



5 MINUTE SYSTEM CHECK-IN RITUAL

Consistency builds trust amongst system members. Daily check-ins tell your system members that you care and are committed. This helps them want to communicate. Before getting started consider creating a small consistent ritual cue (lighting a candle, hand over heart, special pen for journaling) to signal to your system: "I'm here to listen now." Be willing to hear *anything* they have to communicate.

STEP 1: ARRIVE (1 MIN)

- Take a few deep, slow breaths.
- Place a hand over your heart or belly if it feels comfortable.
- Quietly invite your system: "I'm here. I'm listening."

STEP 2: NOTICE WHO'S NEAR (1 MIN)

- Gently scan inside.
- Are there parts nearby?
Feelings? Sensations? Colors?

No need to force answers—just notice what arises naturally.

STEP 3: SOFT GREETING (1 MIN)

- Silently or out loud, offer a warm hello to any parts who are present.
- "Thank you for being here, even if you're quiet."
- "It's okay to just watch."

Affirmation:

Connection grows with consistency. Every quiet moment of listening matters.

STEP 4: INVITE SHARING (2MIN)

- Invite any part to share if they want:
- "Is there anything someone inside would like me to know today?"
- Listen without pressuring.
- If there's no response, that's okay. Showing up matters most.

GENTLE CLOSING

- Thank your system for spending time together.
- Remind your parts: "I'll keep coming back."

