CELLO

COVER OF POPULAR SONGS AL____
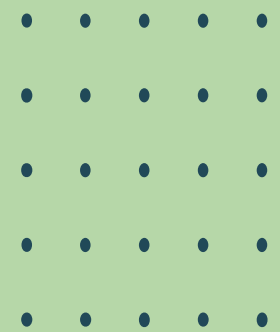
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Guided Meditation: Breathing Space

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?

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

What is the Split Self

There are Good Reasons for "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.

02.
Split Self

Discussion

Integration

03.

Tips and ways to help integrate

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

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

Boundaries

Additional Resources

Apps: Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
Counseling Groupsthroughout the week