



Get the Self-Led Pause Starter Kit

*A simple practice for noticing your parts and reconnecting with Self
— plus 25 guided IFS meditations.*



**A GENTLE WAY TO NOTICE YOUR PARTS,
RECONNECT WITH SELF,
AND BUILD A RHYTHM OF INNER LISTENING.**

Includes:

The Self-Led Pause Practice + 25 Guided IFS Meditations

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Welcome

Welcome, friend,

I'm really glad you're here.

These meditations and reflections were created to help you connect with the many inner voices and parts that make you who you are.

In the Internal Family Systems (IFS) model, we believe there are no bad parts — only parts that have taken on roles to help you survive, protect, and navigate life.

Some carry heavy burdens. Others keep you busy, distracted, or safe. And at the center of it all, there is your Self — calm, compassionate, wise, and whole.

This collection is here for you to explore at your own pace. Each meditation is an invitation to listen without judgment, to build trust with your parts, and to take one small step closer to living from your Self.

I hope these moments become a refuge — a place to slow down, breathe, and meet yourself right where you are.

Before you explore the meditations, I want to introduce a simple practice for checking in with yourself anytime during the day. I call it the Self-Led Pause.

It's a simple rhythm for slowing down, noticing what's happening inside, and remembering that something steady within you can be present with whatever is showing up.

You don't need perfect calm to practice it.

Often it only takes a drop of Self.

As you work through the meditations in this guide, you may find yourself returning to this pause again and again — a simple moment to notice your parts with curiosity and compassion.

I'm grateful you're here.

With you on the journey,

Tim



The Self-Led Pause

This practice can take 30 seconds or a few minutes. Use it when you feel overwhelmed, reactive, or simply want to check in with yourself.

1. Pause

Slow your body and attention.

Take a slow breath and allow yourself to arrive in the present moment.

Notice your body. Feel your feet on the ground or your body in the chair.

Say: I'm here. All parts are welcome here.

2. Notice

Gently ask yourself: Who's here right now?

Notice what thoughts, emotions, sensations, or parts seem present. Simply notice — without trying to change anything.

Then ask: How do I feel toward what's here? If there's more closed-heartedness than open-heartedness, there's likely another part.

3. Name

If it helps, give the part a name.

"A worried part of me is here." "A frustrated part is present."

Naming the part often creates a little space between you and the part.

4. Meet

Turn toward the part with curiosity rather than trying to fix it.

"I'm listening." or "I'm curious about you."

5. Respond

Ask yourself: What might a small Self-led response look like right now?

Sometimes the most powerful response is simply staying present with the part.

A Simple Phrase for the Practice Some people find it helpful to return to this short rhythm during the pause:

I'm here. Who's here? How do I feel toward it? I can be with who's here.

This simple phrase reminds us that our parts do not have to face things alone.



The Self-Led Pause Reflection

What part or parts came forward today?

What did they want you to know?

How did your body feel during the pause?

Is there a next step this part would like from you?



How to Use These Meditations

These guided meditations are meant to support your relationship with your inner world. There's no right way to use them — simply approach them with curiosity and patience.

A few suggestions that may help:

Find a quiet space where you can be undisturbed for a few minutes.

Set an intention. You might choose to meet a particular part, find a moment of rest, or simply notice what is present inside.

Bring curiosity, not judgment. In IFS, we assume every part has a reason for showing up.

Move at your own pace. If something feels intense, it's okay to pause, take a breath, or return to the meditation later.

Reflect afterward. You may want to jot down what you noticed — what a part shared, what emotions arose, or how your body felt.

You can follow these meditations in order, choose one that fits your current need, or return to your favorites as often as you like.

There's no rush. Each time you listen is simply another opportunity to build trust with your parts.

Using the Self-Led Pause with These Meditations

Before beginning a meditation, you may find it helpful to take a brief

Self-Led Pause.

Pause. Take a slow breath.

Ask yourself: Who's here right now?

Notice any parts, feelings, or sensations that seem present.

You might gently remind yourself: I'm here. I can be with who's here.

This small moment of awareness can help create the space needed to listen with curiosity and compassion.

Opening the Meditation Links

Each meditation in this guide includes a link where you can listen. To open a link, hold Control and click, or simply type the link into your browser.

You can listen on your phone, tablet, or computer — whatever feels most comfortable.

The Meditations

1	<u>A Basic Parts Check-In</u> <u>Pause, listen, and see who's here today</u>	exploreifs.com/123
2	<u>A Bedtime Parts Check-In</u> <u>Gently meet the parts that want to be heard</u> <u>before you rest</u>	exploreifs.com/126
3	<u>Checking In with Parts That Are Triggered</u> <u>Pause and listen to the parts that need your care</u> <u>the most right now</u>	exploreifs.com/137
4	<u>Connecting with Dissociative</u> <u>or Numb Parts</u> <u>Offer gentle presence to the parts</u> <u>that feel far away or shut down</u>	exploreifs.com/108
5	<u>Honoring Our Exiles</u> <u>Hold space for the parts that have carried</u> <u>your deepest hurts</u>	exploreifs.com/172
6	<u>Deepening Connection with Self-Energy</u> <u>Nourish the calm, compassionate presence at the</u> <u>core of who you are</u>	exploreifs.com/176
7	<u>Gratitude to Parts for Small Wins</u> <u>Celebrate the everyday moments your parts</u> <u>help you create</u>	exploreifs.com/178
8	<u>Connecting with Parts Somatically</u> <u>Listen to your parts through the sensations</u> <u>and stories of your body</u>	exploreifs.com/132

9	<u>Deepening Understanding of Protective Parts</u> <u>Get to know the parts that work hard to keep you safe</u>	exploreifs.com/123
10	<u>Meeting Fear with Compassion</u> <u>Sit alongside fearful parts with gentleness, patience, and care</u>	exploreifs.com/181
11	<u>A Safe Place</u> <u>Create an inner refuge where every part can rest and feel protected</u>	exploreifs.com/128
12	<u>Embracing Vulnerabilities and Healing Wounded Parts</u> <u>Welcome your tender places as doorways to deeper healing.</u>	exploreifs.com/141
13	<u>Carving Out Room for Shame-Inducing Parts</u> <u>Gently make space for the parts that carry shame, so they no longer have to hide</u>	exploreifs.com/92
14	<u>IFS for Emotional Regulation</u> <u>Partner with your parts to find balance and calm in the moment</u>	exploreifs.com/187
15	<u>A Body Meditation/Exercise</u> <u>Tune into your body's wisdom and the parts that speak through it</u>	exploreifs.com/112
16	<u>Cultivating Self-Love</u> <u>Invite warmth, acceptance, and compassion toward every part of you</u>	exploreifs.com/174
17	<u>Staying Curious About Protectors</u> <u>Approach your protective parts with openness, patience, and respect</u>	exploreifs.com/144

18	<u>Engaging with Parts Related to Core Beliefs</u> <u>Meet the parts that shape how you see yourself and the world</u>	exploreifs.com/152
19	<u>Sending Empathy to Your Parts</u> <u>Offer understanding and kindness to every part of your inner world</u>	exploreifs.com/150
20	<u>Extending Self-Care to Your Inner World</u> <u>Nurture your parts with the same care you give to others</u>	exploreifs.com/163
21	<u>Checking In with Your Inner Team</u> <u>See how all your parts are doing and what they need today</u>	exploreifs.com/90
22	<u>Making Space for Parts in Conflict</u> <u>Create room for every perspective so your parts feel heard and understood</u>	exploreifs.com/146
23	<u>A Gentle Parts Check-In</u> <u>Softly notice who's here and how they're feeling right now</u>	exploreifs.com/193
24	<u>Making Space for Your Protectors</u> <u>Welcome the parts that work hard to keep you safe and supported</u>	exploreifs.com/96
25	<u>Getting Curious About Self-Like Parts</u> <u>Meet the parts that feel calm and capable, and learn their unique roles</u>	exploreifs.com/118



Post-Meditation Reflection

After spending time with a meditation, it can be helpful to pause and notice what your inner world is showing you.

You don't need to analyze or figure everything out. Simply noticing with curiosity is often enough.

Take a moment to check in and reflect on what you experienced.

What part or parts seemed to show up during the meditation?

What did this part want you to know?

How did your body feel during the meditation?

Did anything shift as you listened?

Is there a small next step this part might want from you?

Closing Reflection

Sometimes the most meaningful step in parts work is simply pausing long enough to notice.

If it helps, you might close your reflection with a brief Self-Led Pause. Who's here? I'm here. I can be with who's here.

You can return to this page after any meditation in this guide.



Continue the Journey

If these meditations and reflections have been meaningful, there are a few ways to keep exploring this work.

Parts work is not something we master all at once. It's a relationship that unfolds slowly over time — one moment of curiosity at a time.

Wherever you choose to continue, you're welcome here.

Explore More IFS Meditations & Insights

I regularly share reflections, podcast meditations, and practical insights about Internal Family Systems and everyday parts work.

If you'd like to keep learning and reflecting, you can explore the blog here:

exploreifs.com

It's a place to return when you want a reminder that you're not alone in the work of understanding your inner world.

The Self-Led Pause Toolkit

If you'd like to go deeper with the practice introduced in this guide, you can explore the **Self-Led Pause Toolkit**.

This toolkit expands on the Self-Led Pause and offers additional tools to help you relate to your parts with greater clarity and compassion.

Inside the toolkit you'll find:

- a short teaching video
- a guided meditation
- a printable workbook
- journaling and parts mapping pages
- a trigger reset guide for overwhelming moments

Learn more here:

exploreifs.com/toolkit



The Faithfully Growing Community

Parts work can be deeply personal, but it doesn't have to be something you do alone.

Inside the Faithfully Growing community, we explore this work together in a warm, supportive environment. You're welcome whether you're new to IFS or have been practicing for years.

Inside you'll find weekly drop-in sessions, monthly workshops, a growing library of meditations and teachings, and a safe, non-judgmental space to connect with others on the journey.

faithfullygrowing.com

Coming Soon: Self-Led Pause Beads

I'll also be introducing Self-Led Pause Beads — a tactile companion to this practice, inspired by prayer beads.

These beads are designed to help you move through the rhythm of the Self-Led Pause with your hands as well as your attention, creating a simple ritual for slowing down and listening inward.

If you'd like to be the first to know when they're available, you can join the waitlist below.

[Add Me to the Waitlist](#)

A Gentle Reminder

You don't need to rush this work.

Every moment you pause to listen to your parts is a step toward greater understanding, compassion, and inner leadership.

Sometimes the most meaningful shift begins with a simple question: Who's here?

And the quiet reminder that follows:
I'm here. I can be with who's here.