

Getting to Know a Protector Part

For this exercise, choose a protector part that you are interested in getting to know.

- This could be a part that you experienced in the Intensive Weekend, or a new one that you are aware of, but haven't yet gotten to know.
- Make yourself comfortable, take a few deep diaphragm breaths, and draw your focus inside.
- Once you have done this, notice where that part makes itself known, in or around your body.
- If, while doing this, another part shows up and you feel it more strongly in your body, that is ok. This may be a part that desires to get to know you.
- Whichever happens for you is OK. Just go with what is coming up for you, or the part that shows up the strongest.

Throughout the process, you will want to ask any other parts that show up to distract you from the target part to please step aside. You will know this is happening if you feel anything other than one of the eight C's toward the target part. (For example: If the target part is the "tightness in my chest", and you feel angry toward it, you can ask the angry part to please step aside.)

Next, you will begin to get to know this part:

1) Connect with the part by being with it

2) Ask it questions. Feel free to choose the questions that fit this part at this time. When a part provides an answer that piques your interest or makes you curious, ask it follow up questions. (For example: if the part says "I keep you organized", you can ask "what are you afraid would happen if you didn't keep me organized?")

Keep in mind:

- There are no bad parts.
- All parts have good intentions, even if their reactions are extreme.
- Always be gentle and go at the pace of the part. Never force an interaction.
- Ask, then quietly wait for the part to respond, do not try to "figure out" what they are saying or showing you. (The one trying to "figure it out" is another part, ask it to step aside.)

Questions:

Do you have a name? _____

What do you do for me? _____

What do you feel (i.e. angry, sad, accomplished, etc.) _____

How do you relate to the people in my external world? _____

How do you relate to my other internal parts? _____

How long have you been doing this role, or how old are you? _____

What caused you to take on this role? _____

Do you like this role? _____

What would you like to tell me or show me about yourself? _____

What are you afraid would happen if you did not perform this function for me? _____

Do you know how old I am? _____ (If the part says “no”, take a few moments to update it with your current age, and pictures of the positive parts of your life that show your age-appropriate functioning, competence, loving relationships, relationship with God, etc.)

If you could do anything else for me, what would you like to do? _____

What would you like from me now? (e.g. What can I do for you?) _____

Other Question: _____

Answer: _____

Other Question: _____

Answer: _____

Always thank your parts when they spend time getting to know you!