



Participant Guide for Parts Work Practice

I'm Noticing a Part

The primary purpose of Parts work Practice is to practice using IFS. So we will do so now by reporting **ONE** part that we are noticing. If you wish to participate, just raise your hand and we will call on you in the order that you volunteered. Please only take **ONE** turn each and limit your share to 20 seconds or less.

- State your name
- Where are you in the world?
- Describe what you are noticing about the influence of **ONE** of your parts

For example:

My name is JoJo, I am from Paris, and I am noticing a part that is influencing me to feel a little worried.

How to participate in discussions

As our group grows, it can be easy to get lost in the crowd. We may not know you want to participate in the discussion. So rather than getting distracted by the stress of knowing when to jump in, we have a process for how to join in.

When you have a question or a comment, go to the "Reactions" tab and raise your hand. We will call on you in the order that hands are raised.

If, for some reason you are unable to find the raise your hand option, do whatever you can to get the attention of one of the CoLeaders or Practice Assistants who have these designations before their names, and let us know you wish to participate. This could include posting something in chat or physically raising your hand until we acknowledge that you wish to speak. Once we notice you, we will add you to the queue so you can make your comment or ask a question.

Finally, we suggest that if you normally hold back and are reluctant to share, ask your parts to allow you to participate. We work hard to make the room safe for everyone and want to hear from you if you would like to be heard.

Triad practice groups

Participants will either be in the role of Explorer, Quiet Witness, Active Witness, or Facilitator (see Chapter 20 for descriptions of these roles)

When you arrive in the breakout room, negotiate what roles you will each assume.

Remember, the Explorer is in charge. If you are not the Explorer, support the Explorer in the ways they wish to be supported.

If, after attempting to participate in a practice group, you find you need help, press the "Ask for help" button.

Practice Questions

Once you have negotiated roles and the Explorer has clarified how they want to be supported, use the following questions to practice in the role you have assumed.

1. Briefly describe what activated the part.
2. How do you notice the part in your body?
3. What emotions do you experience when this part is activated?



The Two Roles in a practice triad are:

1. Explorer. When you are the Explorer, you are the “client” and are getting to know your parts. You are in charge of the session and are responsible for what happens. (p. 123)
2. Listener. It is up to the Explorer to decide which of the following listener methods will best support them.
 - o Stage 1: Quiet Witnessing. As Quiet Witness, your job is to stay in Self as much as possible as you hold space for the Explorer with no talking, just listening, observing. (p. 124)
 - o Stage 2: Active Witnessing. When you are the Active Witness, you may offer gentle suggestions at appropriate moments, during a pause, or when it seems as if your partner is at an impasse. It is up to the Explorer whether or not to take your suggestions. Don't find solutions or give advice. Support the process and trust its unfolding. (p. 124).

There will be one Explorer and two Listeners in a triad. When joining a triad, negotiate which roles you will each assume before beginning a practice. There may not be enough time each week for each participant to assume the Explorer role.

Guide for the Witness/Listener who is asked for feedback by the Explorer

Helpful feedback

When the Explorer is telling you how they want to be supported, consider asking if these examples would be supportive.

- As I listened to you report about your part, I realized I have a part that is similar (in this way).
- I have experienced a similar part.
- These parts of me were activated in me as you did your work.
- I think I noticed a few more parts when you were doing your work. Would you like me to tell you what I noticed?
- While you were doing your work, these parts of me were activated.
- I have some curiosity about your parts. May I ask you a question about the part(s) you were focused on in this exercise?
- What I appreciate about your work is _____.

(When in doubt, ask the Explorer for permission before giving the feedback.)

Unhelpful feedback

- You should _____.
- Have you ever thought about _____?
- Here's what I do when that part of me is activated _____.
- Any advice.
- Any efforts to fix or figure out.