

Before beginning to work with an exile, check with your internal system to see if there are any concerned protectors. Work with them first. Then return to work with the exile they have been protecting once you have their permission to do so.

1. Name of the part:

2. What happened that triggered the part?

3. How does the part react when it is triggered?

4. What does it feel?

5. How does the part influence you when it is activated?

6. How does it feel in your body when it is triggered?

7. When you think of or imagine this part, what does it look like?

8. What circumstance triggered this part most recently?

9. When did you first notice that the part was triggered in this circumstance?

10. What is your earliest memory of this part being activated in this way?

11. Is the part aware that you are noticing it?

12. Does the part know who you are and how old you are?
 - a. (If not, fill them in. Who are you? How old are you? What are you doing here now?)

13. How do you sense and perceive this part?
 - a. As a feeling in, on, or near your body? (describe)
 - b. As thoughts or ideas? (describe)
 - c. As energy or emotions? (describe)
 - d. As an image or scene? (describe)

14. Ask the exile to show you or to tell you all about their trauma, their pain, their fears about what happened to them, and the meanings they attached to what happened. *(If you begin to feel flooded by the emotions of the exile, ask them to create some space between you, so you can be there for them. Explain that you can't see or hear them clearly enough to help them when you are blended with them and their distress and their emotions.)*

15. Ask the part to tell you about the thoughts and feelings it has been holding onto from what happened.

16. How old is the part?

17. What did the part need that it didn't get at the time that this happened?

18. Are you able to provide now what the part needed then?

19. Is there more that the part wants you to know?

20. Communicate to the exiled part that you are now going to check in with the rest of the internal family to see how they feel about this conversation. Reassure the exile that you aren't going anywhere and that its safe to be with you. Then check in with the rest of your internal system to see how the rest of your parts are reacting to your connection with the exile. If there are concerned parts, take some time with them to learn about their concerns. If necessary, ask all the questions from the Parts Notes for Protectors form. What parts are concerned by your connection with the exile?

21. What part or parts protect this exile?

22. What agreements have you made with this exile?

23. What other observations do you have about the exile?

24. Thank the part and its protectors for allowing this connection and check back in from time to time.