

## HOW TO WORK WITH YOUR PARTS

### Using Richard Schwartz' Internal Family Systems Therapy

When you have an issue that needs reflection, take 11 quiet breaths.  
Bring out Self: clear, calm, compassionate, curious, and comprehensive.  
Open your container.  
Go to your safe place.  
Call a meeting of the parts.  
Describe the problem; ask if anyone has any information about this issue.  
If more than one part, bring them out, and select one at a time, asking the other to step back. Ask the others to go to the waiting room while you work.  
Ground yourself in where you feel that part in the trunk of the body.  
Ask yourself, "How do I feel about this part? If afraid or angry, you're not in self; a part didn't go to the waiting room. Find out who it is and why they didn't go in. Wrong part to interview? Wrong order? Doesn't trust self to handle? Negotiate with that part to step back and let you handle it.  
Ask the part what their role is in this issue, and what they are afraid might happen if they didn't do it. (Big stuff, like annihilation or abandonment or chaos.)  
Ask each to tell their story about this issue. Ask to tell everything you need to know about it. Ask to trace back in time to the earliest memory or fragment of a memory of when you first felt this way.  
Acknowledge and allow the feeling of hurt, pain, and anger about this memory.  
Negotiate with that part about what they need in order to let go of this burden. Ask what they need from Self.  
Let them unburden to earth, air, wind, water, or fire, Jesus, Mary or Buddha.  
Take it or them back to the safe place, let them play.  
Open the waiting room, ask for comments or concerns. Let them out to play and leave a part of yourself playful.  
Close the container.  
Open your eyes and ground yourself visually, auditorily, and physically.  
Go back to ordinary reality.