

Play Frasier's Table

Remember those big feelings that don't feel like ours? Sometimes it's nice to meet them so we can better get to know them, and they can better get to know us.

Is it okay if we try this?

Let's imagine a comfy place (insert safe place script, or use previously made safe place).

Imagine that we have a chair for every part of you. Let's imagine all your parts come in and take a seat.

Who's there?

(Write down everyone)

Is there anyone you don't know?

How many are there?

Let's set some rules to keep you all safe.

Do any parts have ideas for rules?

Suggested rules

- parts cannot hurt the body
- parts cannot hurt each other
- everyone can look out the eyes when he is with me (the clinician)