



Self-Therapy Workbook

AN EXERCISE BOOK FOR THE IFS PROCESS

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Exercise Pages

Includes:

3 Meditation MP3s

**Downloadable
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**New Chapters on Couples
and Polarization**

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Self-Therapy Workbook

Exercise Pages

Accessing a Part That Isn't Activated Page 17

Choose one of your parts that isn't activated right now. Take a moment, close your eyes, deepen your breath, and imagine that you are in a situation in which the part is activated. Notice how it feels to be there. From that place, try accessing the part using each of the channels—feeling, image, body, and internal voice. Write down what you experience.

Name of part: _____

The situation that activates the part: _____

What the part feels emotionally: _____

What it looks like: _____

What it feels like in your body: _____

What the part says: _____

j Remember that it isn't necessary to achieve access through all channels.

Identifying the Parts at a Trailhead Page 19

Choose a trailhead that you are interested in exploring. If it is not current in your life, take a moment to close your eyes and imagine you are in that situation now. Ask yourself, “What parts are here as I connect with this situation or look at this issue?” List the parts at this trailhead one by one as they arise. For each part, write as much of the following information as you can. Remember, you haven’t fully explored these parts, so don’t be concerned if you don’t know much about them. Just fill in what you know. You can add more information later.

Name of part: _____

What the part feels emotionally: _____

What it looks like: _____

What it feels like in your body and where: _____

What the part says: _____

How it makes you behave: _____

What it wants: _____

Identifying the Parts in Your Current Experience Page 21

Take a moment to close your eyes, deepen your breath, and focus inward. Ask yourself, “What parts are here in my current awareness? What emotions am I feeling? What thoughts or messages am I telling myself? What body sensations are present?” One by one as they arise, write them down. For each part, write as much of the following information as you can. As before, you haven’t fully explored these parts, so don’t worry if you only know a little about them.

Name of part: _____

What it feels emotionally: _____

What it looks like: _____

What it feels like in your body and where: _____

What the part says: _____

How it makes you behave: _____

What it wants: _____

Noticing a Part in Real Time Page 23

This is an exercise you can do during the week as homework practice.

Choose a part that gets activated with some frequency in your life that you want to learn more about. You might take a moment and let that part know in some way that you're interested in getting to know it better.

Name of part: _____

What it feels emotionally: _____

What it looks like: _____

What it feels like in your body and where: _____

What the part says: _____

How it makes you behave: _____

What it wants: _____

Noticing the Part

Over the next week, practice noticing when this part is activated. It will help to know what cues will tip you off that it is activated. What body sensations, thoughts, or emotions will let you know it is up—for example, a tight stomach, revenge fantasies, or feeling teary like a child? _____

What behavior will cue you that this part has taken over—for example, withdrawing from your partner, taking over a conversation, or eating too much?

What situations or people tend to activate this part—for example, meeting someone you are attracted to, giving a talk, or being disobeyed by your son?

When are these likely to occur during the next week? _____

Set an intention to be especially aware of whether this part becomes activated during those times. Each time you notice that the part is triggered, access it briefly and take a few notes about it. If you can't stop in the moment to take notes, do it at your next break or as soon as you can so it will be fresh in your memory. At the end of each day, take a few minutes to review the day for moments when the part was activated. Add to your notes at this time. This daily review will also help you keep this exercise in mind the following day.

Notes to take each time it happens:

Situation: _____

How you experience the part: _____

What about this situation triggered the part: _____

Don't expect perfection. You probably won't catch all the times this part is activated or be clear about what is going on each time. That is very difficult to do. You may be driving or trying to get a project finished or talking with someone, for example, so it may be difficult to be aware of much else. That's fine—just do the best you can.

Blending Page 28

Choose a part of you that you are blended with in this moment. Take a moment to close your eyes and see what is here. Ask yourself, “What am I aware of thinking or feeling in this moment?” How strongly are you feeling the part’s feelings right now?

It will probably be a part that you identify with as part of your personality. It could be a part that motivates you to do things in your normal day, a part that criticizes you or judges others, or a part that gets angry or reactive when things happen, such as spilling your coffee or losing your keys. It could be a part that organizes you, or worries you, or needs something from someone else, or any other regular part that shows up in your life.

What does it feel like in your body when that part is here?

What is tense? _____

What is relaxed? _____

What sensations are you aware of? _____

Is your visual focus open or closed? _____

What parts of your body are you unaware of? For example, are you only in your head? Only feeling your belly? _____

What is your breath like? _____

What emotions are here? (For example, anger, frustration, impatience, lovingkindness, generosity, urgency, others) _____

What are your thoughts? _____

What are you saying to yourself? _____

What is held as true from this part’s point of view? (For example: I have a lot of responsibilities to fulfill and I have to keep working to fulfill them, or I never get what I need from this person, or There’s never enough time.) _____

Unblending from a Target Part Page 30

You may use the part that you explored in the previous exercise (page 28), or you may want to get to know a different part. If so, go through the steps previously outlined until the part you are interested in is present. Let the part know in some way that you are interested in getting to know it.

Name or role of part: _____

How you know you are blended: _____

Here is a list of questions or actions that can help the unblending process.

- Ask the part to separate from you so you can get to know it.
- Ask the part to move out of your body.
- Ask the part to contain its feelings and not flood you while you focus on it.
- Move back to separate from the part.
- Notice how you feel toward the part.
- Get an image of the part at a distance from you.
- Do a short centering/grounding meditation to support your separateness from the part.

How you asked your Target Part to separate: _____

When a part separates, you will notice a shift. This can be any of a number of possible subtle changes in your awareness of it.

- You may feel an opening in your body and a sense of space and openness.
- You may see it move, for example, the image of the part moves farther away from you.
- You might hear it agree to your request.
- You might feel emotionally lighter or freer.

What you noticed when you asked your Target Part to give you a little space:

What you noticed if your part agreed to unblend:

What the part said: _____

Bodily changes: _____

Visual shifts: _____

Emotional changes: _____

Anything else: _____

Reluctance to Unblend Page 32

(extension of previous exercise)

Sometimes parts are reluctant to separate. They may be confused about what it means to unblend, or they may be frightened or stubborn. A good question to ask a hesitant part is, “What are you afraid would happen if you did separate?” It can be useful to reassure the part that you’re not trying to get rid of it or make it go away—that you want to be able to listen to it better, and a little separation will allow you to do that.

Here are some typical reasons that parts are reluctant to separate. If the part that you have been working with in the previous exercises is hesitant to unblend, you can check off any reasons that apply or add your own.

___ Fear that you will push it aside and not need it anymore.

Possible answer: I’m asking you to step aside for a short time while I explore this issue. I want to get to know you, and I need some separation from you to do that. You can come back in your old way, if you like, when we are done.

In addition: You may need to validate that you *have* pushed the part away in the past and that this time *is* different.

___ Fear that you will do something unwise that it is protecting you from doing.

Possible answer: Reassure it that you are only asking for a defined period of time. Remind it that you are here and that you will make sure that nothing bad happens.

Other fears: _____

Your responses to your part: _____

What you said to your part to help it feel more comfortable with unblending:

How the part responded:

What the part said: _____

Bodily changes: _____

Visual shifts: _____

Emotional changes: _____

Anything else: _____

Daily Parts Check-In Page 33

For the next week, take a little time each day to check in with your parts. Notice which parts are activated at that moment, as you learned to do in this section. By doing this regularly, you will get used to paying attention to your inner family. Plan a certain time each day to do this exercise. Some people prefer to do it first thing in the morning, others at night before they go to bed. Make a list of each part that is activated at that time. For each one, fill in the following answers, if you know them:

Name of part: _____

What it feels: _____

What it looks like: _____

Where it is located in your body: _____

What the part says: _____

How it makes you behave: _____

j Don't be concerned if you don't know all this information about the part. Just fill in what you can.

Conscious Blending Page 35

This exercise is best done with a partner or small group. Each person works for ten minutes. After everyone has had a turn, spend some time giving each other feedback about your experience while each person was exploring a part. Make sure your feedback is about your own experience. It is helpful to use parts language when giving feedback. This means speaking for the parts of you that came up as you saw each person work.

Choose a part to work with that you feel comfortable blending with.

1. Speak as the part: "I am . . . and I feel . . ."
2. Act out the part's feelings or its nature without words. Do so through body movement, facial expression, and sound.
3. Check with the part to see if you represented it well.
4. Speak for it: "The part feels . . ."

Use the space below to make notes on your experience.

Part: _____

What it had to say: _____

Nonverbal ways it expressed itself: _____

How it felt I represented it: _____

Unblending from a Concerned Part Page 40

For this exercise, choose a Protector that you don't like or have some strong feelings about. For example, you might have a part that gets angry easily and interferes with your relationships with friends, or you might have a part that eats too much even though you're trying to be healthy or watch your weight. You would naturally have reactions to parts like these. You might judge them or be angry at them and want to get rid of them. You might also feel distant from them or scared of them. Any of these attitudes that arise are coming from a Concerned Part of you.

Take a moment to choose a Protector Part that you are interested in knowing more about. First, access the Protector (Step P1, page 15) and then unblend as much as you can from it (Step P2, page 27). This Protector will be your Target Part.

Take note of what is going on in your body and how the part is responding to you as you come in contact with it. _____

Ask the magic question, "How do I feel toward the Target Part now?"

What do you notice—anger, frustration, wanting the part to go away? Any of these responses is a Concerned Part. Fill in the chart with your answers.

Self

Concerned Part – Name: _____

Concerned Part – Name: _____

Concerned Part – Name: _____

Target Part – Name: _____

If you happen to feel open, curious, or compassionate about the part, you are probably in Self. Since the exercise asked you to choose a part that you have difficulty with, coming from Self at this point in the exercise is unlikely.

Mapping Your Parts Page 43

Many people find it very helpful to map their parts. Mapping can clarify relationships between parts, flesh out the number of parts at a trailhead, illuminate the protective system, illustrate which parts are central to the system and which are peripheral, show where parts stand in terms of their relationship to the Self, and much more.

Mapping can be done when you are just beginning to get to know your system. You can check in periodically with the original map to see how things have changed as you keep working. You can also use parts mapping as an ongoing tool for visually tracking your internal work and deciding where to focus your attention.

There are many ways to map your system. One way is to use a large sheet of paper and write down the names or images of the parts as you know them. You can draw lines or arrows to illustrate the relationships. Here is my favorite way to map your system:

- Start with a large sheet of newsprint paper.
- Put a heart in the top center and write your name in it. This represents the Self.
- Work with at least two colors of sticky notes. I like to use one color for Protectors and a different color for Exiles. If you have a heart-shaped sticky note for the Self, all the better.

Start by writing the names of parts on sticky notes as you think of them or feel them and put the notes randomly on the paper. If you have a sense that a part is a Protector and another is an Exile, use the appropriate colors. As things become clearer, you can change colors.

Once all the parts are on the paper, sit back and look it over. I recommend doing a centering exercise to get into Self so you can view the parts from that place. If it feels right, take a few deep breaths with your hand on your belly.

Now begin to move the sticky notes to reflect the relationships between the parts.

- Which parts are allied and work together?
- Which parts are polarized and fight each other?
- Which parts hide?
- Which parts protect other parts?
- Which ones are Concerned Parts that would block the Self from getting to know a Target Part?

Once you have rearranged the parts, sit back again and reflect. Have you become aware of any other parts? Add them. Now how does it look and feel?

Notice any shift in your emotional state or body awareness once you have the map in front of you. Do you see a clear entry point where you want to begin your investigation? Do you see parts that need the help and resources of the Self?

Getting to Know a Protector Page 45

Choose a Protector Part that you are interested in getting to know. It might be one that is present right now in this moment, or you may access it as described in Chapter 4. See what information is readily available about this Protector: how it feels in your body, what it looks like, and what it says.

On the next page is a list of possible questions to ask the Protector. See which questions are appropriate for this part at this time. You can fill in the part's answers on the page or on a separate piece of paper. There is also space for you to write other questions that flow naturally from your discussion or that feel important to you.

When the part gives an answer that piques your curiosity, follow it up. For example, if the part says, "I want to keep safe," you might ask, "What do you want to keep safe from?" or "Who do you want to keep safe?" Be gentle and don't interrogate the part. Allow time for its answers to unfold naturally and just insert questions to facilitate the process.

Name of the part or role that it serves: _____

Naming a Part: It may be useful to have a name for the part, which could be a descriptive phrase, a person's name, name of a character, or anything else. Make sure the part names itself. The name can change at any time in the future as your understanding of the part evolves.

Questions to help you get to know your part:

What do you do? _____

What is your role in my system? _____

What would you like me to call you? _____

What do you feel? _____

What makes you feel so (feeling)? _____

How do you relate to people? _____

How do you interact with other parts? _____

How do you feel about (an external event or feeling)? _____

What do you want for us? _____

What do you hope to accomplish by (doing your role)? _____

What are you afraid would happen if you didn't (do your role)? _____

What are you afraid we would feel or do if you didn't (do your role)? _____

How long have you been (doing your role)? _____

What caused you to take on this role, and when did you start? _____

How do you feel about your role? _____

What would you like from me? _____

Other question _____

Answer _____

Other question _____

Answer _____

Getting a Felt Sense of a Part Page 47

This part might not answer your questions with clear, explicit descriptions. Allowing a felt sense of the part or an image of the part to emerge can be particularly important and informative. It's fine if you start out with vague images or body sensings, such as "folded over on itself," "a sense of poignancy," "narrowing in the chest," or "an empty sack." Greet these sensory pieces of information with an open heart and sincere curiosity. Let the part know what you see or feel. For example, "I see that you are collapsed and empty" or "I notice that you're tense and seem anxious." As you stay with the part or ask more questions, the part's unique nature will become clearer. Take your time and don't push for clarity. It will emerge.

Note any subtle images or vague sensations that you notice when getting to know this part.

Developing a Relationship with a Protector Page 50

Choose a Protector to work with. You may decide to choose one that you have been working with, or you may want to choose a new one. Spend as much time as you need to go through Steps P1–P4. Access the part, unblend from the Target Part, and unblend from any Concerned Parts so that you are in Self with the Protector. Here we are getting to know the Protector more deeply and making sure that the Protector can feel your presence as you engage it. Remember to keep checking that you are still in Self during this process.

Protector's name: _____

What it feels: _____

What it looks like: _____

Where it is located in your body: _____

What it says: _____

How it makes you behave: _____

What situations activate it: _____

What Concerned Parts react to it: _____

What its positive intent is: _____

What it is protecting you from: _____

You know quite a bit about the part now. You will probably have noticed a significant shift in your bodily sensations as you went through the above process.

What feels different in this moment as you sit with the part in Self? (Openness in your heart? A sense of rising compassion? A loosening of bodily tension? More space?) Make note of these changes.

Helping a Protector to Relax in Real Time Page 53

Think of a situation in which a Protector gets triggered that causes you to behave in a problematic way. _____

Following Steps P1–P5, do a session with yourself or with a partner in which you get to know the Protector that is causing the difficulty. Use the questions below to help you get to know the Protector and begin to form a trusting relationship with it.

Name of Protector: _____

Situation(s) that activate this Protector: _____

How it behaves: _____

If you were able to act from Self, how would you like to behave in that situation?

Do you have the life skills necessary to accomplish the positive behavior you are aiming for? _____

If not, what kind of support would you need to be able to act in the way you desire?

Once you have unblended from the Protector and your Concerned Parts, and you are in contact with the Protector from Self, ask if it will let you lead the next time you are in a similar situation.

What is its response? _____

On the next page, list the Protector's concerns and your thinking **from Self**

about how to handle them.

Concern: _____

Response: _____

Potential support: _____

Concern: _____

Response: _____

Potential support: _____

Concern: _____

Response: _____

Potential support: _____

Think about when this situation is likely to occur over the next few weeks.

Set an intention to be aware of whether this Protector takes over at those times. When it does, work with it as described above to help it relax and let you lead. If this works, take notes on what happened as soon as you can.

What did your behavior look like when you were leading from Self?

What were the results? _____

Continue to track this kind of situation over the next few weeks, doing this exercise each time the part is activated. Each evening before you go to bed, review the day to see if the situation arose, and take notes (or expand your notes) on what happened when you did this exercise. If the Protector allowed you to lead and

things turned out well, check to see if it now trusts you more. If you didn't notice the situation at the time or you didn't do the exercise, explore what got in the way. If this is a situation that doesn't come up very often, it wouldn't make sense to do this review every night. You might decide to review once a week. Choose whatever time frame is appropriate.

Day	Situation	Protector	Self-Led Behavior	Part's Response

Speaking for Parts Page 62

Think of a situation in which parts of you are activated—possibly a conversation with another person. Note which parts are present and explore the difference between speaking **as** a part and speaking **for** the part.

Situation	Part	Part's Feeling: Speaking AS the Part	From Self: Speaking FOR the Part

What difference do you notice in your body and your feelings when you speak **as** the part versus **for** the part? _____

Detecting a Part That Has Taken Over Page 65

Think of a situation in which you were working with one part and became aware that another part had taken over.

Part you were working with: _____

Part that took over: _____

What type of part was it?

____ Concerned

____ Exile

____ Polarized Part

____ Protector

Part's motivation: _____

Part's fears: _____

How you worked with the part: _____

Making Initial Contact with an Exile Page 70

For the exercises in the next chapters, you may either continue the work you have been doing with the Protector you were working with earlier or begin a new piece of work by accessing a Protector you are curious about now. Remember to go through all of the Steps P1–P5 in working with a new Protector: accessing it, unblending from it, unblending from Concerned Parts, and getting to know and developing a relationship with the Protector so you have permission to work with the Exile.

If you are continuing your work with the Protector from the previous exercises, take some quiet moments to go inside, ground yourself by focusing on your breath, and feel yourself being supported by whatever you are sitting or lying on. Reconnect with the Protector and make sure it remembers who you are before you begin to make contact with the Exile.

Protector: _____

Positive intent: _____

What the Protector feared would happen if it didn't play its role:

Protected Exile: _____

How you know that the Exile that has been protected is available:

You may ask the Protector directly for permission to get to know the Exile. After you get permission, it may be a good idea to check to see if there are any other Protectors that object to your contacting the Exile.

Other Protectors that come up around this Exile:

If the Protector doesn't give permission, ask what its concerns are or what it is afraid would happen if you contacted the Exile.

Fears or concerns that this Protector has about contacting the Exile:

Unblending from an Exile Page 75

For this exercise, you can either continue the work you have been doing with the Exile you were previously getting to know or begin a new piece of work. If you begin a new piece of work, make sure to complete the previous steps, up to making contact with the Exile.

If you are continuing your work with the Exile from the previous exercise, take some quiet moments to go inside, ground yourself by focusing on your breath, and feel yourself being supported by whatever you are sitting or lying on. Reconnect with the Protector and make sure it remembers who you are before beginning to make contact with the Exile.

If necessary, focus on unblending from this Exile. Fill in your notes on this process below.

How do you know that the Exile is here? (an image, a sensation, a memory, etc.)

If you feel yourself emotionally charged, physically agitated, contracted, or depressed, you are probably blended with the Exile. If so, ask it to unblend from you.

What is the name of the Exile you are working with? _____

Let the Exile know that you are aware that it is blended with you and you are feeling its feelings. Sometimes just this recognition calms things down a little.

Check off below any of the unblending procedures that have been helpful in working with this Exile.

Ways to Unblend

- ___ Consciously separate from the Exile and return to Self.
- ___ Ask the Exile to contain its feelings so you can be there for it.
- ___ Ask the Exile to not overwhelm you if you move closer to it.

_____ Do a centering/grounding induction to bring yourself back to Self.

Use the journal space below to take specific notes on this process.

If the Exile won't contain its feelings, ask it why it doesn't want to.

What the Exile is concerned about that is making it reluctant to unblend:

Exiles are often afraid that they won't be heard or that they will be exiled again, for example, pushed away out of consciousness, restricted, or forgotten.

Explain to the Exile that if it contains its feelings, you can safely be there for it. Explain that you really want to hear its feelings and witness what happened to it, but you need to be separate to do that.

What helps this Exile unblend:

Getting to Know an Exile Page 80

Choose an Exile that you would like to get to know. You can either continue to work with the Exile you were previously getting to know or begin a new piece of work starting with a Protector, unblending from the Protector, asking Concerned Parts to relax, and working through the process of identifying and making contact with the Exile.

Wherever you choose to start, begin by taking a few moments to bring yourself into your body. Make sure you are supported, either feeling your feet on the floor or sensing the support of the chair you are sitting on. Focus on your breath. Notice whether it is fast or slow, deep or shallow, high in your chest or low in your belly. Allow your breath to deepen as you invite your body to relax, and reassure your Protectors that **you** are there and are interested in getting to know the Exile.

From this place, make contact with the Exile.

Now check for any Concerned Parts. Do so by asking, “How do I feel toward this Exile right now?”

Note below any Concerned Parts that you discover.

Ask each part what fears it has about the Exile it is protecting.

Concerned Part: _____

Fears: _____

Your response _____

Part's response _____

Concerned Part: _____

Fears: _____

Your response _____

Part's response _____

Concerned Part: _____

Fears: _____

Your response _____

Part's response _____

When the Concerned Parts have relaxed and the Exile is available for contact, what do you notice?

What it looks like: _____

What it feels in its body: _____

Where it is: _____

How close it is to you: _____

Whether it knows you are there: _____

Whether it knows who you are: _____

As you begin to make contact with the Exile, let it know that you are here and are interested in getting to know it. How do you do that?

____ Speak to it

____ Step closer to it

____ Open your heart to it

____ Breathe with it by synchronizing your breath with its breath

____ Look it in the eye

____ Make physical contact with it

____ Other ways _____

Finding Out About an Exile Page 82

Name of the Exile: _____

Exile Names: Exiles often have names that are related to the age or time they were created. Make sure each Exile names itself. The name can change at any time in the future as your understanding of the part evolves.

Possible questions to help you get to know your Exile:

Remember to ask these questions with great care and an open heart. Follow the thread of the conversation as you would with anyone who is delicate and cautious.

Who are you? _____

What do you do? _____

What is your role in my system? _____

What would you like me to call you? _____

When were you born? _____

How old are you? _____

What do you feel? _____

What makes you feel so (feeling)? _____

Noticing an Exile in Real Time Page 84

Now take an opportunity to notice when an Exile is activated in real time. Each time you are in one of these situations, pay careful attention to see if the Exile is triggered. If it is, what does it feel? Note how you are aware that a part is there. Do you notice physical shifts, behavioral changes, emotional flows? Does a Protector become activated to guard against this Exile? If so, how does it act?

Date	Situation	Awareness	Parts Triggered	Feelings	Behavior

Accessing and Witnessing a Childhood Memory Page 89

This exercise involves working with a childhood memory. You'll be spending some time with an Exile, witnessing its story and finding out the impact of these events on it.

You can either continue the work that you have been doing with the Exile you were previously getting to know or begin a new piece of work. If you choose to explore a new Exile, begin with the Protector and go through Steps P1–P5 until you have made contact with and developed a safe relationship with the Exile.

Wherever you choose to start, begin by taking a few moments to activate Self energy. You might have a habitual way to do this, or you might take a few deep breaths, relax your shoulders, wiggle your jaw, and sink deeply into your body.

With another deep breath, let your Protectors know that **you**, in Self, are here and are interested in hearing this Exile's story.

Name of Exile: _____

As you got to know the Exile, did it come with a clear memory? _____

Did you need to ask it to reveal its childhood story? _____

If so, what questions were helpful? _____

Were you aware of other Protectors coming in to protect the Exile during the witnessing process? If so, who showed up? _____

What were the Exile's feelings and beliefs? _____

What happened in childhood? _____

How did that make the Exile feel? _____

How do you (in Self) feel toward the Exile now? _____

Does the Exile feel that you understand how bad it was? _____

Use the journal space below for other notes on the witnessing process.

Reparenting an Exile Page 94

Now we are going to move on to reparenting the Exile. As before, you may want to continue to work with the Exile you worked with in a previous exercise, or you may want to explore a new Exile. If the latter is true, make sure to work through all the previous steps so that your Protectors know you are here with the best intentions and in your highest capacities of compassion and caring for the Exile.

Wherever you choose to start, take a few moments and ground your Self energy. Take a deep breath and then imagine bringing your breath in through the top of your head and blowing it out through your toes. Imagine letting the air be like the waves of the ocean, moving through you, calming and relaxing you. This flow of air can wash away anything that keeps you from being fully in Self.

Once you have accessed and witnessed the childhood origins of an Exile's pain, ask if it would like you to enter the childhood scene or time and help it. If the Exile is willing, imagine yourself going back in time and being there with the child of the past. Let the Exile tell you what it wants to happen and what it wants from you.

As you give the Exile what it needs, check to see if it can sense you. Then check to see how it is responding to what you are giving. Is it taking it in? Take time to feel the experience of giving (the love, support, compassion, and so on). How does it feel in your body to be present with the Exile in this way? Then take time for the Exile to bask in the good feelings that result and to feel the effects in its body.

Exile: _____

What happened in childhood: _____

How that made the Exile feel: _____

The form of reparenting you gave the Exile: _____

Anything the Exile wanted you to provide it with directly: _____

Whether the Exile wanted you to advocate for it in a situation: _____

Whether the Exile wanted you to support it in advocating for itself: _____

How the Exile responded to your reparenting efforts: _____

How others responded to your reparenting efforts: _____

Use the journal space below to take specific notes on this process.

Reparenting an Exile in Real Time Page 97

This exercise can be used to do follow-up work with an Exile that you have already reparented and/or retrieved. Choose an Exile that you know well and have already given reparenting to.

Name of Exile: _____

Original childhood situation: _____

How you reparented the Exile: _____

Any promises you made to the Exile: _____

You can set an intention to reparent this Exile in real time over the next week.

In order to be aware of when the Exile is likely to be triggered, answer the following questions:

What kinds of situations or people tend to activate this Exile? _____

When are these likely to occur during the next week? _____

Find a way to remind yourself to be aware of whether this part becomes activated at these times. When you notice that the Exile has been triggered, take a moment to tune into it and find out what it is feeling and what it needs. Most

likely, it will need the same form of reparenting that you have already given it during your time with it. This makes it easy to do because you already know what it needs. Give the Exile the reparenting it needs in the moment.

Make notes below as necessary about your experience.

Exile: _____

Time and place of trigger: _____

Trigger situation: _____

Awareness triggers:

Feelings: _____

Body sensations: _____

Memories: _____

Thoughts: _____

Emotions: _____

Protectors arising: _____

Other responses: _____

Reparenting intervention: _____

How the Exile responded? _____

Anything else the Exile needs from you: _____

Retrieving an Exile Page 103

You are now going to give the Exile the opportunity to be retrieved—that is, to come out of the past and into the present. You will probably want to work with an Exile that you are very familiar with, possibly the one from the previous exercises. As before, if you start with a new Exile, remember to begin with the Protector and go through the steps for getting to know it (Steps P1–P5; see Appendix A, pages 155–156) as well as the first steps of getting to know the Exile. You could wait to do this step after reparenting, or if you are feeling at any point that staying in the past is unsafe for the Exile, you may suggest that you can bring it out.

Wherever you start, take some time to bring in Self energy. You want to be clearly in Self so that the Exile can trust you and believe that you can and will take it out of its unpleasant situation. To get in Self, it may be helpful to tense all your muscles and then breathe a deep sigh of relief as you relax them. You can also do this by muscle group: tensing and relaxing first your legs, then your lower torso, then your chest, then your arms, then your shoulders, and finally your neck and face.

Follow this with a deep life-giving breath in which you hold the inhale for a few counts and then hold the exhale for the same number of counts.

From here, remind the Protectors that you are present with the strength and compassion of Self energy and with the best of healing intentions for the Exile.

When you are in Self and are assured that the Exile is aware of you and trusts you, offer it the possibility of being retrieved.

You might say, “Are you aware that you have been living in the past? It is possible for me to help you leave this time and place and take you somewhere where you will be safe. Are you interested in doing that?”

Fill in below your experience in retrieving the Exile.

Exile: _____

Where it is in the past: _____

The stages of the process you have gone through with this Exile:

- ___ Identifying it
- ___ Getting permission to work with it
- ___ Unblending from Concerned Parts
- ___ Getting to know it
- ___ Reparenting it
- ___ Unburdening it

How the Exile responded when you asked it about coming out of the past and into the present: _____

Exile's concerns, if any: _____

How you handled those concerns: _____

Where you were comfortable taking the Exile: _____

Whether the Exile was comfortable going there: _____

How you brought the Exile out: _____

How the Exile responded to being out of the past: _____

Use the journal space below to take specific notes on this process.

Unburdening an Exile Page 109

We are now going to unburden an Exile. You will want to work with an Exile that you know well—either one from a previous exercise or one that you have moved through all of the previous steps. This is usually done after the Exile has been retrieved, but that is not necessary. You can still unburden an Exile if something has shifted in the original situation and the Exile has decided to stay.

Before you make contact with the Exile, reaffirm that you are in Self and that the Protectors recognize that you are.

You might take a few deep breaths and surround yourself with a colored or white light. You might bring this light in through the crown of your head and let it fill your body, bringing you peace, clarity, compassion, or any other Self quality.

Take a deep breath, confirm that you still have permission from any Protector that has been involved, and make contact with the Exile.

Present the idea of unburdening to the Exile. You might say, “I can help you get rid of the burdens that you have been carrying. You can release all those bad feelings, memories, negative thoughts, pain, and confusions from the past. Do you want to do that?”

Help the Exile through any reluctance it might have.

Fill in below your experience of unburdening the Exile.

Exile: _____

What happened in childhood: _____

How that made the Exile feel: _____

The form of reparenting you gave the Exile: _____

If the Exile was retrieved, where you took it: _____

Burdens the Exile carries: _____

Concerns the Exile has about unburdening: _____

Ways you handled its concerns: _____

Where the Exile carries the burdens in its body: _____

The element, spiritual figure, or other place or thing the burdens were released to:

Positive qualities that emerged: _____

Where the part wanted to stay: _____

Use the journal space below to take specific notes on this process.

Releasing a Protector Page 116

We are now going to work with the Protector that has been connected to an unburdened Exile. Begin this process at the point at which you can go back and focus on a Protector whose Exile has been unburdened.

Take a moment to activate Self energy. You might try sitting up straight, putting your hand over your heart, taking a deep breath, and chanting a sound. OM is a good sound that vibrates the heart. Hmmm or various vowel sounds have been found to vibrate different energy centers. You can experiment and see what brings you into your center today.

When you feel present in Self, focus your attention on the Protector. What is your sense of it in this moment? Has it changed much since you started working with it? Make sure that it knows who you are. You can ask it, "Have you been watching what has been happening with the Exile that you were protecting? Does it seem as though your role has changed? Would you also like to be unburdened?"

Fill in below your experience of releasing a Protector.

Protector: _____

Protector's role: _____

Exile's burden: _____

Is the Protector now ready to let go of its role? _____

If not, why not?

_____ It's protecting other Exiles.

_____ It's afraid to let go of its role.

_____ It's afraid the change won't last.

_____ Another concern _____

How do you help the Protector with its concerns so that it feels more comfortable with the unburdening process? _____

When you unburden the Protector, what does it want to release its burden to?

What qualities that the Protector wanted to take in would be most helpful in the future? _____

What new role, if any, would it like to play? _____

Are there any parts that are uncomfortable with these changes? _____

What are their concerns? _____

How did you reassure them? _____

When you go back to the original situation and imagine yourself there again, what do you feel? _____

Were any parts triggered? _____

Does any future work need to be done? _____

Follow-Up with a Protector Page 119

Choose a Protector that has released its protective role. You will be checking in with it during the week, whenever it could be triggered.

Preparation: To help yourself be aware at those times, answer the following questions:

What kinds of situations or people tend to activate this Protector?

When are these likely to occur during the next week? _____

What body sensations, thoughts, behavior, or emotions will let you know this Protector is triggered? _____

Homework Practice

In those situations in which the Protector is usually triggered, notice whether or not it becomes activated. If it doesn't become activated, notice how you feel and act that is different from before.

Date	Situation	Thoughts	Bodily Experience	Feelings	Behavior

Date	Situation	Thoughts	Bodily Experience	Feelings	Behavior

Appreciate the changes you have made. How do you want to celebrate your success? _____

If the Protector does become activated, check in to see what triggered it and what it is afraid of. _____

Keep track of this so you know what additional work is needed in a future session to complete the transformation of this Protector.

Tracking Repetitive Interactions Page 132

Think about your interactions with your partner. We often find ourselves falling into repetitive dialogues that leave us feeling frustrated and unheard. Use the space below to write out one such dialogue.

I said:

She/He said:

I said:

Tracking Feelings During Dialogue Page 132

Use the worksheet on pages 138–139 to fill in the feelings that arose during your repetitive dialogue. Take a moment to reflect on what you were feeling during the dialogue. If you're working with your partner, you might want to fill it in together. If you're working alone, spend some time feeling into your partner's side of the interaction. See if you can come from a compassionate Self. How well do you know your own feelings? What do you understand about your partner's feelings, triggers, and parts? What underlies both of your reactions?

Tracking the Parts That Hold Feelings Page 138

As described on page 135, first use the worksheet below to fill in the feelings that arose during your repetitive dialogue (see sample on pages 134–135).

Next, explore the parts that were triggered in the dialogue. What was the positive intention of each of your parts? Ask each part what it wanted for you. Repeating the question “What would I have if I got that?” will help you go through layers of the process and get closer to the core of each part’s positive intention.

Then, as before, see if you can feel into your partner’s experience and imagine what his or her parts deeply wanted for him or her.

<i>I said:</i>	<i>I felt:</i> <i>Activated Part:</i>	<i>What the part wanted for me:</i>
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<i>She/He said:</i>	<i>She/He felt:</i>	<i>What the part wanted for her/him:</i>
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<i>I said:</i>	<i>I felt:</i> <i>Activated Part:</i>	<i>What the part wanted for me:</i>
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<i>She/He said:</i>	<i>She/He felt:</i> Activated Part:	<i>What the part wanted for her/him:</i>
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<i>I said:</i>	<i>I felt:</i> Activated Part:	<i>What the part wanted for me:</i>
----------------	--	---

<i>She/He said:</i>	<i>She/He felt:</i>	<i>What the part wanted for her/him:</i>
---------------------	---------------------	--

<i>I said:</i>	<i>I felt:</i> Activated Part:	<i>What the part wanted for me:</i>
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<i>She/He said:</i>	<i>She/He felt:</i>	<i>What the part wanted for her/him:</i>
---------------------	---------------------	--

<i>I said:</i>	<i>I felt:</i> Activated Part:	<i>What the part wanted for me:</i>
----------------	--	---

<i>She/He said:</i>	<i>She/He felt:</i>	<i>What the part wanted for her/him:</i>
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<i>I said:</i>	<i>I felt:</i> Activated Part:	<i>What the part wanted for me:</i>
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Exploring a Polarization Page 151

Choose a polarization that you are interested in exploring. As you follow the steps below, use the information above as a reference.

1. Recognize polarized parts

Take some time to check in on the situation you are curious about. Make sure that the parts in question are really polarized. Do they hold some charged energy toward each other? Take some time to shift back and forth between the parts, noting the following information.

	Part A	Part B
Name of Part		
How does it feel in your body?		
What does it look like?		
What does it say?		

2. Unblend from each part to be in Self

Let both parts know that you want to understand them and explore the relationship between them. See if they are willing to unblend to allow this to happen. Remember that you can do Steps P2–P5 (see Appendix A, pages 155–156) for one part before moving on to the other.

	Part A	Part B
Willing to unblend?		
Concerns about unblending		
Concerned Parts that show up		

3.

Clarify each part's role, positive intent, and conflict with the other part

	Part A	Part B
Role in your system		
Positive intention for you		
Conflict with the other part		
Fear		

4. Develop a trusting relationship with each part

	Part A	Part B
What the part needs from Self in order to feel trust		

5. Decide whether to work on an Exile or depolarization

If Exile work is needed first, follow the steps to work with the Exile (see Appendix A, pages 157–159) for one or both parts, remembering that they could be protecting the same Exile.

	Part A	Part B
Is the part ready for a depolarization dialogue?		
If not, does it want to work with the protected Exile?		
Exile being protected		

6.

Get permission from each part to have a depolarization dialogue with the other under the guidance of Self

Check again to see if parts are ready for a depolarization dialogue.

	Part A	Part B
Is the part ready for a depolarization dialogue?		
If not, why not?		

7.

Each part states its position and then responds to the other

	Part A	Part B
Basic position		
Response		

8.

**Each part listens to the other and responds accordingly
(true dialogue)**

	Part A	Part B
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	Part A	Part B
Note shifts in thinking as the dialogue continues		

9. Resolution of the polarization

	Part A	Part B
Resolution		