Around the Fire Pit

INDIVIDUAL | Addiction and polarized systems | 1 of 2

0:00-3:42 | Arrive, notice, and welcome parts

A space to notice opposing protectors. Time for dialogue, present safety needs, and recovery planning can be added as needed.

Total: 7-8 minutes | 508 spoken words + 2:35 of pauses.
At 110 words/minute: about 7:12. 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]*

Imagine a fire pit with a comfortable place to sit. If fire does not feel welcoming, a porch or another open space can serve just as well. *[Pause 6 seconds]*

Bring to mind an inner conflict that feels manageable to visit. Perhaps one side seeks quick relief while another pushes for control. *[Pause 8 seconds]*

One might turn toward numbing, distraction, or an addictive behavior. Another might criticize, monitor, or demand that it stop. Your parts may work differently. *[Pause 8 seconds]*

Let each side choose its own distance from the fire. Neither has to come closer than it wants to. *[Pause 8 seconds]*

Notice the first side. How does it show up in your body? What feeling, thought, or impulse helps you recognize it? *[Pause 10 seconds]*

Now notice the other side. What changes in your shoulders, chest, belly, or posture? What does this side want you to understand? *[Pause 10 seconds]*

You might give each a name that fits. Notice whether a referee, a fixer, or a part taking sides also appears. *[Pause 8 seconds]*

Listening to a part does not mean acting on its urges. We can understand its intentions and still care about the effects of our choices. *[Pause 10 seconds]*

Around the Fire Pit

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3:42-7:12 | 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 one side, “What are you trying to help me with?” Listen without having to decide anything yet. *[Pause 6 seconds]*

Check with the other side, too. “What would you like me to understand?” There is room for both perspectives. *[Pause 6 seconds]*

Notice whether either side can sense you listening. No agreement or resolution is needed for this contact to matter. *[Pause 6 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]*

As you leave the fire pit, notice both sides once more. What support would help you stay present and make your next choice with care? *[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

How are the parts, distress, and urges now? What support or recovery step would be useful next?

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.

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