A Pause Before Reconnecting

COUPLES | IFIO-informed | No religious language | 1 of 2

0:00-2:03 | Arrive, notice, and welcome parts

For partners who can freely choose whether to participate and share. Where coercion or violence is present, a different approach may be needed.

Total: 5-6 minutes | 375 spoken words + 1:37 of pauses.
At 110 words/minute: about 5:02. Dialogue adds time.

Find a supported position. Your eyes may stay open or close. *[Pause 3 seconds]*

Feel your feet and seat. Notice the room around you. *[Pause 3 seconds]*

If comfortable, take an easy breath. Let it leave gently, without holding or forcing it. *[Pause 6 seconds]*

Notice your jaw, shoulders, chest, and belly. What sensation draws your attention? *[Pause 3 seconds]*

A thought, feeling, image, or urge may accompany it. This can be how a part makes itself known. *[Pause 4 seconds]*

Each of you can turn toward your own experience. Eye contact and touch are optional. *[Pause 4 seconds]*

Recall the small moment we agreed to explore. Notice your jaw, chest, belly, or posture. *[Pause 5 seconds]*

Is a part trying to explain, defend, pursue, withdraw, or protect? What feeling or worry accompanies it? *[Pause 5 seconds]*

You might say, “A part of me is reacting this way.” Notice your own parts without identifying your partner’s. *[Pause 5 seconds]*

Another part may want closeness or need a boundary. Understanding your reactions leaves room for accountability. *[Pause 4 seconds]*

A Pause Before Reconnecting

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2:03-5:02 | Welcome parts, embody Self-energy, and return

How do you feel toward this part? Curious, concerned, impatient? Any part wanting to fix or judge belongs here too. *[Pause 4 seconds]*

You might say, “I notice you. You are welcome here.” *[Pause 4 seconds]*

“Would you give me just enough space to listen and lead from Self? You can stay close.” *[Pause 5 seconds]*

Notice its response. If it is not ready, welcome that concern. What might help it feel more comfortable? *[Pause 5 seconds]*

From whatever curiosity is available, ask, “What would you like me to understand?” Let any response come in its own way. *[Pause 5 seconds]*

Notice any curiosity, compassion, calm, or openness available now. A little is enough. *[Pause 4 seconds]*

How does that quality feel in your body? Perhaps in your face, chest, or posture. There is no required feeling. *[Pause 5 seconds]*

Let your body settle into whatever support feels natural. Take an easy breath, allowing this quality some room. *[Pause 6 seconds]*

Offer a little of this presence to your parts. You might say, “I am here. I want to keep listening.” *[Pause 5 seconds]*

Parts that remain tense or unsure are welcome too. Nothing has to disappear for you to lead with care. *[Pause 4 seconds]*

Notice whether you are ready to speak, listen, or ask for more time. If you share, you might begin, “A part of me felt...” We can take the next step together. *[Pause 5 seconds]*

Feel your feet again. Look around and move gently. Carry whatever curiosity or care is available into your next step. *[Pause 3 seconds]*

Optional reflection after the timed practice

What is each partner ready for now: a sentence, a reflection, a boundary, or more time?

A note on pacing

Each spoken thought is followed by an italic pause cue. Read the black text, then leave the indicated silence. Wrapped lines within a thought do not add another timed pause. A natural beat at commas and ellipses is included in the reading-rate estimate. Headings, timing notes, and reflection prompts are not read aloud.

The timing assumes 100-120 spoken words per minute plus every numbered pause. Section timestamps use 110 words per minute. These are calculated estimates, not an audio rehearsal. Longer client responses, discussion, and reflection add time; the pauses can be adapted to the person or group.

Breathing remains comfortable and unforced. Breathing cues invite one easy breath, with time to settle; they are not breath holds or a required rhythm. Natural breathing and external attention are always options.

These are independent therapist-led resources from Patrick Cagle, not official materials of the IFS Institute or Intimacy from the Inside Out (IFIO).