

Parts Connection

Explorer: This participant explores a part or parts. The Explorer determines how the session will go. Expresses preferences for how they would like to be supported.

Facilitator: This participant supports the Explorer by asking the questions. Before beginning, ask the Explorer how they wish to be supported. Do they want you to wait until they tell you they are ready to ask the next question? Do they want you to ask when it feels right? Do they want you to stick to the suggested questions? Are they okay with you asking your own intuitive questions?

Observer: This participant observes as the Explorer and Facilitator interact. The Observer may let the others know when there are 2 or 3 minutes remaining. If there is still time after the Explorer answers all the questions, the Observer may be asked to share about their own parts and how they reacted during the exploration.

Exercise #1 Exploring a Part you are noticing

1. What do you already know about this part?
2. What activates this part?
3. When the part is activated, where do you feel it in your body?
4. When the part is activated, what emotions do you feel?
5. How do you feel toward the part?

If you have concerns about or judgment toward the part, ask the judging or concerned part what it would need to relax so you can continue to get to know the target part. Then offer to accommodate that need if possible. If the part is unable to relax, make this your new target part. Either way, continue with the next question.

6. What does this part do for you?

If the answer is unclear, this may be an exile. Set an intention to eventually come back to it or to get some help to get to know it after getting to know its protectors. Let the part know you see it and want to get to know it when enough safety has been established. If the part is able to answer question 6 with what it does for you, proceed to question 7. Otherwise, end the session here.

7. How does it do it?
8. What is it afraid would happen if it didn't do this?

Thank the part(s) for letting you see them and get to know them. If it is true for you, make a commitment to continue to get to know them more over the next week.