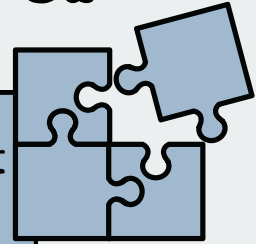


Parts of you

As humans, we are complex and these complexities are pieced together by parts, like pieces of a puzzle that represent you as a whole.



They all want what's good for you and may do so in different ways, seemingly "good" or "bad".

Some parts are friends and will be good to each other, while others may want to destroy one another.

Protector parts: their role is to protect the self, they do so by dominating or hiding.



Managers proactively try to stop a vulnerable part and firefighters are reactive, they try to distract the vulnerable part from getting triggered.

Exiled parts are younger parts that hold pain, extreme feelings or belief that are isolated to keep the pain away.

Exploring parts of you

Accessing parts: Exploring parts and getting to know them can be done by re-experiencing a situation (safe to do so) and connect with how that part responds to it, the feelings that arise, how your body responds to it and what that may mean.

Ask yourself questions, be curious, for example: "is there a part of me that I'd like to get to know better?"

Check in with what feelings come up, for example: "How do I feel towards this part? How do I experience this connection?"

Next is wonder how close you are to this part? Is it possible to be present without movement?

Unblending: parts that are hurt often overpower our self and it becomes difficult to feel calm and peace. For example: Would you separate from me, so that I can look at you and get to know you?