

Your Second Mountain Onboarding Workbook

A Guided Return to Your Self

✦ How to Use This Workbook

This workbook is a companion to the onboarding series.

Move slowly. One section at a time. You are not trying to figure yourself out.

You are learning to notice what's already happening — in your body, patterns, and life.

There are no right answers. You may not be sure. You may change your mind.

You may recognize yourself in more than one place. That's okay.

This is not about getting it right. It's about seeing clearly and responding with awareness.

✦ The Path We're Walking

You'll move through: Aligned with podcast episode:

- Your System (1)
- Your Parts (2)
- Your Stage (3-4)
- Your Patterns (5-6)
- Your Energy (7)
- Your Soul Signature (8)

You don't need to hold all of this at once. We'll take it step by step.

PART 1 — YOUR SYSTEM

Self-Esteem + Boundaries: Stability First

Before we change anything, we need language for what's already happening.

Self-Esteem

One-Up — feeling above, more certain, in control (control, criticism, intensity, defensive)

One-Down — feeling below, smaller, or not enough (doubt, shame, collapse, overwhelm)

Boundaries

Walled-Off — protecting through distance (withdrawal, shutdown, disconnection)

Boundaryless — protecting through connection (over-giving, merging, overextending)

The Four Patterns

When these combine, we tend to move into one of four positions:

- One-Up + Walled-Off
- One-Up + Boundaryless
- One-Down + Walled-Off
- One-Down + Boundaryless

These are survival strategies — not personality traits.

✦ Reflection

When I'm under stress, I tend to move toward:

- One-up + Walled-off
 - One-up + Boundaryless
 - One-down + Walled-off
 - One-down + Boundaryless
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What does this look like in my behavior?

What might this pattern be protecting me from?

Your Nervous System

Most days, my nervous system feels:

- Activated (anxious, restless, on edge)
 - Collapsed (tired, numb, shut down)
 - Mixed (fluctuating between states)
 - Regulated (steady, grounded, present)
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What do I notice in my body?

The Survive → Thrive Spiral

When something in your system gets activated, you move into survival. This might look like:

- tightening, controlling, pushing
- collapsing, withdrawing, shutting down
- overextending, losing yourself
- avoiding, numbing, distracting

The goal is not to avoid this. The goal is to notice it — and shift slightly.

Reflection — Your Spiral

When I spiral downward, I notice:

One small way I move upward:

✧ **Reflection:** I am not broken. I am in a pattern.

PART 2 — YOUR PARTS

What Are Parts? Internal Family Systems (IFS)

Parts are different aspects of you that show up as thoughts, emotions, or reactions.

They are protective. They formed in response to real experiences.

They are trying to help — even if their strategies don’t always work now.

Examples might be:

“The one who overthinks”

“The one who shuts down”

“The protector”

“The pleaser”

“The achiever”

Step 1 — Arrive First

Before mapping anything, pause. Take one slow breath.

Feel your body supported by the chair or floor.

Do I feel relatively safe right now?

Yes

Not really (you can skip or just observe)

Step 2 — Who Is Most Present?

Choose one part that feels active right now. You might notice it as a thought loop, a feeling, a tension in your body, or a familiar reaction.

Name this part (use your own words):

Step 3 — How This Part Shows Up

When this part is active, I notice:

- Tightness in my body (where?) _____
 - A strong emotion (what?) _____
 - A repeating thought or belief _____
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This part tends to show up when:

Step 4 — What Is This Part Trying to Do?

Every part has a protective intention.
Even if it doesn't feel helpful, it is trying to do something for you.

This part is trying to:

- Keep me safe
 - Prevent pain
 - Maintain connection
 - Stay in control
 - Avoid overwhelm
 - Other: _____
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What might this part be afraid would happen if it stopped?

Step 5 — What Might This Part Be Protecting?

Often, protective parts are guarding something more vulnerable.
You don't need to go deep here — just notice.

This part may be protecting something that feels:

- Afraid
- Sad

- Ashamed
 - Lonely
 - Overwhelmed
 - Not sure — and that’s okay
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🌟 Step 6 — Bringing in Self-Energy

You don’t need to change anything. Just notice how you relate to this part.
Right now, toward this part, I can offer:

- Curiosity
- Compassion
- Appreciation
- Space
- Nothing yet — that’s okay

One gentle sentence I might say to this part: “_____”

🧠 Reflection (Optional)

After completing this, notice:
Did anything soften, shift, or become clearer?

What did I learn by listening instead of pushing?

🌟 Closing Reminder

You did not create these parts. They formed in response to real experiences.
This is not a diagnosis. It’s a doorway to **Self-leadership**.
You can return to this anytime — even just to notice who’s present.
