# IFS Meditation Scripts for Therapists

BRIEF PACED EDITION | Therapist-led practices

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Six therapist-led practices with step-by-step parts noticing, optional gentle breathing, and an invitation to embody Self-energy. Two practices are for groups; three are for individuals and one is for couples.

## How to use the pacing cues

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.

## Collection and estimated duration

Arriving Together | 4-5 minutes

**GROUP 1 | No religious language**

Pausing Before We Share | 4-5 minutes

**GROUP 2 | No religious language**

Around the Fire Pit | 7-8 minutes

**INDIVIDUAL | Addiction and polarized systems**

Making Room for One Part | 5-6 minutes

**INDIVIDUAL | No religious language**

A Pause Before Reconnecting | 5-6 minutes

**COUPLES | IFIO-informed | No religious language**

More Than the Role You Carry | 5-6 minutes

**INDIVIDUAL | CHRISTIAN FAITH-BASED**

# Arriving Together

**GROUP 1 | No religious language | 1 of 2**

## 0:00-1:35 | Arrive, notice, and welcome parts

An opening for adult therapy or recovery groups. Participation and sharing can remain optional.

Total: 4-5 minutes | 316 spoken words + 1:22 of pauses.
At 110 words/minute: about 4:14. 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]*

Notice which parts came with you today: rushed, tired, hopeful, guarded, or wanting connection. *[Pause 4 seconds]*

Choose one to notice gently. Where do you sense it? A tight chest, busy thoughts, or an urge to stay quiet? *[Pause 5 seconds]*

Try a simple description: “A part of me feels...” Your own words are enough. *[Pause 4 seconds]*

# Arriving Together

**GROUP 1 | No religious language | 2 of 2**

## 1:35-4:14 | 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]*

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 return to the group, you can bring this way of being with you. You may listen, speak for a part, or take more time. *[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 part would like some attention today, and what would help you participate at your own pace?

# Pausing Before We Share

**GROUP 2 | No religious language | 1 of 2**

## 0:00-1:35 | Arrive, notice, and welcome parts

A pause before a reflection round. Participants can choose what belongs in the group and what remains private.

Total: 4-5 minutes | 312 spoken words + 1:22 of pauses.
At 110 words/minute: about 4:12. 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]*

Let the experience we just shared come lightly to mind. What remains with you? *[Pause 4 seconds]*

Notice a sensation, feeling, thought, or urge. Perhaps a part feels encouraged, unsettled, or unsure what to share. *[Pause 5 seconds]*

Try saying, “A part of me feels...” Notice any part deciding what is safe to say, too. *[Pause 4 seconds]*

# Pausing Before We Share

**GROUP 2 | No religious language | 2 of 2**

## 1:35-4:12 | 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]*

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 rejoin the group, choose what feels useful to share. You can speak for your experience without telling the whole story. *[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 feels ready to be spoken for, and what would you prefer to keep for another time?

# 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

**INDIVIDUAL | Addiction and polarized systems | 2 of 2**

## 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?

# Making Room for One Part

**INDIVIDUAL | No religious language | 1 of 2**

## 0:00-1:56 | Arrive, notice, and welcome parts

A gentle check-in with one manageable concern. Any invitation can become a longer conversation.

Total: 5-6 minutes | 362 spoken words + 1:34 of pauses.
At 110 words/minute: about 4:51. 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]*

Bring gentle attention to one manageable concern. What tells you it is here: a knot, an inner sentence, an emotion, or an urge? *[Pause 5 seconds]*

If it fits, recognize the part connected with it. Perhaps it worries, pushes, avoids, or protects. *[Pause 5 seconds]*

Give it a simple description in your own words. You do not need its whole history. *[Pause 5 seconds]*

Let it know, “I am beginning to notice you.” Does the sensation shift or remain the same? Either is welcome. *[Pause 5 seconds]*

# Making Room for One Part

**INDIVIDUAL | No religious language | 2 of 2**

## 1:56-4:51 | 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]*

As you return, let this part know one realistic way you can stay in touch. Perhaps you will bring it back into our next conversation. *[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 did the part want understood? What helped you feel more able to be with it?

# 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

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

## 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?

# More Than the Role You Carry

**INDIVIDUAL | CHRISTIAN FAITH-BASED | 1 of 2**

## 0:00-2:04 | Arrive, notice, and welcome parts

For clients who welcome Christian integration. Language about God and identity can follow the client's beliefs and experience.

Total: 5-6 minutes | 370 spoken words + 1:38 of pauses.
At 110 words/minute: about 5:00. 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]*

Notice a role you carry: staying strong, keeping peace, or getting things right. *[Pause 4 seconds]*

Where do you feel its effort? What thought accompanies it? Perhaps, "I cannot let anyone down." *[Pause 5 seconds]*

Recognize the part working hard in this role. Welcome tired or resentful parts, too. *[Pause 5 seconds]*

If it fits your faith, consider being made in God's image. In my Christian integration of IFS, I understand Self through that lens. *[Pause 5 seconds]*

Notice how your parts receive those words. Doubt, longing, comfort, or uncertainty can all be welcomed. *[Pause 5 seconds]*

# More Than the Role You Carry

**INDIVIDUAL | CHRISTIAN FAITH-BASED | 2 of 2**

## 2:04-5:00 | 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]*

If prayer feels supportive, you might offer, “God, help me carry this care into my next step.” You may also return quietly, just as you are. *[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 did your parts notice about the faith language? What felt supportive or still needs room?