

ALIGN Model for External Alignment one-on-one *After Inner Alignment*



Awareness – Pause and notice if they are in reactive mode.

- Do you sense frustration or uncharacteristic behavior?
- What body language, tone, words, behavior are they using?
- *Remember that their behavior is likely coming from their parts.*



Listen – Be present and give your full attention.

- What patterns, goals, roles, perspective might they be in?
- What frustrations or concerns are you sensing?
- *Stay curious, not judgmental.*



Inquire – Get curious about understanding their concerns.

- “What concerns are coming up for you?”
- “What would help you the most right now?”
- *Focus on understanding, not fixing.*



Give reassurance – Let them know they are heard and understood.

- “That makes sense.”
- “I can see why that’s frustrating.”
- *You’re not agreeing with them; you’re acknowledging their perspective.*



Navigate – Help them explore next steps.

- “What options do you see?”
- “Would it help to explore possibilities together?”
- *Don’t push, just support.*

Best-Self Eight Cs

Compassion, Creativity, Courage, Clarity, Calm, Curiosity,
Connectedness, Confidence

*We’re not just interacting with other people; we’re
interacting with their parts*