



## RISE Technique

This technique is used when you are fully relaxed and ready to heal from your inner wounds. The goal is to use your imagination and carry your inner child part to a safe place where it can release the wounds its been carrying.

**R**- Request your critical parts to step aside so you can become curious about the exile and focus on it. Assure the exiled part that it's safe to share its story and ask permission for all parts to allow inner dialogue to take place.

**I**-Invite the part to a safe place where it can share its story and speak to you directly.

**S**-Show compassion towards the part as it's sharing the story with you. Listen to the story.

**E**-Extend gratitude towards the part for working so hard for you all these years.



You can also access the audio file from [www.inneracceptance.com](http://www.inneracceptance.com) for a richer experience with the WISE technique.