The witness practice

10–15 minutes

Being with an exile, without fixing or changing anything, is often what it has been waiting for. This practice is only that: being with.

> **IF IT STARTS TO FEEL LIKE TOO MUCH**
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> This is the tender end of parts work. These exercises are for witnessing with compassion. Unburdening deep wounds is work for a trained IFS therapist (ifs-institute.com/practitioners). If it starts to feel like too much, stopping is the right move, not a failure.

1. Start with some Self. The Self check-in (sheet 01) or the Room meditation (sheet 04) are both ways in.
2. Notice a tender feeling that is here: sadness, loneliness, shame, fear.
3. Ask your protectors whether it is all right to be with this feeling. If they are worried, ask what they fear, and promise you will stop if it gets to be too much. If they say not yet, stop here.
4. Turn toward the feeling with curiosity: "I see you. I'm here."
5. Do not try to fix it, change it or make it go away. Just stay with it.
6. Ask it: "What do you want me to know?" and listen.
7. When it feels complete, thank it, and tell it when you will come back.

1 What it wanted me to know

2 What it was like to be with it without fixing anything

3 Did any protectors step in? What were they worried about?