[Begin by finding a comfortable position. You may sit or lie down, allowing your body to relax. Close your eyes gently and take a few deep breaths, inhaling through your nose and exhaling through your mouth.]

**1. Notice:**

As you settle into your breath, begin to notice any sensations in your body. Pay attention to any areas of tension or discomfort.

Allow your awareness to expand to your thoughts and feelings. What is present for you right now?

If you feel any urge to engage in a behavior that you know is a "firefighter" response—like binge eating, drinking, or using pornography—simply notice it without judgment. Acknowledge its presence.

[Pause for a moment to allow this awareness to settle.]

**2. Know:**

Now, invite your "firefighter" part to come forward. You might visualize it or sense its presence in your body.

Ask this part, “What do you want me to know about you?”

Listen for any messages, images, or feelings that arise. What does this part look like? How does it feel? What is its purpose?

Recognize that this part is trying to protect you, to help you cope with difficult emotions or situations. Acknowledge its intentions with compassion.

[Pause to allow time for this part to communicate.]

**3. Need:**

Now, gently ask your firefighter part, “What do you need from me to feel safe enough to take a step back?”

Be open to whatever responses come. It might need reassurance, understanding, or a promise that you will take care of yourself in other ways.

Let this part know that you are willing to listen and to provide what it needs. You can say to it, “I hear you, and I want to support you.”

[Pause to allow this dialogue to unfold.]

[As you prepare to conclude this meditation, take a moment to express gratitude to your firefighter part for its efforts to protect you. You might say, “Thank you for being there for me. I appreciate your help, and I’m committed to finding healthier ways to cope.”]

[Begin to bring your awareness back to the present moment. Wiggle your fingers and toes, and when you’re ready, gently open your eyes.]

[Take a few deep breaths, noticing how you feel after this meditation. Carry this sense of awareness and compassion with you as you move through your day.]