

# unblending

overwhelmed on  
the inside?

Sometimes a part takes over  
and we don't even notice

When you feel

consumed by rage

frozen with fear

drowned in sadness

swallowed by shame

paralyzed by procrastination

overcome with indecision

Unblending allows us to gently step back from  
these parts, so we may observe, instead of  
being overwhelmed

## examples

	Reacting Blended	Responding Unblended
Inner critic	"I can't believe I messed that up again."	I hear the harsh voice · what's it afraid of?
Anxiety	"What if everything goes wrong?"	I feel the worry · what's it protecting me from?
Procrastination	"I'll deal with it later... I can't face it right now."	Something's pulling away · what feels too much?
Anger	"They don't get to treat me like that!"	I feel the heat · what's underneath it?
People pleasing	"I have to say yes or they'll be disappointed."	I feel pulled to agree · but do I really want to?

The goal isn't to fix the part · it's to listen to it