



**SessionWorks**  
integration coaching

## Understanding "Set": Your Mindset for Transformation

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.

**Ready to shift from feeling stuck to truly empowered?** Your journey towards **lasting transformation** begins even before you dive into inner work. The first "S," **Set**, focuses entirely on cultivating your mindset—your internal readiness for profound change.

Just as a driver prepares for a long journey, your **Set** is about recognizing and trusting your innate capacity to heal and grow. This sheet explores how a positive and trusting mindset empowers you to embrace your inner landscape, aligning your intentions with your powerful inner wisdom. When your "Set" is strong, you step into your integration work with confidence, knowing it's your turn at the steering wheel to guide your path.

# Set

## Preparing Your Internal Driver

Your mindset is like preparing your Self, the driver, for the journey ahead. How you think about healing and your inner world sets the stage for successful integration.

### Key principles:

- Believe **your Self has the inherent capacity to heal and lead**.
- Trust in your inner wisdom; **your Self holds the answers**.
- Recognize your inner world as a bus full of parts; learn to listen to them as your Self, witnessing their experiences and updating their perspectives.
- Remember **your Self is good at its core**; extreme behaviors from parts are survival strategies that no longer need to dictate the journey.
- Practice being in observer mode (**creating distance between your Self and a distressed part**). This allows your Self to sit with the part and understand its experience without being overwhelmed.
- Remember **you are so much more than the patterns your parts have developed**. These patterns arose from survival instincts and can be gently addressed with compassion from your Self.
- Embrace empathy, compassion, and love from your Self towards all your parts and others.
- Be willing to **be completely honest with your Self**. This allows for genuine understanding of what the parts need to communicate to the Self.
- Cultivate a culture of validation within your inner bus (no put-downs or criticisms). The Self learns to **see and appreciate the good intentions of all parts**.
- Set an intention for each "bus meeting": **What does your Self want to focus on, understand, or learn about the inner passengers?**

### Ask yourself:

- Do you believe your Self is capable of leading?
- Do you trust in its inherent goodness?
- Do you recognize the power of your Self to guide the healing process?