



Be With the One Who Holds

Words and ways for being with the part of you that takes over when it all kicks off.

You already know this move. This deck only changes who you're kneeling beside.



What a part is

A part is a piece of you that took a job a long time ago, usually in a hard season, and has never once been told it can rest. Psyches organize this way. It is structure, not woo.

Every part took its job for a reason. The part that handles your child's meltdown is usually much younger than you are, and it is doing its best with the training it got.



You are not the part

A part can take over, but it is not the whole of you. Someone in you notices the pattern activating. That noticing one is you.

You already know this move. It is the same one from the kitchen floor: not ending the storm, making sure no one is alone inside it. This deck only changes who you're kneeling beside.



THE FIXER

Where the Fixer lives in your body

ASK

When it begins, what moves first? The hands, the feet, the lean of you toward the problem? Is it tension, or is it speed? Where does the urgency gather, and what does it feel like in the half-second before you're already across the room? And before you've decided anything, where in you has the fixing already begun?

The part doesn't take over all at once. The body organizes toward the pattern first, and the organizing is where the choice lives. Only you can map yours.



THE FIXER

Words for being with the Fixer

SAY, TO THE PART

silently

“I know. You want it to stop so everyone’s okay. We don’t have to fix this one. I’m staying with you while it’s loud.”

The same words that work on the kitchen floor work here. You’re not ending the part’s urgency. You’re making sure it isn’t alone inside it.



THE BRACER

The one shift

TRY

One long out-breath, offered to the part rather than aimed at it. Soften one notch and no further. The line still holds, it just costs less.

Steady is not the same as stiff. The brace softening one notch is not the line breaking. It is the line becoming one you can hold for years.



You've just met two of the six.

The full deck holds them all: the Fixer, the Bracer, the Merger, the Vanisher, the Controller, the Enforcer. For each, questions for finding it in your body, what it's protecting, words for being with it, the one shift, and when to reach for a person instead.

Be With the One Who Holds, the full deck \$24

Relief and a way to stay close to yourself, never a fix or a guarantee. If something feels bigger than these moments, reach for real support.

