

Getting to Know a Part

Visual: Do you have a mental picture of the part- any images that come to mind. If it is human- what is it wearing, it's posture, it's attitude toward you. If non-human, take note of details, descriptive words. If no mental picture comes, do you have a sense of color, shape, or form? Is there a sense of size or density (ex. solid vs liquid vs gaseous)? A sense of energy? *Sometimes, if you do not get visual information at first, as you engage with the part, it's form will be revealed. Sometimes, parts remain more felt-sense vs visual imagery.*

Is there a sense of gender?

Of age?

Where is this part located in your body?

It is helpful to ask the parts questions directly

Do you have a name?

Does it have a job or role in your system? If yes, what? When did it take on this role? If no, what does it do, what is its goal? *[clarifying the role will help identify is this a protector or exile]*

What are you afraid will happen if you do not do your job / pursue your goal?

How old do you (part) think I (Self) am?

~Share with the part your true age, how does it respond?

~ If it does not believe you are that age, ask- "What would you need to see me doing to believe that I am current age"?

What do you want for and/or from us?

Are you aware of the other parts in your system? If yes, how does you feel toward them?

Any friends or allies / helpers?

Any parts you dislike or fight with?

Any parts you fear?

Is there anything you want me to know that I have not asked?

Do you (part) have any questions for me (Self)?

Observations / notes such as, how do you feel after getting to know this part better vs before?