

# ALIGN Model for Inner Alignment



**Awareness** – Pause and notice that a part is activated.

- Is it a voice in your head, a sensation in your body, or an emotion?
- Are you feeling triggered? Upset? Discouraged?
- *Most negative thoughts and feelings are parts.*



**Listen** – Which part is talking?

- Is it your people pleaser, avoider, inner critic, planner, perfectionist, etc.?
- What is it saying?
- *Stay curious, not judgmental.*



**Inquire** – Ask about its fears and concerns.

- What does it want you to know?
- What does it need from you?
- *Focus on understanding, not fixing.*



**Give reassurance** – Tell it you hear and understand it.

- Validate its concerns and feelings.
- Appreciate how it's trying to protect you.
- *You're not agreeing with its strategy; you're acknowledging its intention.*



**Navigate** – Use the Cs and Ps of your Best Self to decide the best path forward.

- What are you going to say or do next?
- Instead of action, is it a change in perspective? What is different?
- *Your Best Self will know what the situation needs.*

## **Best Self Cs and Ps:**

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

Presence, Perspective, Patience, Playfulness, Persistence

*Address your inner world before trying to address the situation*