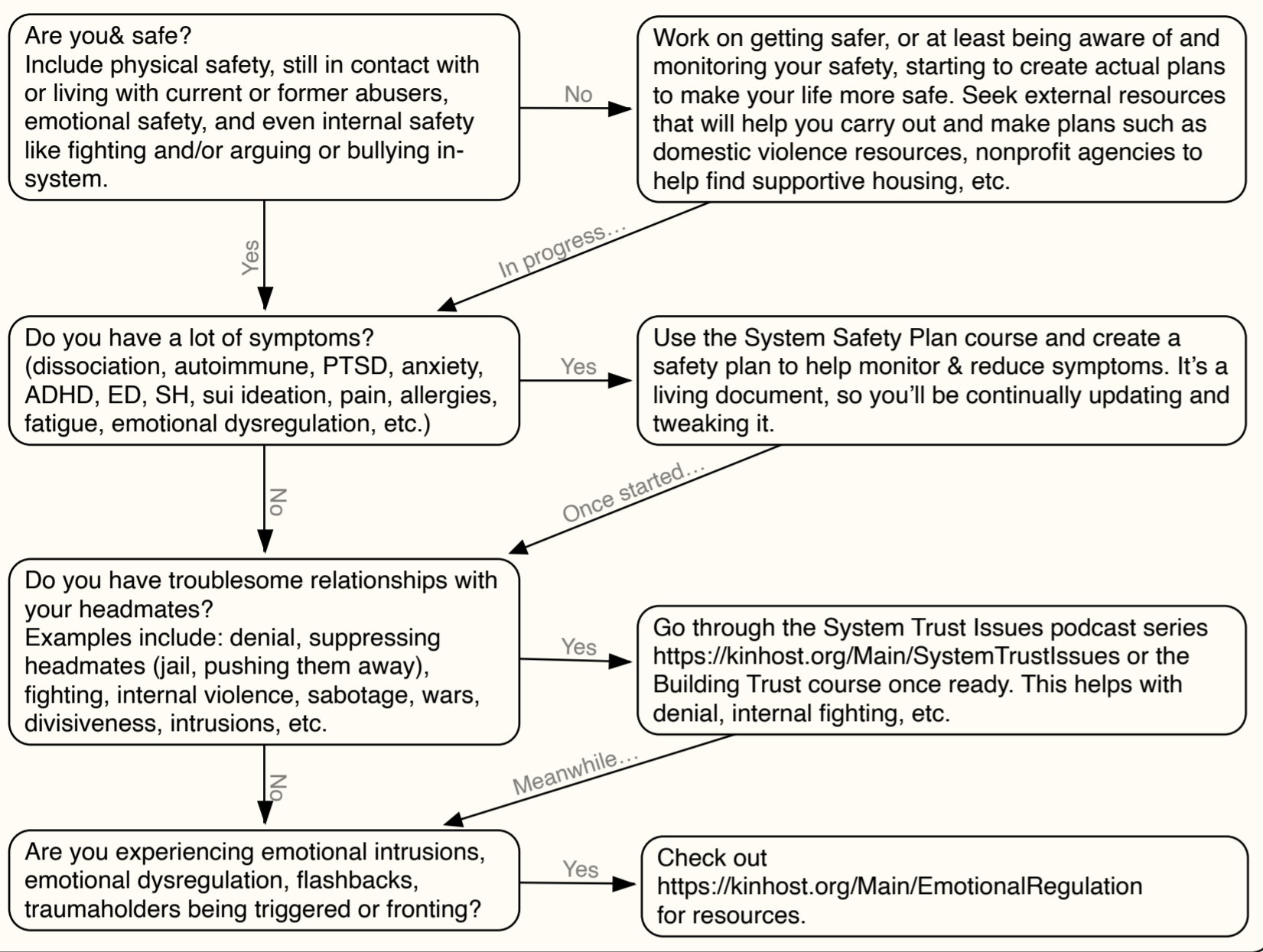# United Front System Self-Help Flowchart/Decision Maker
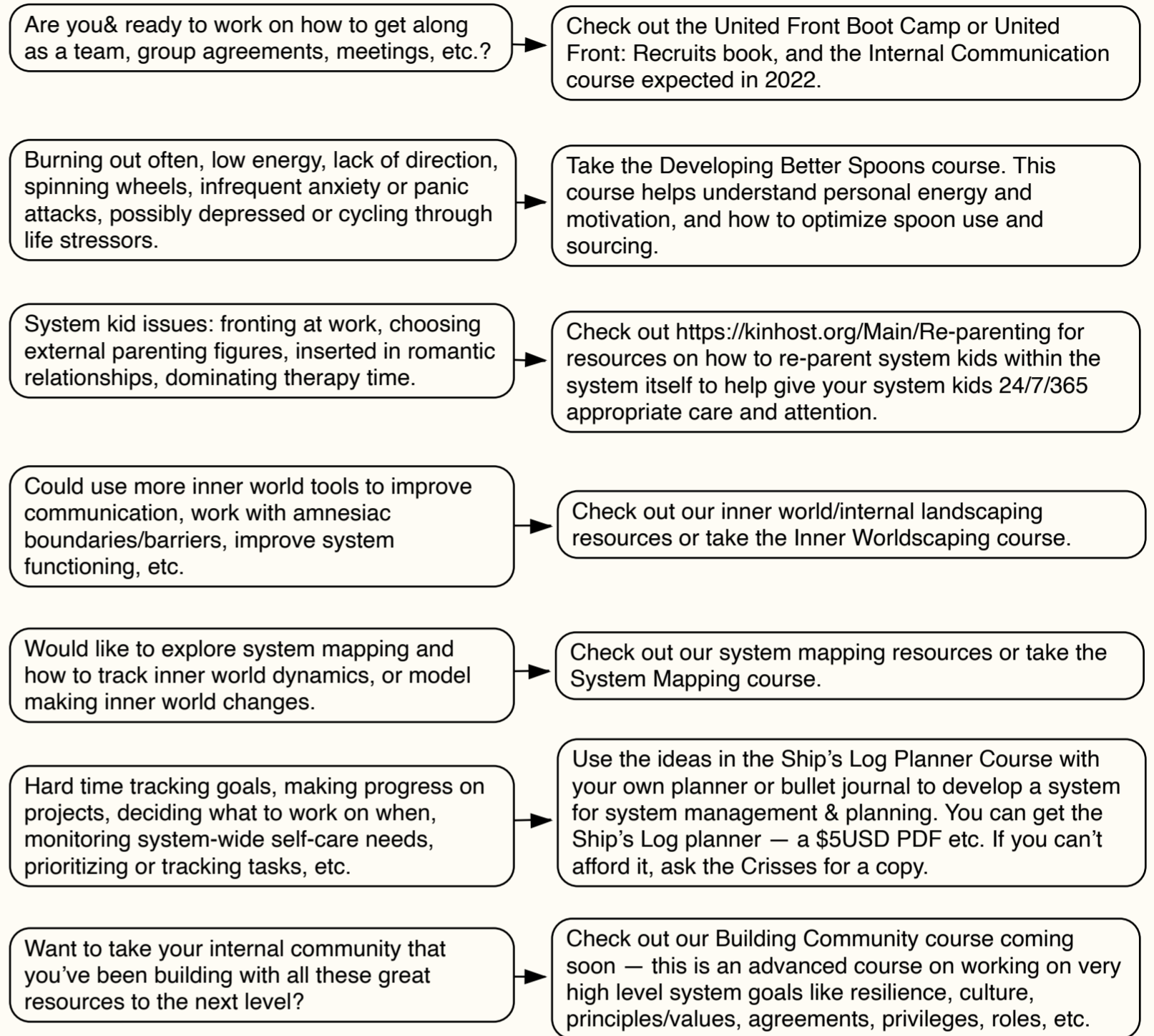
This is self-help work, you can start anywhere, and make your own pathway based on your system's needs or interests.

Having a Lot of Trouble? Start Here.

Are you& safe?
Include physical safety, still in contact with or living with current or former abusers, emotional safety, and even internal safety like fighting and/or arguing or bullying in-system.

— No → Work on getting safer, or at least being aware of and monitoring your safety, starting to create actual plans to make your life more safe. Seek external resources that will help you carry out and make plans such as domestic violence resources, nonprofit agencies to help find supportive housing, etc.

— Yes ↓ (In progress…)

Do you have a lot of symptoms? (dissociation, autoimmune, PTSD, anxiety, ADHD, ED, SH, sui ideation, pain, allergies, fatigue, emotional dysregulation, etc.)

— Yes → Use the System Safety Plan course and create a safety plan to help monitor & reduce symptoms. It's a living document, so you'll be continually updating and tweaking it.

— No ↓ (Once started…)

Do you have troublesome relationships with your headmates?
Examples include: denial, suppressing headmates (jail, pushing them away), fighting, internal violence, sabotage, wars, divisiveness, intrusions, etc.

— Yes → Go through the System Trust Issues podcast series https://kinhost.org/Main/SystemTrustIssues or the Building Trust course once ready. This helps with denial, internal fighting, etc.

— No ↓ (Meanwhile…)

Are you experiencing emotional intrusions, emotional dysregulation, flashbacks, traumaholders being triggered or fronting?

— Yes → Check out https://kinhost.org/Main/EmotionalRegulation for resources.

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Doing OK? Try these ideas for Optimization

Are you& ready to work on how to get along as a team, group agreements, meetings, etc.? → Check out the United Front Boot Camp or United Front: Recruits book, and the Internal Communication course expected in 2022.

Burning out often, low energy, lack of direction, spinning wheels, infrequent anxiety or panic attacks, possibly depressed or cycling through life stressors. → Take the Developing Better Spoons course. This course helps understand personal energy and motivation, and how to optimize spoon use and sourcing.

System kid issues: fronting at work, choosing external parenting figures, inserted in romantic relationships, dominating therapy time. → Check out https://kinhost.org/Main/Re-parenting for resources on how to re-parent system kids within the system itself to help give your system kids 24/7/365 appropriate care and attention.

Could use more inner world tools to improve communication, work with amnesiac boundaries/barriers, improve system functioning, etc. → Check out our inner world/internal landscaping resources or take the Inner Worldscaping course.

Would like to explore system mapping and how to track inner world dynamics, or model making inner world changes. → Check out our system mapping resources or take the System Mapping course.

Hard time tracking goals, making progress on projects, deciding what to work on when, monitoring system-wide self-care needs, prioritizing or tracking tasks, etc. → Use the ideas in the Ship's Log Planner Course with your own planner or bullet journal to develop a system for system management & planning. You can get the Ship's Log planner — a $5USD PDF etc. If you can't afford it, ask the Crisses for a copy.

Want to take your internal community that you've been building with all these great resources to the next level? → Check out our Building Community course coming soon — this is an advanced course on working on very high level system goals like resilience, culture, principles/values, agreements, privileges, roles, etc.
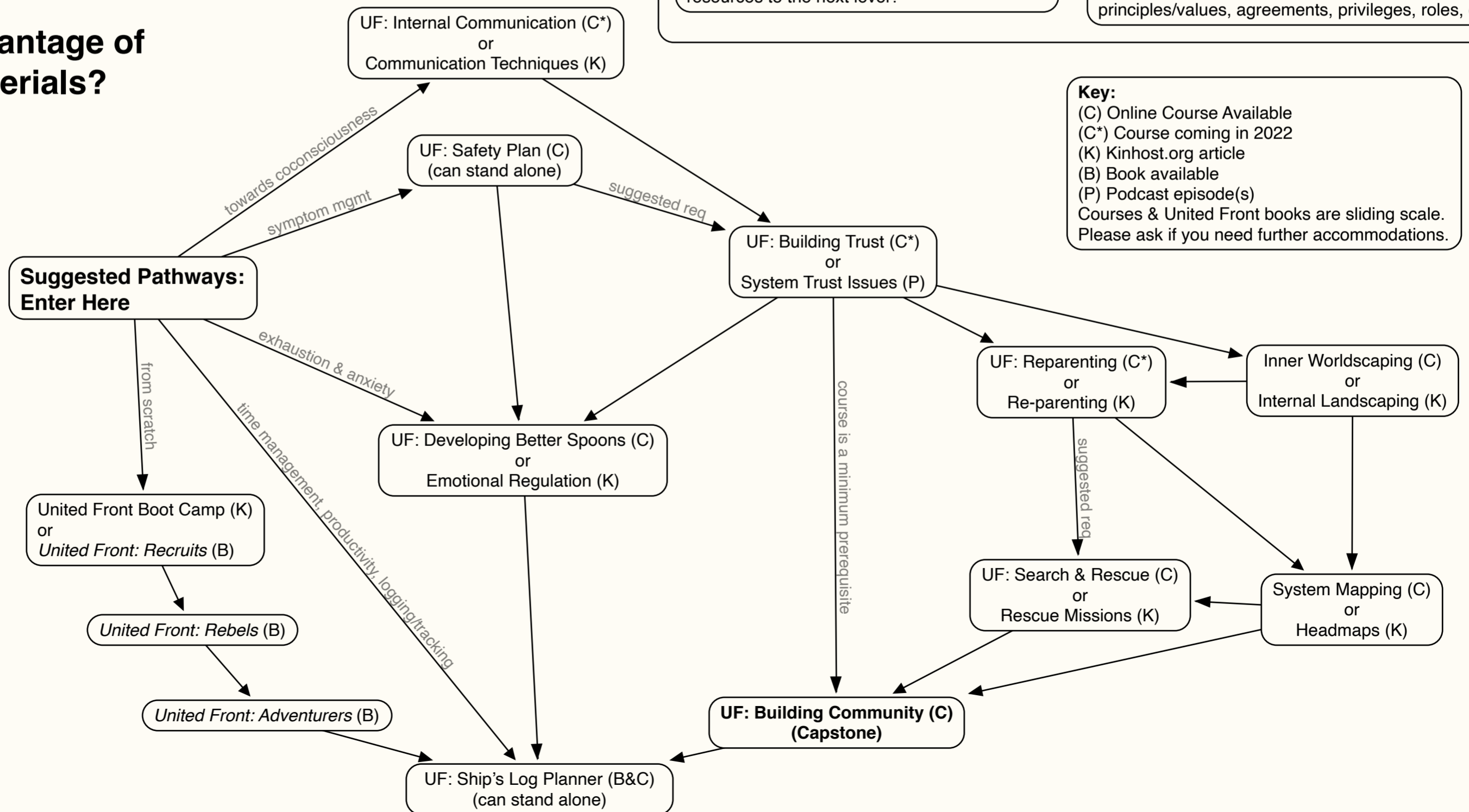
Want to take advantage of United Front materials? Check this out.

These are **recommended** pathways through these self-help materials — the only requirement at this time is that folk are alumni of at least 1 live coaching group to take Building Community.

By the end of 2022 the shortest recommended path to the Building Community course will be to create a Safety Plan, take Building Trust, work on those materials until ready, then tackle the Building Community course.

The Building Community course is very challenging and dense. As an optimal path, we recommend taking Reparenting, Search & Rescue, and Developing Better Spoons before Building Community.

Key:
(C) Online Course Available
(C*) Course coming in 2022
(K) Kinhost.org article
(B) Book available
(P) Podcast episode(s)
Courses & United Front books are sliding scale.
Please ask if you need further accommodations.

Flowchart nodes:

Suggested Pathways: Enter Here

- towards coconsciousness → UF: Internal Communication (C*) or Communication Techniques (K)
- symptom mgmt → UF: Safety Plan (C) (can stand alone)
- UF: Safety Plan — suggested req → UF: Building Trust (C*) or System Trust Issues (P)
- exhaustion & anxiety → UF: Developing Better Spoons (C) or Emotional Regulation (K)
- from scratch → United Front Boot Camp (K) or United Front: Recruits (B) → United Front: Rebels (B) → United Front: Adventurers (B)
- time management, productivity, logging/tracking → UF: Ship's Log Planner (B&C) (can stand alone)
- UF: Building Trust → UF: Reparenting (C*) or Re-parenting (K)
- Inner Worldscaping (C) or Internal Landscaping (K)
- UF: Reparenting — suggested req → UF: Search & Rescue (C) or Rescue Missions (K)
- System Mapping (C) or Headmaps (K)
- course is a minimum prerequisite → UF: Building Community (C) (Capstone)
- UF: Building Community (C) (Capstone)