

IDIFSA

Self and Parts Detector

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Review of Self

- What is Self?

Being a Self Detector

- How do you know you are in Self?

Litmus Test for Self

- 1) Am I curious or feel compassion?
  - Are the 8 c's present?
- 2) 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.
- 3) How are people reacting to me?
  - Self begets Self; parts beget parts
- Am I operating from my head or my heart?
  - Open-hearted or in your head?

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Review of Parts

- What Are Parts?

Being a Parts Detector

- How do parts show up in your system?

Detecting Parts

- Notice:
  - What words are being said? Inner critic- “you’re messing up,” Planner- “We need to organize everything right now.”
  - What emotions are being felt? anxiety, anger, sadness, shame, etc.
  - What behaviors are being seen? Procrastinating, scrolling on your phone, reaching for food.
  - What physical body sensations are present? Tightness in chest, knot in stomach, tension in shoulders.