

System Care After a Therapy Micro-Rupture

Especially when boundaries were unclear or unspoken—Use this guide when something felt “off” in therapy—like a confusing tone shift, unexpected correction, or vague emotional boundary that left your system spinning.

1



Acknowledge what happened

Even if it seems small, your system noticed something. That means it matters.

Try saying:

“Something felt off. That tone shift hit us. We’re not making it up.”

2



Normalize the reaction

Your system isn’t overreacting. It’s doing exactly what it was built to do: detect risk, track safety, anticipate patterns.

Try saying:

“We’re wired to notice these things. That’s not a flaw—it’s a skill we needed to survive.”

3



Check in with parts who feel ashamed, blamed, or like they “messed up”

These parts may need extra care and clarity.

Try saying:

“You didn’t do anything wrong. We were navigating unclear rules. This wasn’t all on you.”

4



Offer internal reassurance

Speak gently to the parts holding distress.

Try saying:

“We are safe now. No one is in trouble. We can figure this out together.”

5



Ground the body

Shame and confusion live in the body. Bring in sensory input to help regulate.

Try one of these:

- Hold something cold
- Take 3 slow exhalations
- Sip water slowly with both hands
- Name 5 things you can see

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6



Call in a part who's good at managing relationships

This isn't about "the adult self"—it's about choosing the part who can hold connection with clarity.

Try saying:

"We get to choose how—or if—we want to follow up. That choice is ours now."

7



Remind your system:

- ✦ It's not our job to manage someone else's boundary.
- ✦ We deserve clarity.
- ✦ We are not too much. We are not a burden. We are allowed to take up space.

8



Things that comfort our Littles:

9



Things that comfort our Bigs

10



Our favorite affirmations or sayings