

5-step parts validation for sleep

1. Notice the anxious part
2. Validate it: “I hear you/I feel you.”
3. Let it know you’ve got it taken care of: “I’m on it/I’ve got you.”
4. Containerize the worry; options:
 - a. [Container](#)
 - b. [Calm place](#)
 - c. Invite the anxious part to its own calm place (may be different from your calm place); anything it needs to feel secure and relaxed there.
5. [Sleep meditation](#)