

# the Inner Conference

Find  
It

Think about an issue you'd like to explore.  
Write it on the top of the inner conference sheet.

Journal or go inside yourself for a while, until you begin to notice some parts. Pick a part to focus on.

Focus  
On  
It

① Focus on one part. It may be a thought, a voice you hear in your head, an emotion, a physical sensation or an action you do.

Feel  
It

② Ask yourself, "What does it feel like?"  
Where do you feel it in your body?

Find  
Out  
More

③ What does this part want you to know about itself?

④ Ask it, "Is there anything else?" You can use the "Questions to FIND Out More" card.

## Repeat Steps ① — ④

If you want, you can add step 5: How do you feel towards the part?

**If many parts appear quickly, you can jot them down first and then go back and focus on them one at a time later.**

There's no "wrong way" to use the sheet. Jot down what YOU want to make note of. You can explore one part the entire time, or fill up the entire paper. Whatever you do, you're taking time to get to know YOU on a deeper level by slowing down and getting to know your parts. You're doing great!

Winding Down

Don't worry if you didn't get "all" the parts.  
What's it like to see the parts that came up around this issue?



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