Wanderlust Counseling



Rising Above Limiting Beliefs (Part 2): Somatic/Parts Work

*Much of this page is borrowed from the IFS and EMDR framework.

Working with resistance/blocks/contracting energy in the body:

Body *(list sensations in the body): Ex. I feel constriction in my chest and throat.*

Thought *(current thought congruent with the sensations): Ex. I'm not enough. It's too late.*

Memories *(when you feel into the sensations and thought, what memories arise? Go back to childhood, if possible): Ex. High school basketball wasn't fun. My coach often yelled at us and I pushed myself to the point of burnout. I stopped having fun.*

Protector Part *(this could be a part of you, like the Perfectionist or the Striver, or an injured body part): Ex. (Injured) Achilles: "I don't want to put myself out there again."*

Job of the Protector Part*: Ex. To keep me from failure and shame.*

***Age of Protector**: Ex. 11*

***Want**: Ex. Safety. To feel loved.*

***Fear** (if job wasn't done): Ex. Shame. No one would care about me. I'd be a failure.*

***If the part could another job**: Ex. Laugh more. Play and be carefree.*

***What does this part need to feel safe**?: Ex. A hug. Love.*
(Use visualization if relevant, ie, hugging your 11 year old self.)

***Create a daily affirmation to say to the part**:*
"Thank you.
I love you.
We are safe now."

This takes repitition. We're building new neural pathways and building trust with out inner child, softening old energing and bring in new energies. As resistance lessons/safety increases**, you can practice feeling the energy of your new, empowered belief. Ex: Relaxed. Confident. Free. Empowered. Joy.*