



LEAD BEING YOU

Working with Parts

Introduction

Working with parts is a way to recognise that we behave differently in different situations. That we are complex beings and that different parts of us want different things for us. The wish for freedom and also the wish for security for example. If we do not recognise that these are different aspects of ourselves, it can be confusing or difficult to navigate. Once we understand that it's a different part of us we can begin to choose which part should be making a decision. I'd like my Security Part to be in charge of getting my promotion – for example. Then I'd want to reassure Freedom Part that I will do lots of fun stuff on my holiday. Conversely you might let Freedom Part choose to quit your job and then find ways to reassure Security Part that you can still feed your family. Once you are aware of which part is operating you can begin to make more informed and better choices

All parts have positive intent. They were created for very good reasons (but that the part's intent can get distorted and therefore not all parts are actually helpful today – even though they once were).

The point is to become more aware of our parts in each of us.

Questions to ask Parts - Based on Voice Dialogues¹

This is a great exercise to do if you are aware that there is some kind of inner conflict.

A part of you wants you to do something and another part of you doesn't want you to do it. Examples include: applying for a job, moving to a new geographic location, buying an item of clothing etc. . It can also be a helpful exercise if you notice that you are sometimes harsh on yourself and self-judgemental.

It is all too common to simply wish that that part of us 'wasn't there' or that it would 'go away'. However, these parts are present in our system and actually have positive intent – so it becomes important to listen to them. When you can listen to those parts and hear the message that they are carrying, then usually they tend to change and evolve. 'You cannot change that which you cannot love, you need to first honour the problem and find the deeper truth' (attributed to bell hooks)

¹ <https://www.voicedialogueinternational.com/>



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Questions to ask a Part

What do you do inside me?.....
.....

How do you do that?.....
.....

How old are you?.....

Do you have a name? ?.....

Are you male or female? ?.....

When did you first appear in my life?

What was going on at that time that caused you to be created?

What do you want for me??.....
.....
.....

If it were completely up to you, who would I be? What would I do?.....
.....
.....

Is there anything else you want me to know?.....
.....
.....

Remember to thank the part at the end of the conversation

Work through the questions one by one – don't think about it – just let the answers come

Write it as a dialogue



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Example: This is one from a client, whom I've called John

John: Hello, thanks for coming to talk to me. What do you do inside me?

Part: I am here to protect you from people hurting you

John : Oh that's great. Thanks for looking after me. How do you do that?

Part: Well you know, the way I understand it, if people can't see you then they can't hurt you – so I try and keep you from being seen too much

John: Oh, Ok Well How old are you?

Part: Well actually I think I am about 7.

John: Oh Ok - you've been there quite some time! and do you have a name?

Part: I 'm the Strong Protector

John : Oh cool. Pleased to meet you Strong Protector. And when did you show up in John's life?

Strong Protector: Well I think I've been there a really long time – because when John was little, he always got into trouble when people noticed him – so I figured out just be easier if you were not very visible – then he won't get into trouble

And so on

At the end of the dialogue. **It is important to thank the part.**

In the example there may be another part that isn't happy about being made invisible all the time. It would be important to talk to that part as well and to allow for more than one perspective to be present.