

DAILY READING

DAY 29

Introduction to Parts Language

One of the quickest ways to take someone deeper into their work is to invite them to use Parts Language. When I use Parts language, I begin to separate myself from my distress and pervasive emotion and can start to relate to a part of me that is in distress.

Parts language is basically saying that a Part of me feels or believes or wants something rather than I feel, believe or want something.

While this initially may seem like avoiding responsibility to a part of you, another part of you might realize that this language may allow you to separate yourself from an intense emotion or belief and be able to deal with it from a more centered place.

We already use Parts Language in our normal conversations when we say something like: "A part of me wants to go with you and another part just wants to fall asleep on the couch right now". Or "A part would love to go sky diving and another part of me is scared as hell".

Here are a few examples of how we could use Parts Language in our check-ins:

INSTEAD OF SAYING: "I am in overwhelm"

SAY: "A part of me is feeling overwhelmed right now"

INSTEAD OF SAYING: "I'm feeling very sad"

SAY: "A young part of me seems to be really sad and crying right now"

INSTEAD OF SAYING: "I am so angry."

SAY: "A teenage part of me is really pissed."

Notice how your body feels when you use parts language. In most cases, it helps to take a person from a victim mentality and helpless attitude, to a compassionate attitude and a desire and ability to be helpful.

Instead of being IN the part and the feeling, I can separate myself from both and move into an outside perspective of the situation. Once I relate a feeling to a part, I can see it as something I can work with and help. I can use the tools from this program to help the part and relieve the feeling I have. Ideally, I'd be able to step into my Higher Self and help the part from that loving and wise place.

At times in this program, we may choose to do our check-ins using part language.

Introduction to Child Rescue

Child Rescue is a shorter version of The Regression Process we experienced earlier.

The Regression Process starts with a person in a fully conscious, awake state of mind and includes a type of induction within the process. It starts with an issue, connects the issue to a feeling and then uses “shape, size, color” to exaggerate the feeling and follow it back to its source.

Child Rescue, starts with a part that is already in an altered state and experiencing a strong emotion.

When working with a part in an emotion, it is a simple matter for it to go back in time to almost any time in its past.

When facilitating a Reframing Process and a part becomes emotional enough to interrupt the more cognitive reframing approach, you can simply use that emotional feeling to follow the Child Rescue Process.

While this process is helpful when facilitating another person, it is extremely helpful for facilitating yourself.

If I'm doing something and suddenly I start to feel anxious or afraid, I can "reframe" my thinking with parts language and realize that a part of me, probably a wounded young part of me, has been triggered by what I'm doing, who I'm with, or simply from a noise or smell in my environment.

I can then focus my attention on that part and feeling, follow it back in time and rescue the child that was triggered.

I can quickly relieve this feeling by following the Child Rescue Process.

REGRESSION II --- CHILD RESCUE

Simplified Regression Process

Child Rescue works well when working with a part – already in altered state.

Child Rescue can also be used as a quick and simple way to address a feeling that suddenly comes up into your awareness.

1. FOLLOW THE FEELING BACK TO A CHILDHOOD EVENT.

- Go back to an earlier time when you felt that way.
- Go back in time, maybe back to the first time you felt this feeling.
- Let your body take you back, let this voice take you back, back in time.

2. RUN THE EVENT.

- What's happening? Who's there?
- How old are you? What's happening?
- REPEAT "And then what happens...?" Until trauma is complete. (Go slow)

3. HAVE YOUR ADULT SELF ENTER THE EVENT.

- Turn the clock back to just before the beginning of the event.
- Bring in your adult self.
- Tell the child you are from its future and are here to help.
- Re-run the event with the adult handling whatever comes up.

4. TAKE THE CHILD OUT OF THIS EXPERIENCE.

- Ask the child if it would like to come with you to a safe place where it will never have to go through this again.
- Take the child to your inner circle and create a special place for it to play.

MENTORS SESSION GUIDE

DAY 29

INTENTION

- To introduce Child Recue, a shorter version of Regression
- To work on a major issue with a charge
- To introduce Parts Language

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today we will start to use Parts Language as a way of deepening our check-ins and other aspects of this work.

PARTS LANGUAGE

Were you able to do the Homework Reading on Parts Language?

As the reading says, the essence of parts language is saying “a part of me feels or believes something” rather than “I feel or believe something”.

To experience the difference this language can make, we will repeat our check-ins for today and use parts language this time.

I will model this first and then you can check-in again using parts language.

[mentee and mentor check in using parts language]

Thank you. We will be using parts language for our PEMS check-ins for most days now.

REGRESSION

One intention for this program is to share some fundamental facilitation skills that can not only be used by therapists and facilitators, they can be used by almost anybody who is choosing to take greater responsibility for their lives.

Most of these skills can be used in everyday conversations and in intimate discussions with someone who may need a friendly or helping hand.

For anyone who wants to maintain a relationship with their Inner World and parts, the use of these skills is essential.

Today, we will cover one of our last specific Healing Processes called Child Rescue, which is a shorter version of Regression.

We can use this shorter version when we are working with a part who is experiencing a strong emotion.

We will be taking you through the process using whatever emotions that may be present for you. OK?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you go deeper and deeper into a state of total relaxation, simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

Ask your Higher Self if there is a part of you that is feeling a strong emotion and could use some attention right now. This part may already be present in your Sacred Space and or may need to be invited in today.

Ask the part to come forward and sit near your Higher Self.

I will speak directly to the part and you may simply speak for them.

CHILD RESCUE

Thank you for being with me today.

How are you feeling right now?

Can you tell me a little about how often you may feel like this?

Is there anything else you want to share about this feeling?

Thank you. For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.

You're doing good. Now I'd like you to go back to an earlier time when you felt this way.

Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening? Who's there?

How old are you?

Now slowly move the clock forward in time.

What's happening now?

Now, please take a breath and I'd like you to turn the clock back to just before the beginning of the event.

This time, I'd like you to see your adult-self there with you.

This is you when you get older, and have come back here to help you with this.

Do you see them there?

Is it OK for them to help you now?

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening?

(Repeat "and then what happens" until complete.)

What thoughts are coming up for you now?

Is it OK if I speak to your adult self now?

Ask the child if they would like to come with you to a safe place where it will never have to go through this again.

Take the child back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION