

Rising Strong: Working with Parts



Presented by
Student Health and Counseling Services

Guided Meditation: Breathing Space



Zoom Guidelines

01. Please mute your audio while others are talking and type any questions into the chat box

02. Your video can be off or on, whatever makes you most comfortable

03. Confidentiality & Zoom limitations

04. Any other suggestions?

Community Agreements

1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Commit to all weeks

Weekly Check In

Review: grounding

How are you (*weather analogy*)?

What safe coping skill did you use this week (some eg)?

- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now/ your goals

Split Self

01.

What is it & what is the purpose

What is the Split Self

Split Self -- Different sides of a person that can be present;

- **One part of you wants to use a safe coping skill and another part of you wants to engage in unhealthy behavior to numb out**
- **One part of you feels like a “child” that wants protection, one part feels like a “teenager” who just wants to have fun without worrying about tomorrow**
- **One part is a fighter who engages aggressively with other people, one part is healthy that wants to move towards healthy choices**

There are Good Reasons for “Splitting”

Splitting:

- Is a psychological defense in which your internal world has different states of consciousness that emerge at different times.
- Is a form of protection from devastating life experiences; it comes from a need to survive
- Can look like a “split off” emotion such as anger or sadness if your family of origin did not permit those feelings. The “split off” part does not go away, but remains hidden often coming out at unpredictable times and surprising you. There can also be shame at that “split off” self.

Split Self

02.

Discussion

Exploring Different **Sides** of Yourself

1. Do you notice different sides to yourself?
1. Which sides do you like?
1. Which sides do you dislike?
1. Do you notice any dangerous behaviors from your splits?



Integration

03.

Tips and ways to help
integrate

The Goal is Integration

The way out of “splitting” is to *integrate* and *accept* the sides that have been rejected.

For example, If you felt angry, you would:

- respect that the anger is there for a good reason
- Rather than stifling it, you would seek to hear it and express it in a *safe* way



Practice Working with Different Sides

- Acknowledge, respect and own these different sides *even* if you don't like them
- Try to remind yourself of the other sides if one side takes over
- Do not punish yourself if you do something wrong; If you do something you don't like, try to understand it calmly and respectfully
- Create healthy dialogue among the different sides; what might a healthy dialogue between your sides look like?

04.

Reflect and
debrief

Reflect + Check out

Reflections?

This week, spend some time practicing having a conversation between different sides of yourself. What do you notice? Check back in next week!

Check Out Question

1 thing you are taking away from the group or committing to do for yourself this week

Next week

Boundaries

Additional Resources

- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Group** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE**- support with food and housing
: @Pioneersforhope
- **SHCS Instagram-** @eastbayshcs

