



Cultivating "Setting": Your Inner Sanctuary

At Session Works Integration Coaching, we believe that finding your **true path for lasting transformation** begins with understanding and harmonizing your inner world. Just like a bus filled with different passengers—your inner "parts"—your mind can sometimes feel pulled in opposing directions. These parts, though often trying to protect you from past hurts, can create an inner tug-of-war.

Our goal isn't to get rid of any passengers, but to help you, your core **"Self,"** lead them with wisdom and compassion from the driver's seat. The **5 S's of Integration** (Set, Setting, Safety, Session, Self) provide a practical, empowering framework to guide you on this journey.

Does your current environment truly support your deepest healing? While integration happens within, the second "S," **Setting**, is about intentionally creating a supportive and nurturing internal *and* external environment for your inner work.

Imagine your bus on the highway of life. "Setting" is about making sure that bus is a comfortable, calm, and safe space for every inner "passenger" to feel welcome and heard. This sheet will guide you in establishing your personal "inner sanctuary"—a dedicated mental and emotional space where you can focus, feel supported, and explore your inner landscape without distraction, all vital for finding your **true path for lasting transformation**.

Setting

Creating a personal sanctuary for inner exploration

Is your external environment a supportive space that allows your Self and all parts to feel safe, supported and ready for inner exploration? Is it private, comfortable, and equipped with everything needed for your inner journey?

- **Gather necessary supplies:**
 - Tissues, comfortable loose clothing, cushions, water, blankets, light snacks to sustain you.
 - Writing materials (journal open, pen ready, or digital notes accessible) for the Self to record insights.
 - Tools for movement, stretching and grounding (resistance bands, foam rollers, yoga mats and blocks etc.)
 - A mirror can be a valuable tool for the Self to connect with different parts.
- **Prepare your space:**
 - Clear the area of distractions and hazards, creating a safe and open space.
 - Arrange comfortable seating/support to encourage relaxation and open communication.
 - Adjust lighting to create a calming and focused atmosphere.
 - What small comforts or objects remind you of safety and ease?
- **Have tools ready:**
 - Playlists or meditations cued up to facilitate different emotional states.
 - Timers set to create clear boundaries for session durations and phases.
 - Recording devices if desired (audio/video) to capture insights from the journey.
 - Headphones/speakers charged and connected for audio resources.
 - Eye mask and earplugs available to minimize external distractions for inner focus.
- **Minimize external distractions:**
 - Turn off notifications on electronic devices.
 - Put your phone on airplane mode if possible to avoid interruptions.
 - Ensure privacy so the inner process is not disturbed.
 - Minimize other potential disturbances (childcare, pets, etc are taken care of by someone else or have been already attended to).
 - Close social media and other distracting applications.
- **Remove technological barriers:**
 - Consider the benefits of traditional pen and paper for a more embodied experience.
 - Have journaling apps open and ready for immediate use.
 - Close any social media or unnecessary programs.
 - Make sure your devices are already fully charged or have the cables at the ready.