

**Deepening Your Understanding of an Interior Movement**  
**Cultivating Compassion for Yourself**

1. Ground yourself by taking several deep breaths.
2. Recall one interior movement – perhaps a powerful emotion, thought, inner voice, or impulse to behave in some way that has been a frequent companion in your life recently or one that you have found difficult to be with. Take a few minutes to personify this interior movement, perhaps imagining it as a child or some creature that embodies the feelings of this movement.
3. Spend some time ‘Paying Attention’ to this reaction. Extend it a non-judgmental and welcoming presence of care that genuinely seeks to understand its experience. Invite it to embody its experience by sensing:
  - a) What gender would it be?
  - b) How old would it be?
  - c) What does this reaction look like as it experiences this emotion (facial expression, bodily posture, attire, etc.)?
  - d) What is the reaction feeling and experiencing in the situation that activates it?
4. Just as you might with a child experiencing this interior movement, cultivate an understanding of the cry within the personified movement. Invite it to surface the deeper suffering underneath it through whichever FLAG questions reveal its pain.
  - What **fears** does it carry?
  - What **longings** pulsate within it?
  - What **aches** or ancient wounds are sensitive and still haunt it?
  - What **gifts** or joys excite it and yearn to flourish more fully?
5. After you have finished this conversation, invite the personified reaction to summarize what it has shared with you through filling in the following:
  - “Whenever I (the personified reaction) get activated, I need you to hear and understand \_\_\_\_\_; in short, I long for \_\_\_\_\_.”
6. Before completing this practice, discern any invitation of one concrete way you might extend this personified reaction compassion or participate in their flourishing. What is the deep wisdom or deep truth that is underneath this reaction that really needs to be heard and honored? What is the wisdom that wants to be shared?
7. After you have finished this “interview,” think of a physical object that represents or symbolizes this persistent interior movement. Make sure the object is something you can carry with you for a few days (for example, a coin, stone, button, bead, cross, acorn, ring, etc.)
8. If it feels right to you, conclude your reflection by inviting the Sacred to be with the personified interior movement in whatever way feels healing and life-giving.

NOTE: If you are feeling anything other than non-judgmental open curiosity and compassion toward this stirring, then another feeling/emotion has slipped in – notice that movement and invite it to relax until you feel genuinely open and curious toward it.