



The WELCOME TO THE WORLD Technique

- 1) What's the part of you that you want to work with?
- 2) Describe this part of you
- 3) When did you decide this part of you was unsavory or unacceptable? Who told you it wasn't a "good" or acceptable part of you?
- 4) We are going to have a Welcome to the World! Party for this part of you. Because this part of you has probably never felt welcome – by you, by others. You game to do that?
- 5) Imagine that you are a baby, you've just been born...and there is a gathering of all the people in your life (you get to choose who is there and who is not there – parents, grandparents, aunts, uncles, guardians, siblings, teachers you'll have, god, made up characters. You also get to choose how many people are there and what the party is like.).

The gathering is a party. Maybe there are streamers and party hats and decorations. Or maybe there are candles and a sense of intimacy. And all these people have gathered to celebrate YOU. To welcome YOU into the world. Not the perfect, idealized version of you that in real life they expected you to become. But instead, in THIS party, in THIS reality, all of these people have lovingly gathered to welcome ALL of you into the world. To celebrate ALL your parts that have just been born. Including...[NAME THE PART THEY'RE WORKING WITH].

- 6) Is it ok to inhabit your baby body in this scene? And to be held and admired and welcomed for ALL of who you are? (If not, they can observe/watch from outside their baby body)
- 7) Be in your baby body, with all of this love around you and towards you. Feel the caresses, the way you're being held. And feel what it feels like for ALL of you to be welcomed to this world? For ALL of you to be celebrated and accepted?

- 8) What does it feel like in your body?
 - 9) Now, notice where in your baby body you are holding your NAME PART. Notice that because it's being welcomed into the world along with all of you, that there is no shame around it. There is no judgment of it. Not from the people gathered. Not from you. This part of you gets to be seen and to be itself fully, and proudly.
 - 10) Let your NAME PART feel welcomed and accepted and loved and adored. What does this feel like?
 - 11) And now, more fully inhabit this part of you. With pride. With love.
 - 12) What do you notice about this part of you?
 - 13) Ask this part of you, from its highest intentions & wisdom, what does it really want for you?
 - 14) What would it like you to know about where you're stuck and how it might help you?
 - 15) What does it want from you?
 - 16) Now, bring in your Perfectionist. Balance out their energies.
 - 17) Take one more moment. Let these integrate inside of you.
- For discussion afterwards:
- 18) What was important?
 - 19) What next steps would you like to take?
 - 20) What do you want to remember as you take them?