultaneously rather than choosing one over the other? What would it look or sound like to be more present - not just enduring the moment?
9. **Choice** — To offer yourself a choice in the moment of what to say, do or think. What might that have made possible?

When you've finished, take a moment to notice how it feels to have walked through that experience with more of yourself available. Write about that feeling — where you notice it, what it's like, and what it might mean for a moment that hasn't happened yet.