

The Meeting Place

exercise



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Welcome

This Meeting Place practice is something I've returned to again and again, both personally and in my clinical work. It creates a consistent, safe space where your parts can be seen, heard, and understood without pressure or urgency.

I created this resource to give you a simple, supportive way to begin connecting with your parts, whether you're brand new to this work or looking to deepen it.

Along with this exercise, you'll also find a guided meditation and a short video to help you ease into the process and make it your own.

Access the meditation mp3 and video at alignterapyandconsultation.com/meeting-place.

My hope is that this becomes a place you can return to regularly, where curiosity replaces judgment, and where your parts feel safe enough to share what they've been holding.

Crystal Hines, LPC

The Meeting Place Exercise

Create Your Meeting Place

Imagine a comfortable, welcoming space where you (Self) can meet with your parts. This is a space where all parts are unconditionally welcomed to gather together. This is a space that you can connect with your parts regularly, and it feels neutral or warm, safe, and inviting. There are enough spaces for all your parts to sit comfortably, and there is something to gather around.

Some ideas for a meeting place are:

- Sitting around a campfire in the woods
- Sitting around a kitchen table enjoying a meal
- Sitting in a theater with a projector screen
- Imagining a protective energetic bubble around you that can hold your parts
- Sitting around a table in a conference room

These are ideas to get you started, but please allow your creativity and intuition to flow when setting up your space.

Settle In

Enter the space and find a comfortable spot to sit. Take a few intentional breaths to arrive fully, and take in the sensory details of your space. Invite an open, curious, and compassionate energy.

Invite Your Parts

Extend an open invitation to your parts to join you in the meeting. Sometimes this is a general check in with parts, and sometimes it is an intentional gathering after parts have been activated by something in your present day life. Notice who comes forward, where each part chooses to sit, how they feel, and how they relate to each other. Acknowledge each one with curiosity and compassion.

Parts Check-In

Notice the parts who have joined the meeting, and turn toward them with genuine interest.

Check in with your parts by asking:

- How are you feeling about _____?
- What do you think about _____?
- Is it okay to move forward with _____?
- What concerns do you have about _____?
- What do you want me to know right now?
- What do you need right now?

Remember, these are some prompts to get you started, but always allow your curiosity to lead the way.

Intention and Appreciation

Before ending the exercise, let your parts know that you'll return to continue this connection in the future. Check in and see if your parts want you to follow up in any particular way. Extend gratitude and appreciation for the parts who showed up and took up space, and for the parts who gave space. Say goodbye for now, and invite them to settle back into their usual places or rest if they'd like.

Bring your awareness back to your breath, and start to notice your external environment as you transition back to the room around you.

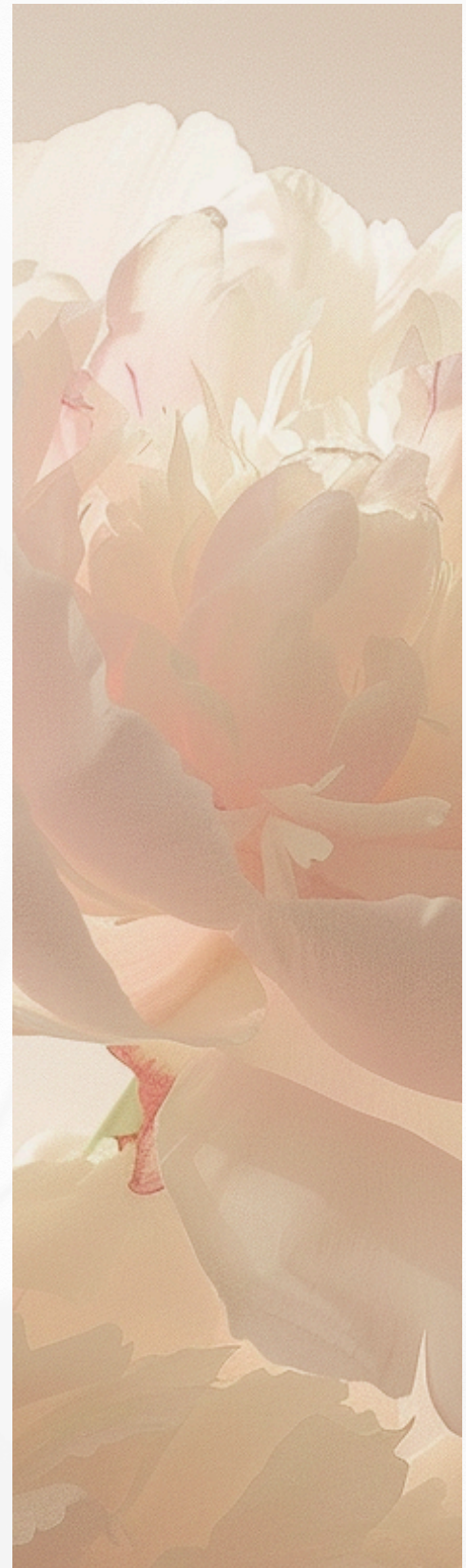
Map Your Parts: optional exercise to explore in future meeting place experiences

As parts show up in the meeting place, consider tracking their presence and relationships. You might:

- Draw a map of where they choose to sit and gather together
- List details like their name, age, role, emotions, beliefs, and protective strategies

This can be a living document that evolves as your connection deepens.

Mapping parts can be done with words, drawings, parts cards, photos of you, AI image creators, sand tray figures, and more. It can be very creative or not. Whatever feels good to you.



Thank-you!

Brought to you by Licensed Professional Counselor, Crystal Hines. Crystal is an Approved Consultant in EMDR and IFS and is passionate about **Helping Therapists go from Surviving to Thriving.**



I offer free 30-minute consultations to see if we're a fit to transform your practice.

Schedule Your FREE 30-minute Call with Me
Below

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