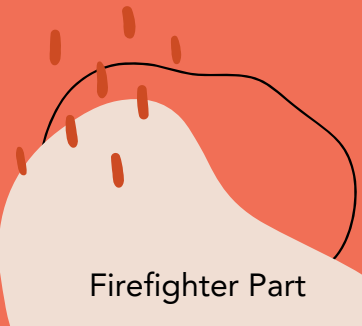


i appreciate
the strength
you bring



Firefighter Part

**YOUR INTENSITY
SHOWS YOUR
DEDICATION TO
PROTECT ME**

Firefighter Part

**I CHOOSE TO
RESPOND TO STRESS
CALMLY AND
THOUGHTFULLY**

Firefighter Part

*I have the
strength to
face
challenges
head-on*

Firefighter Part

*I am
capable of
dealing with
difficult
situations in a
balanced way*

Firefighter Part

*I am capable
of making wise
decisions even
under pressure*

Firefighter Part

i understand
that you are
trying to
protect me

Firefighter Part

your efforts
are seen and
acknowledged

Firefighter Part

*I honor your
presence
and the
protection
you provide*

Firefighter Part

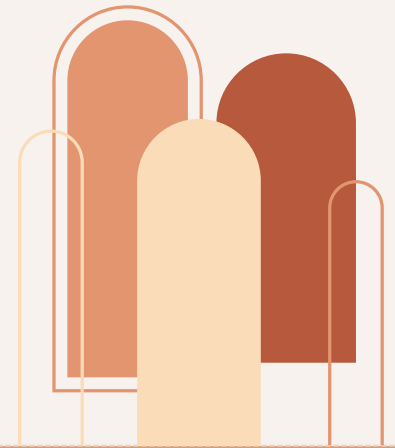
i can
manage
stress in
healthy
ways

Firefighter Part

we can work
together to
find healthier
ways to cope

Firefighter Part

Your efforts to
shield me from
pain are recognized



I am open to
understanding your
fears and concerns

Firefighter Part

IT'S OKAY TO LET
THE SELF LEAD

Firefighter Part

It's okay to step
back and allow
other parts to
contribute

Firefighter Part

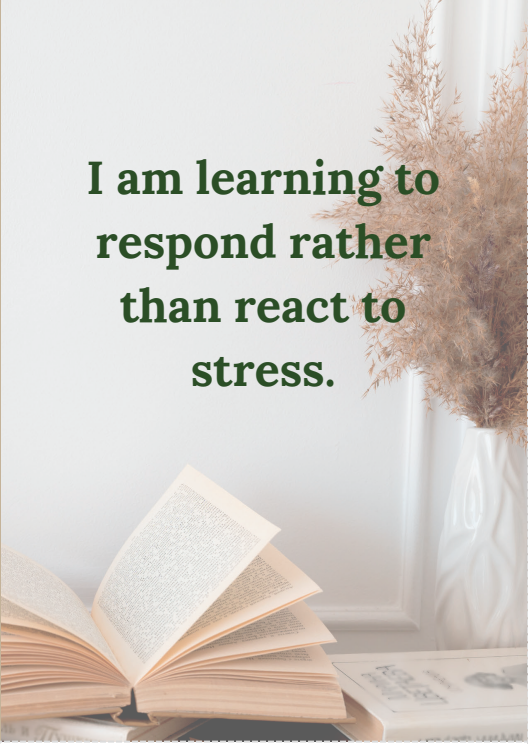
*I can face
discomfort and
work through it
patiently*

Firefighter Part



IT'S OKAY TO
FEEL, AND IT'S
OKAY TO LET
OTHERS HELP ME
PROCESS THOSE
FEELINGS

Firefighter Part



I am learning to
respond rather
than react to
stress.

WE CAN LET GO
OF EXTREME
REACTIONS AND
TRUST IN THE
SELF'S
LEADERSHIP

Firefighter Part

your need to act
swiftly and
decisively is
acknowledged

Firefighter Part

i can turn
challenging
situations
into growth
opportunities

Firefighter Part

I can find balance
and calm in
difficult moments

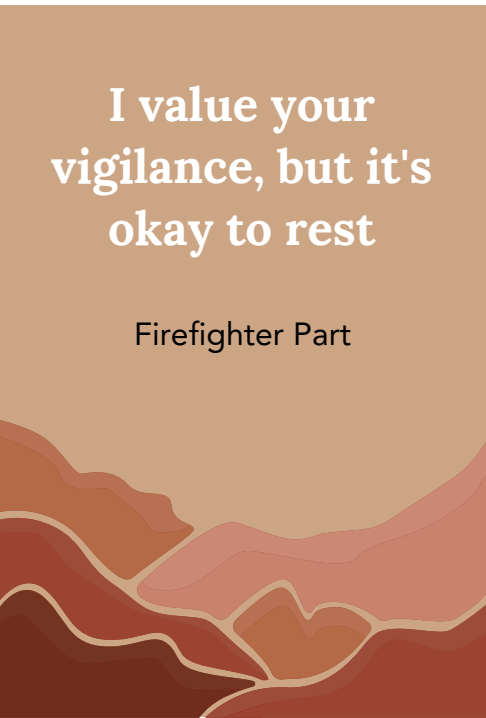
Firefighter Part

*I appreciate your
alertness and
readiness to act*

Firefighter Part

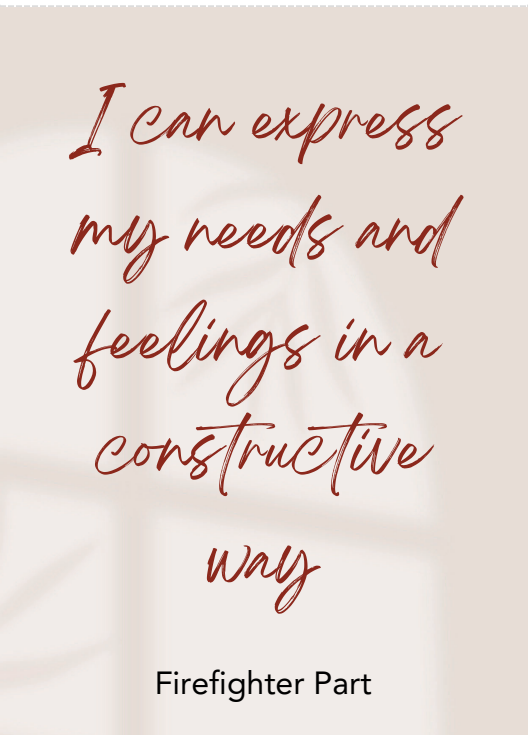
*I am
growing
stronger
and wiser
every day*

Firefighter Part



I value your
vigilance, but it's
okay to rest

Firefighter Part



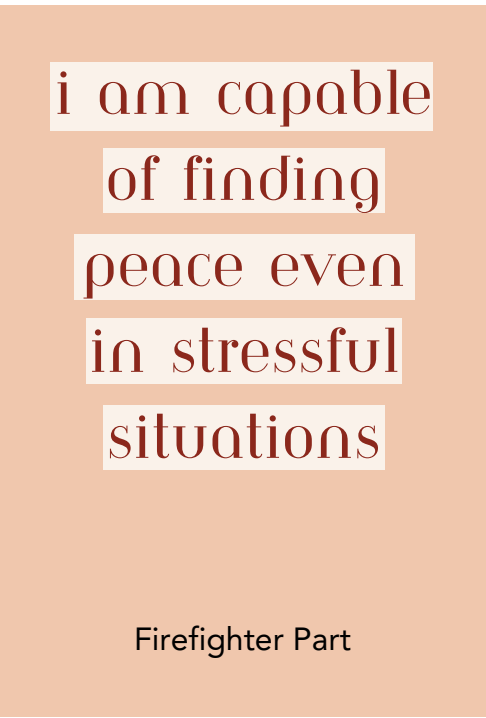
*I can express
my needs and
feelings in a
constructive
way*

Firefighter Part



**I AM LEARNING
TO BALANCE
URGENCY AND
PATIENCE**

Firefighter Part



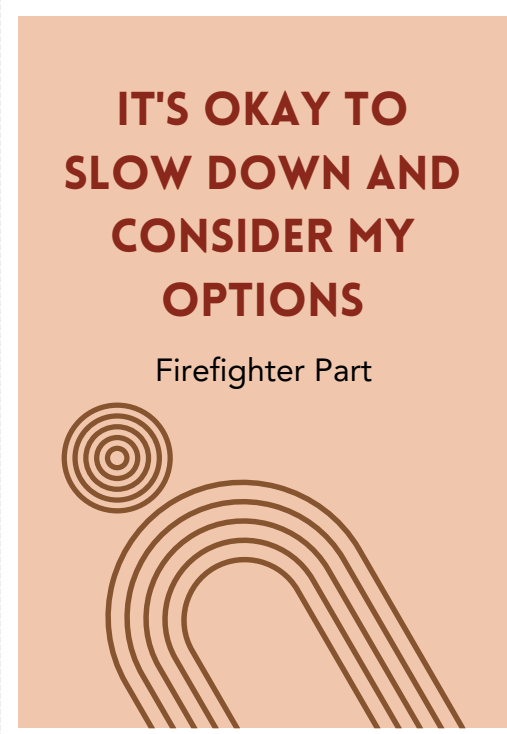
i am capable
of finding
peace even
in stressful
situations

Firefighter Part



I can experience
pain and still choose
constructive actions

Firefighter Part



**IT'S OKAY TO
SLOW DOWN AND
CONSIDER MY
OPTIONS**

Firefighter Part



*Your
concern
for my
safety is
valued*

Firefighter Part



We can face our
fears together

Firefighter Part



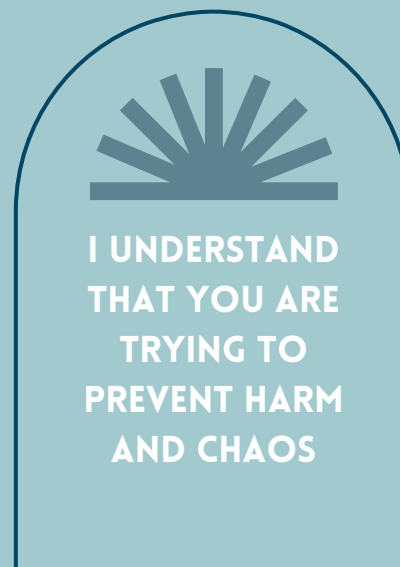
Your efforts to maintain control are acknowledged



Manager Part

I appreciate your managerial abilities and the order you provide

Manager Part



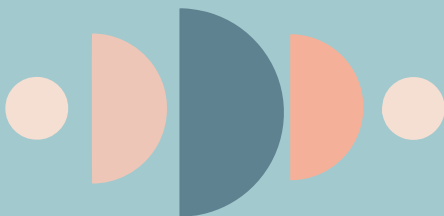
I UNDERSTAND THAT YOU ARE TRYING TO PREVENT HARM AND CHAOS

Manager Part

it's okay to feel vulnerable; the self is here to help process those feelings

Firefighter Part

Your constant vigilance is recognized and valued



Manager Part

I APPRECIATE YOUR ENERGY AND PASSION; LET'S CHANNEL THEM IN A BALANCED WAY

Firefighter Part

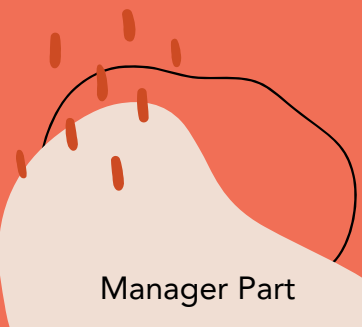
Your need for immediate action is heard, and it's okay to pause

Firefighter Part

I UNDERSTAND YOUR DESIRE FOR PERFECTION AND ACKNOWLEDGE IT'S OKAY TO BE IMPERFECT

Manager Part

we can work
together to
deal with
challenges



Manager Part

I HONOR YOUR
PRESENCE AND
THE STABILITY
YOU PROVIDE

Manager Part

IT'S OKAY TO
DELEGATE
RESPONSIBILITIES TO
OTHER PARTS

Manager Part

*I can accept
imperfections
and still
progress*

Manager Part

*Your
dedication to
protecting me
from
mistakes is
valued*

Manager Part

*I have the
ability to adapt
and respond to
change*

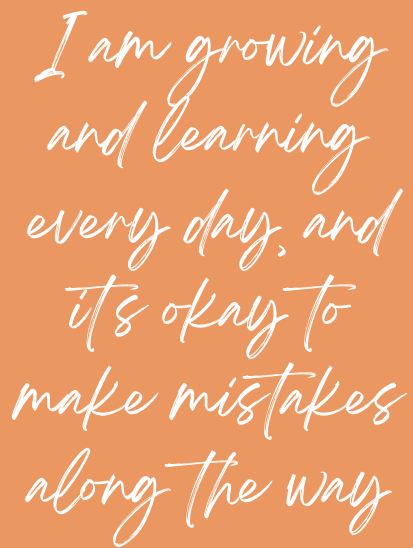
Manager Part

we can find a
harmonious
way to make
decisions
together

Manager Part

*it's okay to
relax and
trust in the
self's
leadership*

Manager Part



*I am growing
and learning
every day, and
it's okay to
make mistakes
along the way*

Manager Part



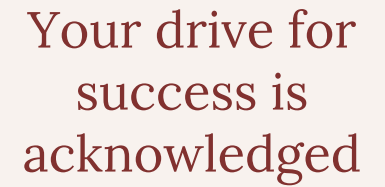
your
concern for
my well-
being is
appreciated

Manager Part



i can manage
challenges in
a calm and
constructive
manner

Manager Part

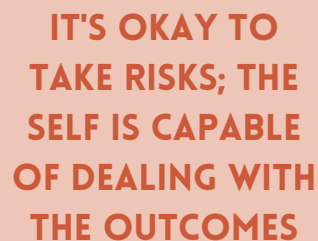


Your drive for
success is
acknowledged



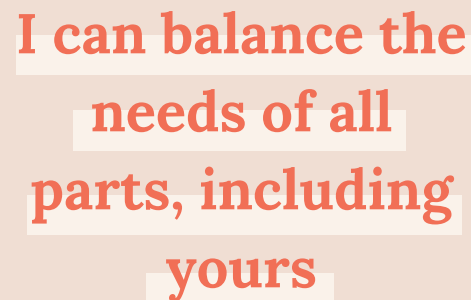
I am becoming more
comfortable with
uncertainty

Manager Part



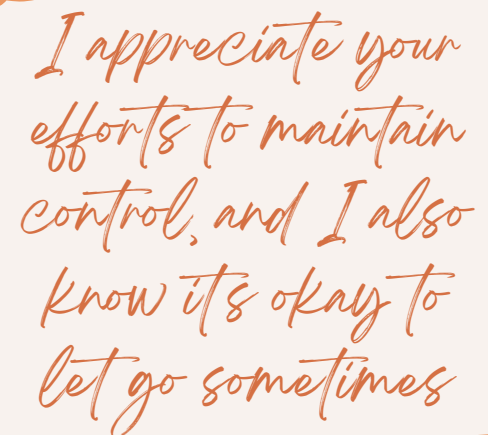
IT'S OKAY TO
TAKE RISKS; THE
SELF IS CAPABLE
OF DEALING WITH
THE OUTCOMES

Manager Part



I can balance the
needs of all
parts, including
yours

Manager Part



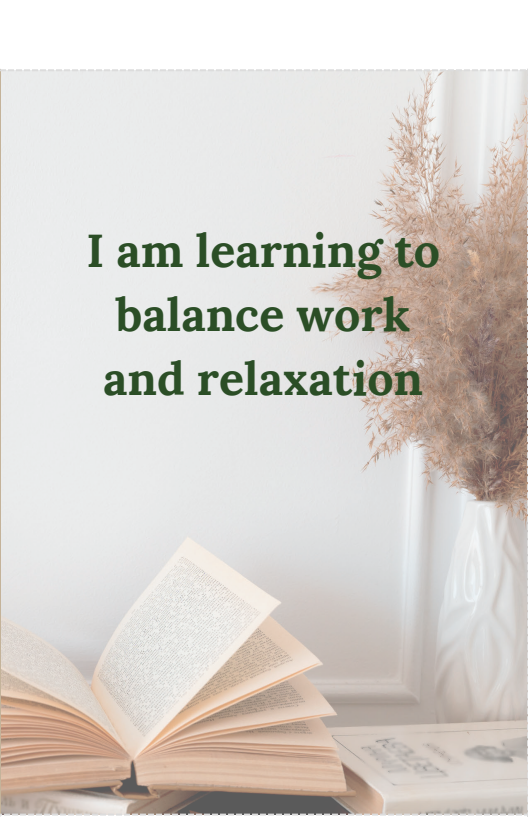
*I appreciate your
efforts to maintain
control, and I also
know it's okay to
let go sometimes*

Manager Part



**YOUR NEED TO
PLAN IS HEARD,
BUT IT'S ALSO
OKAY TO BE
SPONTANEOUS**

Manager Part

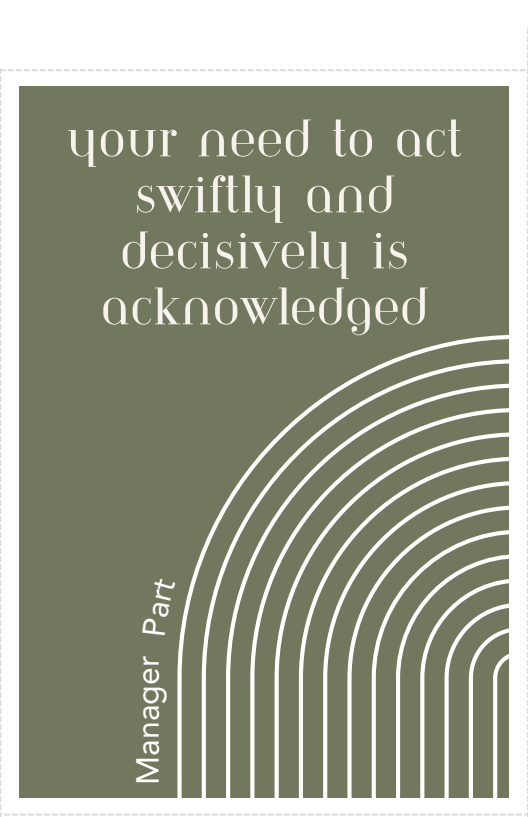


**I am learning to
balance work
and relaxation**



**I APPRECIATE
YOUR
DEDICATION
AND
COMMITMENT**

Manager Part



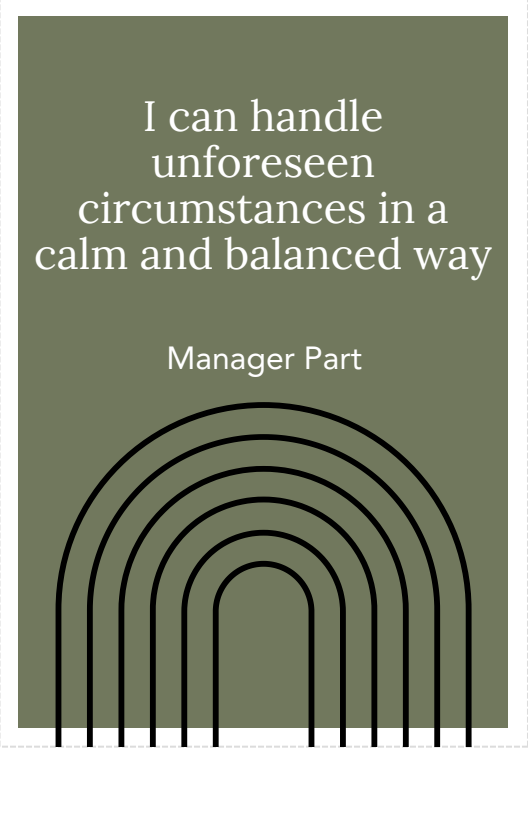
**your need to act
swiftly and
decisively is
acknowledged**

Manager Part



**your
leadership is
appreciated;
but so is your
collaboration**

Manager Part



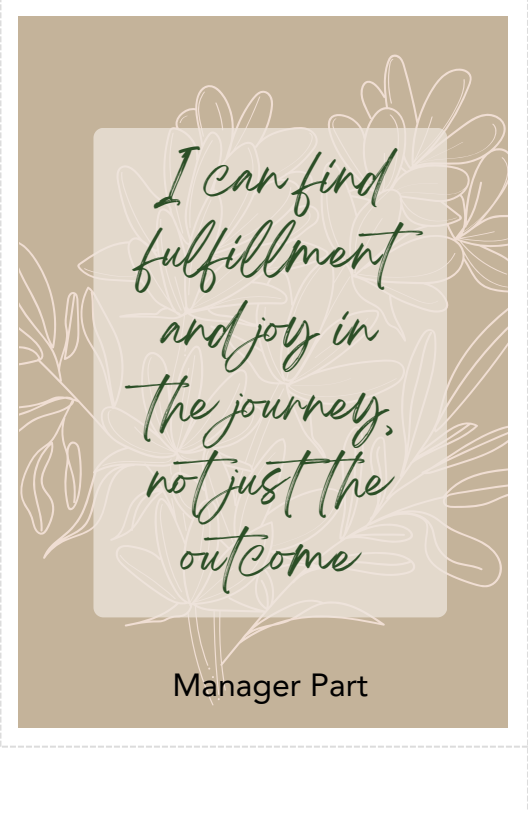
**I can handle
unforeseen
circumstances in a
calm and balanced way**

Manager Part



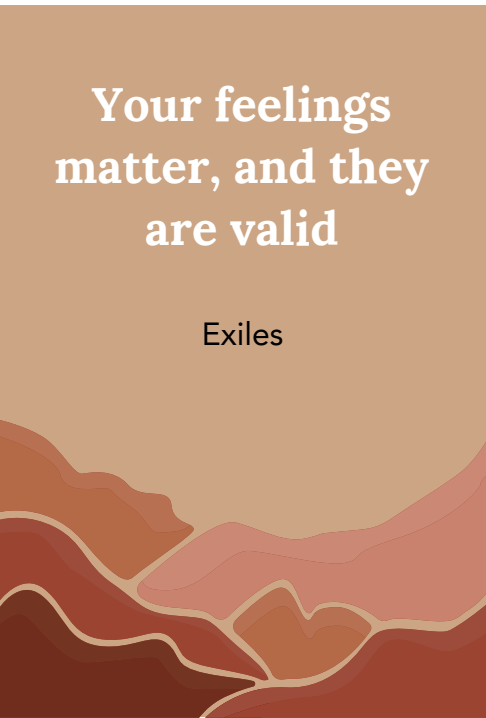
*It's okay to ask
for help when
needed*

Manager Part



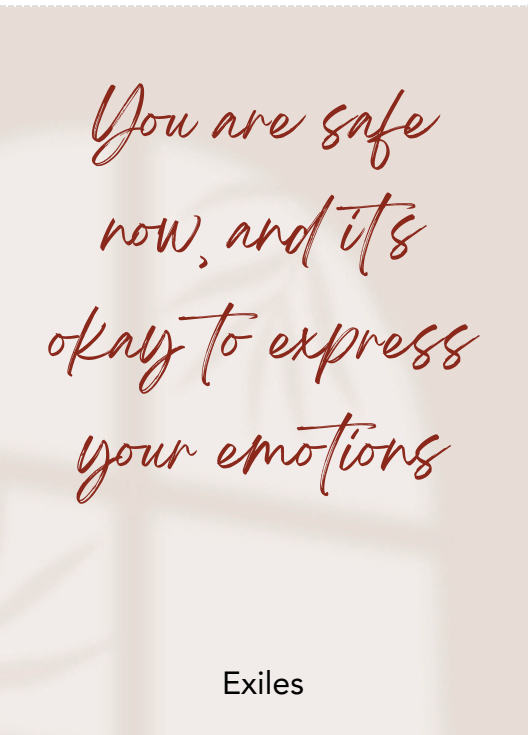
*I can find
fulfillment
and joy in
the journey,
not just the
outcome*

Manager Part



Your feelings
matter, and they
are valid

Exiles



*You are safe
now, and it's
okay to express
your emotions*

Exiles



**I HONOR YOUR
EXPERIENCES
AND
ACKNOWLEDGE
YOUR PAIN**

Exiles



it's okay to
feel; and it's
okay to heal

Exiles



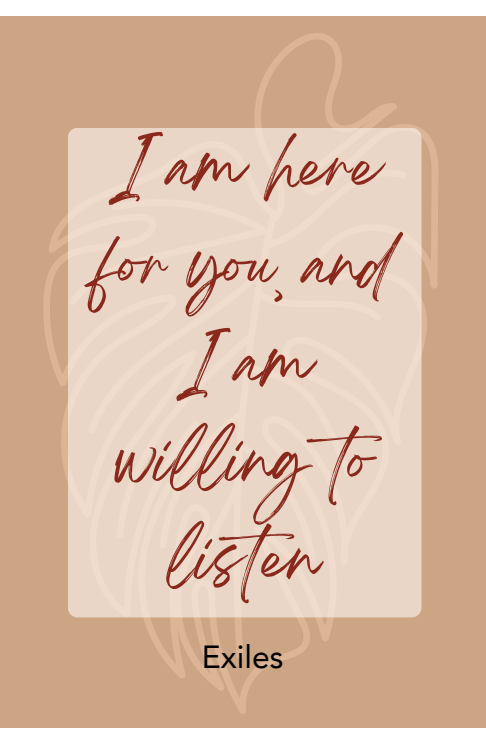
Your voice deserves
to be heard

Exiles



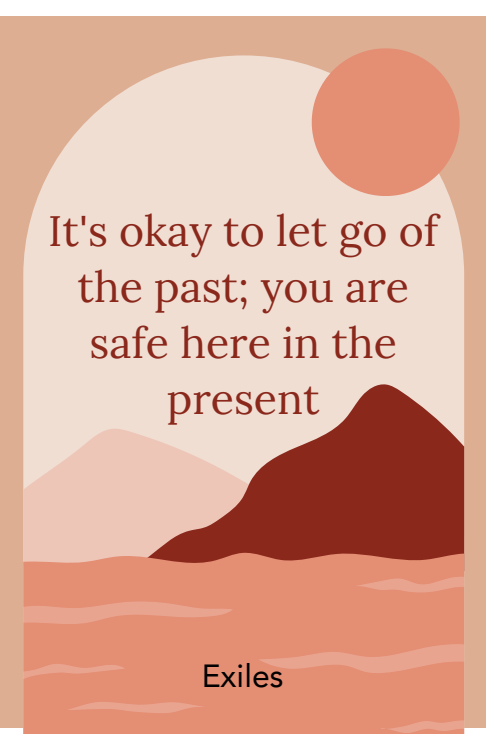
**YOU ARE
IMPORTANT, AND
YOUR NEEDS
MATTER**

Exiles



*I am here
for you, and
I am
willing to
listen*

Exiles



It's okay to let go of
the past; you are
safe here in the
present

Exiles



Your past experiences
do not define your worth



Exiles

I appreciate your
strength and
resilience



Exiles



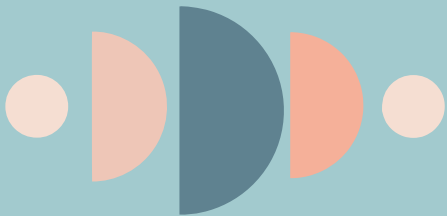
I AM READY TO
PROVIDE
COMFORT AND
CARE FOR YOU

Exiles

it's okay to
feel
vulnerable;
that's how we
heal and
grow

Exiles

You are loved and
accepted exactly as
you are



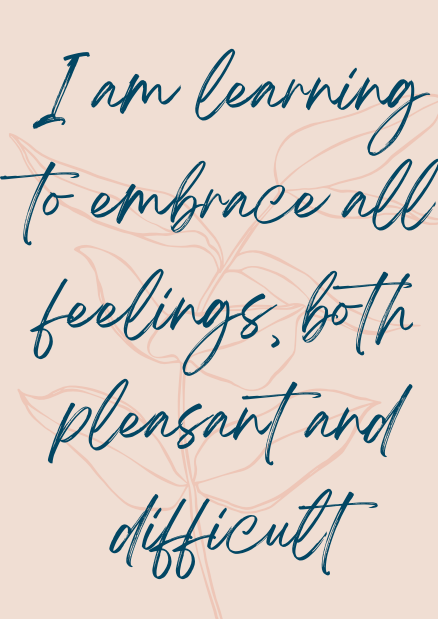
Exiles

YOUR FEELINGS
ARE A PART OF
YOU, AND THEY
DESERVE RESPECT



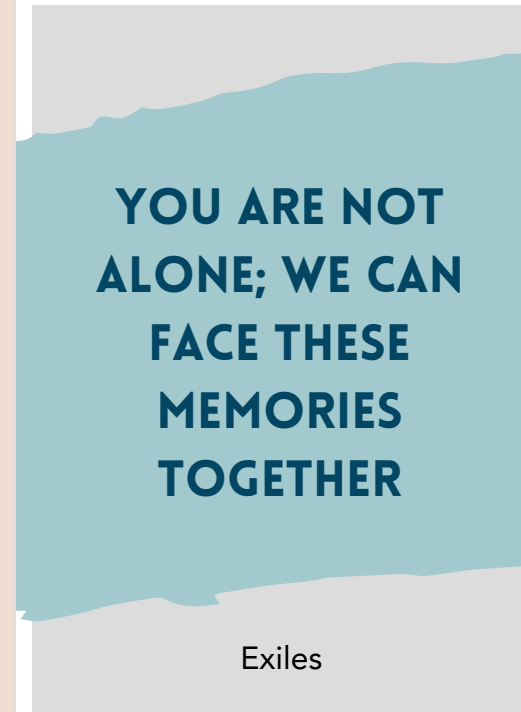
Exiles

*I am learning
to embrace all
feelings, both
pleasant and
difficult*



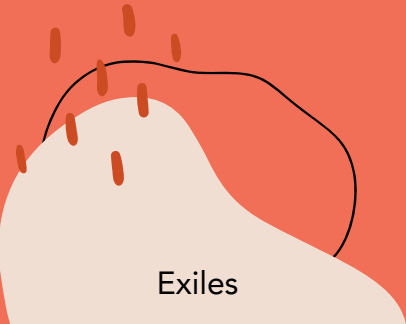
Exiles

YOU ARE NOT
ALONE; WE CAN
FACE THESE
MEMORIES
TOGETHER



Exiles

i am willing
to give you
the time and
space you
need to heal



Exiles

**YOU ARE VALUED
AND
APPRECIATED FOR
WHO YOU ARE**



Exiles

**YOUR COURAGE IN
FACING PAIN IS
ACKNOWLEDGED
AND HONORED**



Exiles

*I am
capable of
providing the
nurturing you
need*



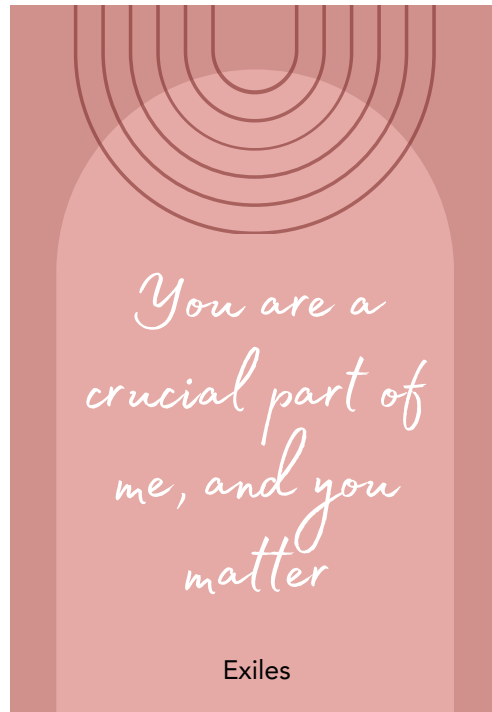
Exiles

*It's okay to
take your
time to trust
and feel safe*



Exiles

*You are a
crucial part of
me, and you
matter*



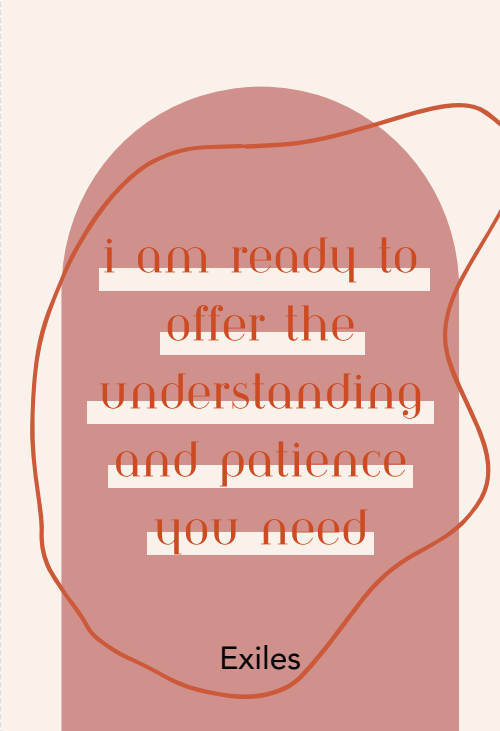
Exiles

**i accept you
unconditionally;
with all your
feelings and
memories**



Exiles

**i am ready to
offer the
understanding
and patience
you need**



Exiles

*Your past pain is
acknowledged,
and your healing
is respected*

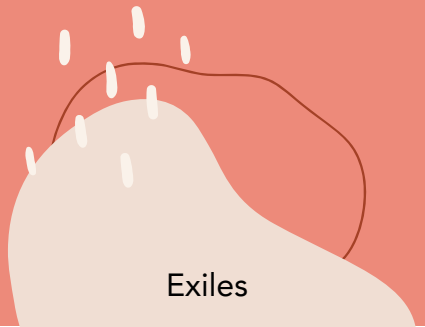
Exiles



it's okay
to ask for
comfort
and care

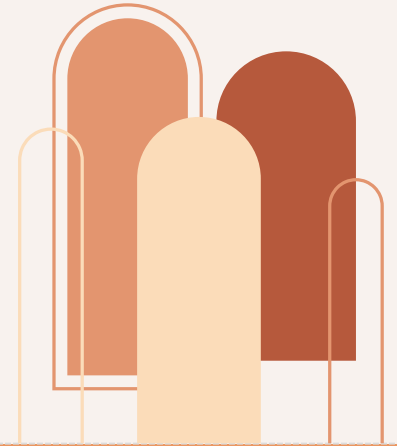
Exiles

i am willing to
acknowledge
and respect
your need to
grieve

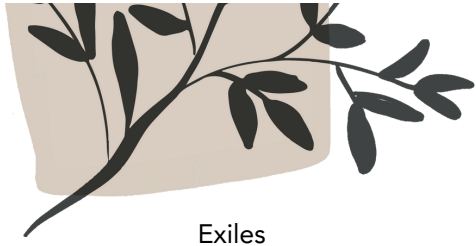


Exiles

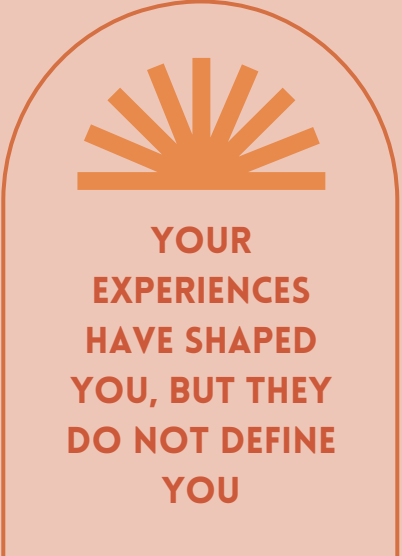
You don't need to
hide your feelings; it's
okay to express them



You deserve love,
compassion, and
understanding



Exiles



**YOUR
EXPERIENCES
HAVE SHAPED
YOU, BUT THEY
DO NOT DEFINE
YOU**

Exiles

**I am committed
to helping you
heal**

Exiles

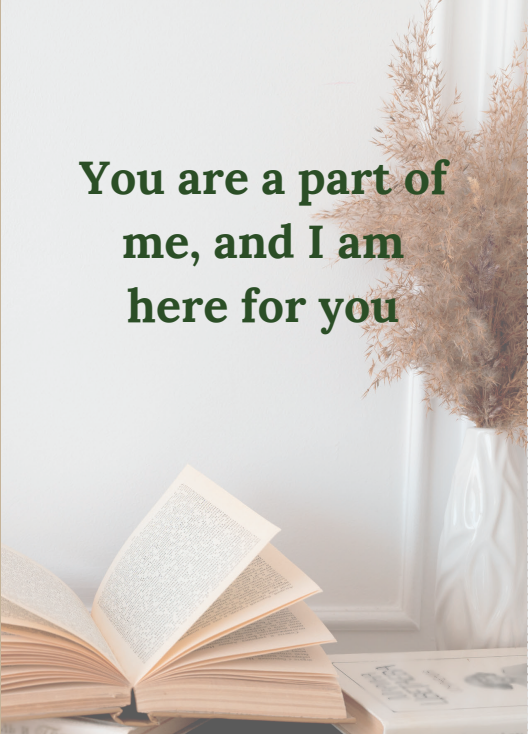
*You can find
solace in the
Self's compassion
and understanding*

Exiles

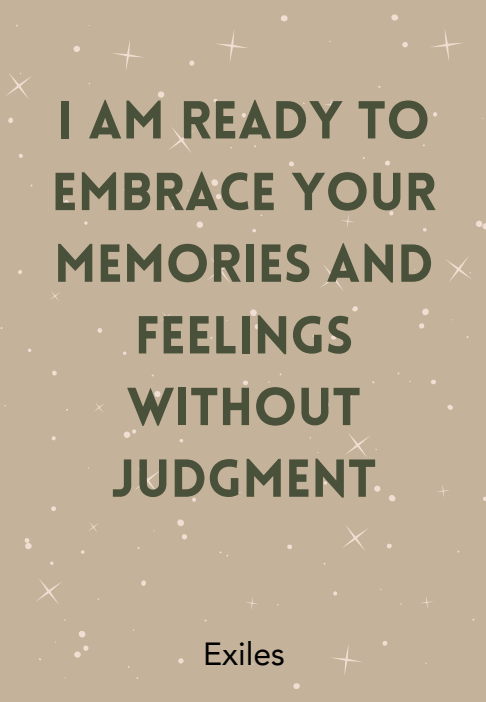


IT'S OKAY TO
REMEMBER, AND
IT'S OKAY TO LET
GO

Exiles

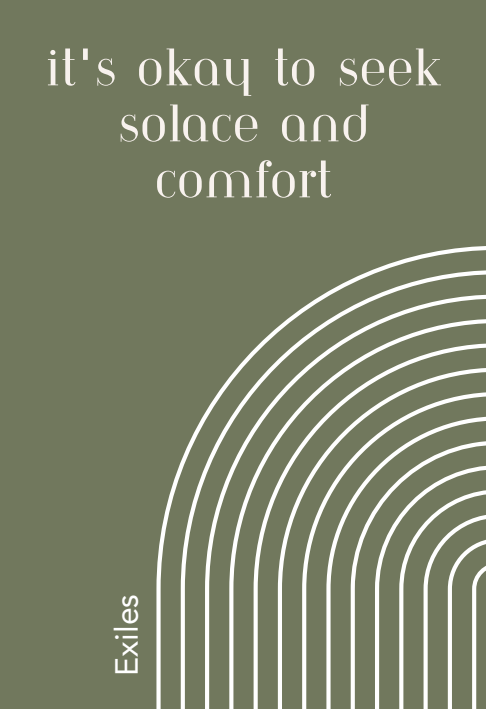


You are a part of
me, and I am
here for you



I AM READY TO
EMBRACE YOUR
MEMORIES AND
FEELINGS
WITHOUT
JUDGMENT

Exiles



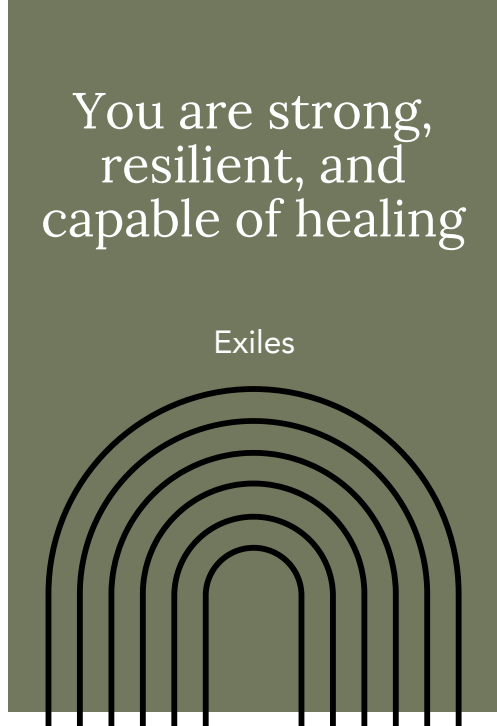
it's okay to seek
solace and
comfort

Exiles



your feelings
are a valid
response to
your
experiences

Exiles



You are strong,
resilient, and
capable of healing

Exiles



*You are seen, you
are heard, and you
are loved*

Exiles



*Your courage
in facing pain
is
acknowledged
and honored*

Exiles