



**SessionWorks**  
integration coaching

## Embodying "Self": The Leader Within

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.

**Who's truly in the driver's seat of your life right now?** The fifth and ultimate "S" in our framework is **Self**—your core essence, your true nature, and the wise, compassionate leader within. While integration helps you understand your inner "parts," embodying "Self" is about strengthening your connection to this inherent resource.

This sheet explores how cultivating your **Self-energy**—the calm, courageous, and clear aspect of you—allows you to confidently guide your inner "bus" system. When your "Self" is firmly in the driver's seat, you can navigate challenges with grace, make conscious choices aligned with your true path, and experience the profound sense of **lasting transformation** that comes from living authentically and whole-heartedly.

# Self (Spirit/Soul)

## The Bus Driver

Are you aware of what it feels like to be in Self-Energy when directing your bus down the road of life? Can you access any of the 8 qualities of Self? Can you identify when you are blended (merged) with a part (one of the passengers is driving instead of you) and not able to take back the wheel?

- **Identify when you are in a part**
  - Be clear about the difference between Self and parts. Take a role call and see who your passengers are and find out as much as you can about them.
  - Questions to Ask When Identifying a Part:
    - What is the body sensation?
    - What is the emotion?
    - What is the behavioral urge?
    - What is the belief?
    - What is the dream?
    - What is the vision/visual?
  - Ask yourself how you feel - if it is anything other than the 8 C's, you are probably blended with a part.
- **The 8 Cs of Self-energy**
  - Calm, Curious, Creative, Compassionate, Connected, Courageous, Clear, Confident.
- **Cultivate and lead from Self-energy**
  - Practice being able to go into observer mode and maintain a balance of attention to get separation from your parts. (Asking your parts to give you back the wheel and go back to being passengers)
- **Some Ways to Access Self-Energy:**
  - Breathwork
  - Somatic experiencing
  - Massage
  - Reiki
  - Crystals
  - Meditation
  - Therapy
  - Peer counseling
  - Music
  - Writing
  - Spa day
  - Plant medicine
  - Exercise.