

## Invite yourself to the Lounge



Invite all parts including yourself,  
the Leading Self, to the Theater  
Lounge. All can relax, watch, do  
their thing or enjoy the feast  
buffet there. Leave them alone.

## Invite yourself to the Lounge

Feeling seen, appreciated and safe, parts enjoy leaving their role on stage and hanging out in the Lounge and at the Buffet. If things get intense on stage, they are always ready to return into their role. But over time they realize, the play works wonderfully without them. They can observe the play on stage much better from there. To have full control to return anytime gives them even more secure comfort. And experienced parts often forget the stage at all for a while and nobody knows, where they go. What if all parts leave including you, the leading-self and the play on stage just continues?