



# GENTLE INTERNAL CUES FOR THERAPY SESSIONS

*A quiet way for parts to be seen — without pressure or exposure*

# 1



## 1. Code Phrases

Simple phrases your therapist learns to recognize as a possible shift signal:

- “I’m not sure who’s here right now.”
- “Can I take a breath before I answer that?”
- “This is hard to talk about, even though I want to.”
- “I don’t know how to say it... but someone does.”

These phrases can cue your therapist to slow down and gently check in.

# 2



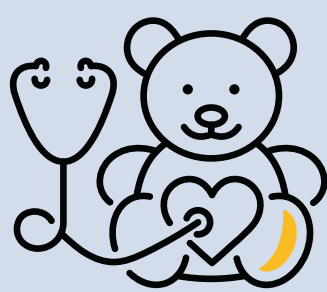
## 2. Nonverbal Signals

Physical cues you agree on ahead of time to say “someone else might be close.”

- Taking off or putting on a sweater or scarf
- Shifting posture noticeably
- Holding or moving a specific object (fidget, pen, cup)
- Touching face or hair in a particular way

You don’t have to explain it — just use it when needed.

# 3



## 3. Visual Journals or Comfort Items

Let a part be present through what they bring into the room:

- A notebook or drawing from a part
- A comfort object only they carry
- A sticky note with a symbol, color, or emoji
- Writing something and handing it over instead of speaking

This gives parts a “voice” without needing to front or talk directly.

# 4



## 4. Internal Permission Script

A message you can offer to younger or more private parts:

“You don’t have to speak. You can just sit with me.”

“We can let her know you’re here in quiet ways.”

“You can color, fidget, hold something — that’s enough to be real.”

Parts don’t have to perform to matter.