

# The empty chair: Finding resolution through dialogue

Sometimes, the things we need to say to others - or even to ourselves - get stuck inside us. The Empty Chair is a powerful tool that allows you to express these unspoken feelings in a safe, controlled space. This process helps you gain clarity, release emotional weight, and find a path toward closure.

## 1 Step 1: Setting the Space

Who or what is sitting in the chair across from you today?

Options:

- A person from my past or present
- A part of myself (e.g., my inner critic)
- A feeling or situation (e.g., my grief)

**The Intent:** What is the primary goal of this conversation?

(Example: To express my hurt, to set a boundary, or to find forgiveness)

## 2 The Grounding Anchor

**Instruction:**

Imagine the person or part of yourself is sitting directly across from you. Speak your truth out loud. Use these prompts to help you begin →

**Reflective Prompts:**

- "The one thing I've been holding back is..."
- "What I need you to understand is..."
- "When [Situation] happened, I felt..."

**The Perspective Shift:** Now, imagine moving into the other chair. If that person or part of you were to respond with complete honesty or compassion, what would they say?

## 3 If your mind is racing, bring your focus back to your physical body:

**Post-Dialogue Check-In:**

Now that you have spoken these words, how does your body feel? (Notice any release in your chest, shoulders, or breath).

**The Insight:** What did you learn about your own needs or boundaries through this dialogue?

**The Resolution:** What is one small thing you can do for yourself today to honor the work you did in this exercise?

**Provider Note:** Bring these insights to your next session to continue the process of integration and healing.