
Therapy Repair + System Care

A System-Care Journal

for when therapy felt unclear & you're still holding it

Healing My Parts

SUBSTACK & PODCAST

Destigmatizing
DISSOCIATION

Welcome!

After the Shift

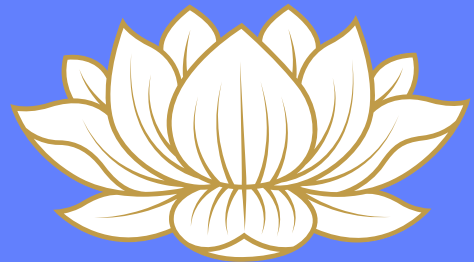
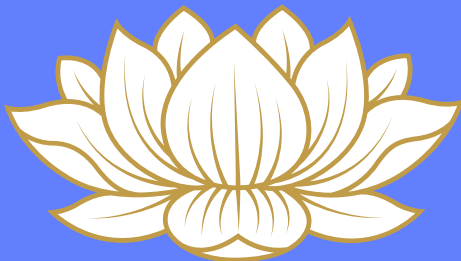
System-Care Prompts for When Therapy Felt “Off”
For when something in session felt unspoken, unclear, or quietly heavy and your system is still holding it.



AN INVITATION INWARD

This space is for all parts.
The ones who felt confused...
and the ones still trying to make
sense of it.

The ones who want to talk...
and the ones who would rather bolt.
You don't have to know exactly what
happened in therapy
to honor that something shifted.



This tool was created to help you slow
down,
listen inward, and reconnect with your
inner team.

What happened matters.

How you respond matters more.

Be gentle. Be curious.

You're allowed to move slowly.

This isn't about doing it perfectly.

It's about remembering
you don't have to do it alone.

What part of your system noticed it first?

[illegible]

Name the internal messages that came up (whether or not they're true).

The image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the entire page, providing a guide for letter height and placement. The background is white, and the lines are light gray or blue. There is no text or other markings on the page.

Give space to whoever is feeling blamed, ashamed, confused, or panicked.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Try to name what got fuzzy.

Was it time? Contact outside of session? Something else?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Do we need clearer structure? A check-in? A question we can ask?

[illegible]

What part of us might be best equipped to name the impact—if we choose to?

[illegible]

What are we learning about how our system feels safe—or unseen—in therapy?

[illegible]

Thank you for honoring what your system noticed.

THIS IS JUST THE BEGINNING

This journal was created by Healing My Parts — a trauma-informed space for systems, survivors, and anyone navigating therapy with a nervous system that remembers. If this workbook supported your process, we'd love to hear how it landed.

You can explore more tools, podcast episodes, and posts on Substack:

[🔗 healingmyparts.substack.com](https://healingmyparts.substack.com)

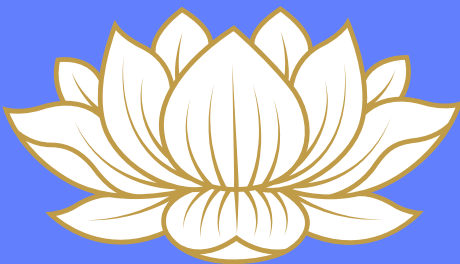
Want to stay connected?

📺 We host regular Instagram Lives on system care, therapy repair, and parts work.

🧠 We're building out even more tools, guided journals, and community support inside our upcoming Substack membership space.

✨ Follow us on Instagram for carousels packed with system-affirming info, life jackets, and those “holy shit, that’s us” moments:

instagram.com/healingmyparts



You are allowed to move slowly.
You are allowed to need support.
And you are never too much for taking your healing seriously.