

Alternative Allowing Phrases

(in Second Person)

This list shows what it looks like to speak directly to your hurt parts with compassion. The purpose is never to justify the hurt (to talk yourself into being allowed to feel), but rather to be nurturing to your own hurts the way you might for a loved one. Some people will feel better using the original “Allowing Phrases” worksheet, and that’s okay. Always go with your intuition.

- “You’re allowed to be here.”
- “Take all the space you need.”
- “I see you are hurt. I’m here with you.”
- “I know it’s hard to be going through this, but you don’t have to do it alone.”
- “You’re not too much for me. I can be with you.”
- “Do you need to get bigger?” “Do you need to get heavier?” (or other sensations: darker, hotter, colder, etcetera)
- “You can show up all the way. I’ll stay with you.”
- “I know you just need to be heard. I’m here.”
- “I see you are uncomfortable. We can be uncomfortable together.”
- “I will stay with you for a while.”
- “I see how hard it is to be the part that has to hold everything together. I’m with you.”
- “I won’t try to change anything. I’m just here to listen to everything you want to share.”
- “I know you don’t get to express yourself often. That’s why I’m here now.”
- “I’m open to whatever you need to show me.”