



Questions for Protectors

Here are some suggested questions to get to know a protector. If you find that you have an intuitive curiosity, feel free to ask any question you want. However, be sure to remain Self-led as you ask these questions.

As you connect with and gather information about a target part, notice when concerned parts blend with you. For example, you might start to notice that you have a judgment about the target part. You might suddenly have an agenda other than curiosity and presence. You may grow bored, distracted, or confused.

If you sense that answers might be coming from another part, or that you are no longer Self-led, check in to see how you feel toward the target part. Noticing how you feel toward the target part will help you flesh out any judgments or agendas that might come from concerned parts.

When there are judgments or agendas present, ask concerned parts if they are willing to soften enough to allow the conversation to continue with the target part. You may have to take a moment to ask what the part is concerned about, then respond from Self by acknowledging and addressing the concern before the part is able to relax.

When you are ready to start, shift your conscious attention inside, then ask each question and wait for an answer. Notice if a thinking part tries to figure out the answer. If this happens, thank the thinking part and tell it that you want to hear directly from the target part. See if the thinking part is willing to relax and learn with you.

Here is a list of questions and suggestions you will find helpful when getting to know one of your protectors. Ask the part to answer as many of the questions as they can.

Recall the influence of the part

1. Describe how you have been sensing this part.
 - a. As a feeling in, on, or around your body? If so, describe the feeling.
 - b. As thoughts or ideas? What are the thoughts and ideas?
 - c. As energy or emotions? If so, describe the energy or emotions.
 - d. As an image or scene? If so, describe the image or scene.
 - e. As a character from a book, play, or movie? If so, describe the character.
2. Describe the activating circumstance.
3. How were you influenced by the part when it became activated?



Ask the part questions to understand its concerns and intentions

4. What was this part concerned about in the activating circumstance?
5. What did it want you to be aware of or to pay attention to?

(Remember to check in occasionally to notice how you feel toward the part. If, at any time during the inquiry you are not feeling compassion, curiosity, or appreciation for the target part, a concerned part may need your attention temporarily.)

6. What outcome did this part want in the activating circumstance?
7. What did this part hope to achieve by trying to influence this outcome?
8. How was this part going about trying to achieve this outcome?
9. What was/is this part afraid would happen if they didn't work so hard to bring about this outcome?
10. When, in your life, did this part first begin to attempt to influence you in this way? (Invite the part to answer directly or to show you scenes and memories of when they have attempted to influence you in this way.)
11. How old is this part?
12. How old does this part think you are?
13. Does this part have anything else it wants you to know?
14. Does the part have a name? How would it like to be referred to? If the part has no preference for a name, given all you have learned about the part, what would you like to name it? Consider naming it according to what it is trying to accomplish.
15. Thank the part for revealing itself to you.