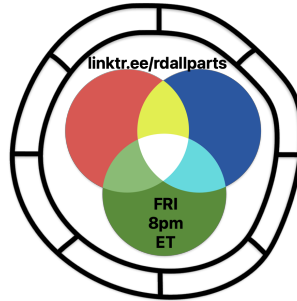


RD All Parts Are Welcome Inquiry Toolkit

Resources designed to support individuals and groups working through the *Recovery Dharma All Parts Inquiry Questions*.



Core Resources

[RD All Parts Inquiry Questions](#)

The 23-week inquiry process integrating Recovery Dharma with an Internal Family Systems (IFS) perspective.

[Inquiry Group Meeting Script](#)

A simple, repeatable format for facilitating a weekly inquiry group meeting.

[Inquiry Group Slides](#)

Presentation slides that can be used to guide participants through an inquiry group meeting.

[Inquiry Group FAQ](#)

Answers to common questions about the inquiry process, group format, and how to work with the materials.

Optional Resources

[IFS-Themed Meditations](#)

A collection of meditations that can support greater curiosity, compassion, and connection with parts throughout the inquiry.

[A Soundtrack for the 23 Weeks](#)

An optional musical companion with songs selected to complement the themes of each week's inquiry.