



Working with Concerned Parts, Deeper Exploration

When you encounter a concerned part while getting to know a target part, the concerned part may be willing to relax and allow the exploration to continue if you simply ask it to do so. The concerned part may be fully satisfied and have no need for further exploration, especially after successfully learning more about your original target part.

However, parts may only be able to relax if you promise to get to know them at a later time. Or, if the concerned part cannot relax until they feel understood and appreciated by you, use the following questions. The concerned part will be your new target part.

1. What do you already know about this part?
2. Ask the part to tell you about its concerns
3. Ask the part what it does for you.
 - a. If there is no clear answer to this question, ask the part what it wants you to know about its concerns.
4. Ask the part what is important about what it does for you,
 - a. or what is important about what it wants you to know about its concern.
5. Ask the part what it wants to happen or prevent from happening when it does its job.
 - a. or ask what it wants to happen or prevent from happening given what it shared.
6. Reflect back to the part what you have learned about the concerns of this part.
7. Ask the part if there is more it wants you to understand.
8. Does the part feel understood by you?
 - a. If not, ask the part what more it wants you to understand.
9. Can you find appreciation for the part and what it does for you?
10. Does the part feel appreciated?
11. What are you taking away from this exploration?
12. What are you inspired to do with this/these insight(s)?

This exercise illustrates the power of getting to know your parts. As you slowed down to understand what was previously automatic and unconscious, your parts helped you to understand them better. With this deeper exploration:

- You have developed trust between you and the part
- You have helped the part relax by acknowledging and validating its concerns
- You have demonstrated Self-leadership with your target part and for the rest of your internal system as your parts observed and listened to the conversation