



INNER PARTS GUIDE

With Kimberly Erickson



A Gentle Guide to Growing Peace Within

The parts of you that show up are not your enemies. They are dedicated and are trying to tend to your well-being in the only ways they know how. This guide offers simple, kind ways to acknowledge them, thank them for their hard work, and gently remind them that you—the Wise Gardener within—are here to help things grow with more ease.

The Relentless Nurturer

This part works tirelessly to care for everyone and everything, believing your worth depends on being endlessly helpful.

Gentle Reminder: “My worth is inherent and does not depend on my productivity. True care includes me.”

Easy Somatic Reset:

The Pause - when you feel the urge to jump in and fix everything, sit down if you can, even for one minute or just stand. Place one hand on your heart and one on your belly. Feel the support of the surface beneath you. Take three easy breaths, imagining you are offering this rest directly to your Relentless Nurturer.

Prompt for Self-Reflection:

What is one small act of nourishment I can give myself today? What would it feel like to receive it fully?



The Watchful Gatekeeper

This part is perpetually on high alert, constantly scanning for potential threats or criticism to keep you safe.

Gentle Reminder: “I am safe in this present moment. I can release the need to anticipate every possible outcome.”

Easy Somatic Reset:

Orienting with Breath - when you feel anxiety rising, pause and slowly turn your head to look around your space. Name three neutral objects you see (e.g., a lamp, a book, a window). Take one deep breath, affirming, “Right here, right now, I am okay.”

Prompt for Self-Reflection:

What is one present-moment anchor of safety (e.g., the warmth of a mug, the stillness of a room) I can notice today when my Gatekeeper feels activated?





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The Critical Pruner

This part believes harsh criticism is necessary to shape you into an acceptable person and prevent failure.

Gentle Reminder: “Growth thrives with compassion, not criticism. My mistakes are opportunities to learn, not evidence of failure.”

Easy Somatic Reset:

The Hand of Kindness - when you notice critical self-talk, gently place your hand on your cheek or shoulder, like comforting a friend. Feel the warmth and softness of your own touch. Take a breath and whisper, “I am learning. I am enough exactly as I am right now.”

Prompt for Self-Reflection:

What is one kind thing I can say to myself today when I notice I’ve made a mistake? How would it feel to offer myself that grace?



The Dormant Seed

This part enforces a necessary rest to protect you from overwhelming exhaustion or demand.

Gentle Reminder: “My rest is not laziness; it is a sacred act of preservation. I am regenerating my strength.”

Easy Somatic Reset:

The Micro-Movement - when you feel heavy or numb, focus on a tiny, gentle movement. Wiggle your toes or slowly turn your wrists in circles. Notice the sensation of life and movement without any pressure to do more.

Prompt for Self-Reflection:

What does truly restorative rest look like for me today? Is it silence, warmth, stillness, or something else?





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The Over-Achieving Scarecrow

This part believes that to keep the garden safe, it must do everything: monitor for pests, provide shade for the delicate ones, and hoard water for the dry spells. It is exhausted from trying to be the gardener when it was only meant to be a watcher.

Gentle Reminder: “My sole job is to watch for danger. I can trust the Wise Gardener to manage the nurture and resources. I am allowed to relax my vigil.”

Easy Somatic Reset: The Shoulders Release - Place firm hands on your shoulders. As you exhale, imagine you are putting down the heavy tools you’ve been carrying. Feel the Earth supporting your feet, allowing your muscles to drop the burden of “doing it all.”

Prompt for Self-Reflection: What is one task I am currently doing that is actually the responsibility of my Wise Gardener? How would it feel to delegate that to my inner Wisdom?



The Boundary-Setting Fence

This part provides the physical and energetic structure that keeps your garden safe. It helps you distinguish your emotions and needs from the noise of the outside world, allowing you to breathe without scanning for threats.

Gentle Reminder: “I have a right to my own space. My boundaries are the containers that allow my peace to flourish.”

Easy Somatic Reset: The Perimeter Push - Sit comfortably and extend your arms, palms facing outward. Visualize a soft, sturdy fence building itself around you. As you push your palms gently toward the air in front of you, affirm: “This space is mine. I am safe within my own lines.”

Prompt for Self-Reflection: Where in my life do I feel “porous” or over-exposed? How would a sturdy fence—firm yet permeable—change the way I show up in that area?





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The Wise Gardener

This is your core, compassionate self that understands natural cycles of growth and rest.

Gentle Reminder: “I am capable of holding all parts of myself with compassion. My presence is my power.”

Easy Somatic Reset:

The Grounding Root - place your feet flat on the floor. Imagine roots growing down from your soles, connecting you to the earth’s stability. Take three easy breaths, feeling a sense of calm strength rising up through those roots into your body. Smile gently, acknowledging your own inner wisdom.

Prompt for Self-Reflection:

What is one small way I can honor my need for both growth and rest today? How can I tend to my parts with kindness?



A Final Note

You are not a problem to be solved. These parts are **aspects of your strength**. Remember, this exploration is a practice, not a test.

There is no perfect way to tend to your inner parts. Each moment of gentle awareness is a seed planted for future growth. Be patient and compassionate with every part of yourself, for they have all worked hard to help you survive and get to where you are today.





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Offerings & Services

Dream Work, Parts Work, Somatic Work
NeuroAffective Touch - Attachment Work
Befriend Your Story, Find Your Inner Calm
Being Who I Want To Be
Growing Authentic Connections Group
start.growingharmonywithin.com/discover-nextstep



My Core Principles

Trauma-Informed Coaching: I provide coaching services that prioritize safety, trust, and empowerment, recognizing the prevalence and impact of trauma on individuals and communities.

Safe and Supportive Space: I provide a non-judgmental environment for clients to explore their experiences, fostering trust and psychological safety.



Holistic Approach: I address the mind, body, and spirit in the healing process, recognizing their interconnectedness for overall well-being.

Empowering Self-Compassion: I encourage clients to cultivate self-awareness and personal agency, empowering their healing journey and growth.

Evidence-Based Techniques: I use proven practices like somatic experiencing and parts work - Internal Family Systems (IFS) to help clients regulate their nervous system, build resilience, and cultivate self-awareness.

Continuous Growth: I commit to ongoing learning and professional development in trauma-informed coaching and healing.

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