

Uniting:

We connect with newly accessible aspects of ourselves, expanding joyful wholeness.

Increasing internal unity has many benefits. Forming new or stronger connections often alleviates pain and tension from conflicting aspects. It also builds our self-esteem and self-acceptance, which enhances contentment. We show up more fully and are able to apply more of our energy and focus on creating the life we want. Uniting helps aspects who have unburdened traumatic memories to reconnect to the other aspects of who we are. There may be other aspects of ourselves that long to be closer to the whole of who we are as well. Uniting also generates a more comprehensive sense of self, our history, and where we're headed. Loss can now be grieved by the whole of who we are which makes it easier and faster to come to acceptance. Uniting also helps us to own the many qualities, strengths and energies that the various aspects contain. In addition, uniting creates a stronger sense of self for even easier and smoother healing.

The major action in Uniting is warmly appreciating the motivations, roles and power of these aspects. We find it extremely helpful to moderate inner dialogs in which all aspects with an opinion on an issue have the opportunity to express themselves fully and be appreciated. Then we begin to negotiate internally and choose actions that create more balance and energy in our lives. We can resolve conflicts between various aspects in areas such as: house cleaning, self-care, expression of creativity, assertiveness, protecting ourselves well, humor, and dealing with emotions, etc.

Actively nurturing these aspects helps us to unite even more. We can find and create environments and activities that nurture us internally. Some examples are: Being in nature, socializing with supportive friends, meditating, dancing freely, creative expression, journaling, sharing with supportive others about the aspects we're connecting with, doing activities these aspects like to do. Note, the activities that aspects like to do often change as they unite and continue healing.

During Uniting we once again use the Understanding and Harmonizing Steps, now with recently unburdened and protective aspects. These aspects long for self-connection and purpose. Uniting helps these aspects to feel accepted, and to shift their extreme behaviors to more win-win behaviors. We will still be complex beings with various aspects of ourselves. We'll find that these aspects are more connected, more accepted, and help us live happier, more harmonious lives. The more we unite, the easier it is to harmonize and process. And the more we harmonize and process the easier it is to unite.

Uniting helps our aspects to work more as a team. Over time we find that the chorus of disagreeing voices quiet down and we can move more easily, clearly and confidently.

Activities: (The following activities can be done in a Healing Journal and/or with the support of others.)

- Activity 1:** Journaling: Find out from an aspect what its' motivations and hopes have been. Help this aspect see the beauty and power it possesses.
- Activity 2:** Inner Dialog Journaling: "What does this aspect want to do now?" "What role can it play in our inner community?"
- Activity 3:** Journaling: Adapt and hone your ability to build internal connections. Run a Vital Cycles meeting with your aspects, expressing freely the urges, motivations and emotions carried in each aspect.
- Activity 4:** Seek out people who support you and the aspects of you that are emerging.
- Activity 5:** Talk to others who have done the Uniting Step and find out what worked for them. Take and adapt the ideas you like best.
- Activity 6:** Seek environments that are conducive to building inner connections, such as nature, private journaling, support groups, spiritual group, etc.
- Activity 7:** Take part in an activity that appeals to multiple aspects of you.
- Activity 8:** Do the Understanding and Harmonizing activities that appeal to the newly emerged aspects.