

# Parts Work

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## 1. Identify the specific conflict to be resolved, changed, or integrated.

“Given that you have said you want \_\_\_\_\_ but have not been able to \_\_\_\_\_, is there a part of you that doesn’t want \_\_\_\_\_?”

OR “Is there something you are in conflict about that you would like to resolve or change?”

## 2. Identify the two parts, or identify the two conflicting behaviors or outcomes. Assign each part/behavior/outcome to one of the client’s hands.

“So there’s a part of you that wants to X, and there’s this other part that wants to Y. Access the part that wants X. Let’s put that part in one of your hands, just symbolically, so we can refer back to it later. Which hand would you like to represent the part of you that wants to X?”

“Good. Now we’ll choose an icon or symbol that will represent that part of you. Some clients imagine a flying pickle with a mustache, others imagine a smiling flower; I wonder what you might imagine to represent this part?”

“And just so it’s easy to refer to, let’s give it a name. So this part will be called\_\_\_\_\_.”

**\*\* (Repeat with the other polarity in the other hand) \*\***

## 3. Deliver the standard reframe to all parts.

“Silently thank your parts for being willing to participate in this process. Let them all know that we know they have a positive intention. Recently it’s come to our attention that some of the methods they’ve been using to carry out this positive intention may be outdated. So we’d like to offer any part that wants it an opportunity to update their methods to new ones that work as well, or even better, than the ones they are using now.”

“Nobody gets fired, ever! They may get promoted if they want. And if, after an appropriate trial period, the parts decide that the old choices work better than the new ones, they can always go back and use those old choices again. So it’s a no-lose deal.”

#### 4. Elicit the positive intention of each part.

“Ask the part that does X what its positive intention is for you. What does it want for you? *(Pause for response.)* And if you had that, what would having that do for you?”

**\*\*Repeat this question until you get some version of love, safety, belonging, being happy\*\***

- *(Validate the importance of the positive intention.)*
- ‘Oh, so the part that’s been X’ing has really been trying to \_\_\_\_\_!’
- *(Backtrack the positive intention.)*

“I wonder if you could take a moment and, separating the intention from the methods it’s been using, if you could acknowledge it or say ‘thank you!’ for that positive intention—not for the behavior, but for the positive intention.” *(Give the client a few moments to do this)*

“Is there some context where it might still be useful or beneficial to have a part that fulfills that positive intention?” *(Be sure to keep the positive intention separate from the method it is using.)*

“Once again, would you please thank the part for having done such a good job of fulfilling its positive intention of [whatever the positive intention is] for all this time.”

**\*\*Uncover the positive intention of the other polarity/the other side of the conflict (Y) using the same process. Usually the two parts actually want something similar but their methods are in conflict.\*\***

**\*\*Just notice this as you go along.\*\***

“So, each side wants something incredibly important for you. That’s wonderful. Thank each part.”

#### 5. Find out what each part thinks would have happened if it hadn’t been around.

Pick one of the parts. Ask this part, in its professional opinion, “What would have happened to me if you hadn’t been around?” Ask the other part the same question.

## 6. Find out what each part has to teach the other and learn from the other.

- “Ask (X) what it thinks it might have to teach the other side (Y).”  
“Now ask (Y) what it thinks it might have to teach (X).”
- “Now ask (X) what it thinks it might be able to learn from (Y).”  
“Ask (Y) what it thinks it might be able to learn from (X).”

“Please thank them all.”

## 7. Negotiate for cooperation.

Work with both parts to establish a common positive outcome and way of working together.

“Ask both sides if they have any objection to the idea of working together in support of your well-being. Are both sides willing to work together in ways that allow each side to more effectively provide you with all the good they want for you?”

## 8. Check ecology.

“Check inside and ask if any other part has an objection to the agreed positive outcome or new way X and Y have agreed to work together.”

If there is an objection, validate it. Find out what the positive intention of this part is. Negotiate a way to satisfy its positive intention while X and Y try out these new behaviors. What would the part that objects need in order to make it okay?

## 9. Mutual appreciation.

“Hold both hands up in front of you. Now look straight ahead so you can see both hands. Watch these two parts as they turn to face each other.”

“Ask each if it understands and appreciates the value of the other side.”

## 10. Integration of parts.

“Face your hands toward each other, and in just a minute, when I say ‘go’, watch and listen to both of these valuable parts of yourself as you allow your two hands to come together only as quickly as those two parts can blend and integrate in ways most comfortable and useful to you. They should come together in such a way that neither part loses anything, retains the importance of both parts, and each gaining from the other qualities and capacities that are lacking in themselves and present in the other. Go.”

“You make the first move, and then another, and then let the two sides take over. Let them come as close now as they would like, and no closer. You may be surprised by the image that is created when the two parts join and become one, as they melt into each other and take on each other’s capacities.”

Notice when the client is done integrating by observing the hands moving together and the accompanying changes in facial expression, breathing, posture, etc.

### **11. Associate with the new, integrated part.**

“When you’re ready, physically use your hands to take this part into yourself and bring it into your body, so that it becomes a part of all your behaviors, easily and readily available. As you do this, you may feel a surge of energy in your body as this team reunites with you. Take a few moments to appreciate and enjoy qualities of this unique new part.”

### **12. Future-pace (test).**

“Please thank all the aspects of you that we’ve been working with and all those aspects that have been operating in the background, in support of these important revisions and changes.”

“Now think of a time coming up in the near future, when you might want these integrated qualities and capacities to be fully available. What’s it like?”