

Mini
SYSTEM CARE KIT

For those post FREEZE
post THERAPY moments

Healing My Parts

SUBSTACK & PODCAST

Destigmatizing
DISSOCIATION

Welcome!

This is for those hard raw moments...

Sometimes unexpected difficult material pops up in therapy. It catches you completely off guard. It can come with pivotal insights...and it can still shut you down. Your system deserves care during these challenging, tender times.



THIS LITTLE KIT

Provides a path to follow so you can find the clarity and steps forward that are most aligned with what your unique system needs. This tool was created to help you hold yourselves gently, through the difficult moments. Gathering your inner team together to choose how you thoughtfully respond to each other.
Be gentle. Be curious.



Mini System Care Kit

For those post freeze or post therapy moments



🌱 *When a part stops you from telling: Gentle steps that don't push*



THIS IS JUST THE BEGINNING

This Mini System Care Kit 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 little kit supported your process, we'd love to hear how.

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

 healingmyparts.substack.com

Stay connected with us!

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

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

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

[instagram.com/healingmyparts](https://www.instagram.com/healingmyparts)



You are allowed to move at your own pace.
You are allowed to need support.
Every system's healing process is unique.
Every system's process takes its own time.
Honor yourselves & your process.
We see your inner light & we honor you&.

**Made with care by the system behind Healing My Parts
supported by the inner magic of multiple co-conscious parts & a slightly
overextended laptop**