Self and Parts Detector Exercise

1) Leaders will assist therapist with separating from parts.
    a. Focus inward. What parts do you notice showing up? Can they step back and allow Self to be present?
    b. Work with parts until Self is present.
    c. Questions to help determine if in Self:
        i. **Am I curious or feel compassion?** Are the 8 c's present?
        ii. **Do I have an agenda?** Parts have a self-serving aspect to their motivation. "I want this to go my way or the right way" or there is an urgency to make something happen.
        iii. **Am I operating from my head or my heart?** Open-hearted or in your head?
2) Therapist begins session with an introduction question such as "How was your week?" "What has brought you to therapy today?", Etc.
    a. Therapist reflects back what client is saying using parts language. Ex. "It seems a part of you is angry…"
    b. Continue reflecting back and naming parts until either time is up or parts have been named and a "focus part" has been found. Finding a focus part means asking the client if they would like to focus on _____ part? And the client says yes.
    c. When identifying parts:
        i. **What words are said?** Inner critic- "you're messing up," Planner- "We need to organize everything right now."
        ii. **What emotions are there?** anxiety, anger, sadness, shame, etc.
        iii. **What behaviors are seen?** Procrastinating, scrolling on your phone, reaching for food.
        iv. **What physical body sensations are present?** Tightness in chest, knot in stomach, tension in shoulders.