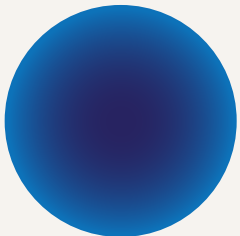




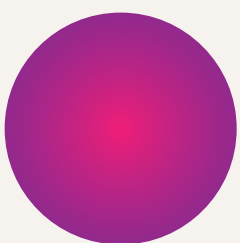
1 | FIND

Learn which parts need your attention. Sit curiously with feelings and see what arises. Parts may appear as images, emotions, or body sensations. Simply discover what wants to show up, and notice where it is located in or around your body.



2 | FOCUS

Focus on the part you've discovered. Allow the part to show itself in whatever way it needs, and give it space to exist. Give it time to let it be seen, so it knows it has your attention.



3 | FLESH OUT

How does the part want to make contact with you? Does it present you with images, words sounds, or sensations? Give it space to send you messages, or share memories that are bringing it up.

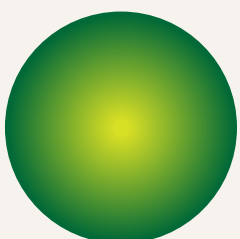


4 | FEEL TOWARD

Notice how you respond to the presence of this part. What comes up for you? Is there another part or parts that show up to react or create different feelings or sensations? Now is a good time to check to see if you are in the energy of Self before you continue.

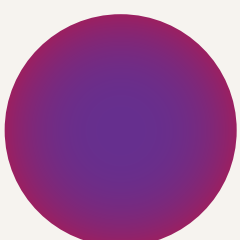
CHECK FOR SELF-ENERGY

Self-energy is measured with the 8 C's: calm, compassion, curiosity, clarity, confidence, courage, creativity, and connection. If you can identify the feelings of any of the 8 C's, you are in Self energy.



5 | BEFRIEND

Get to know this part and begin to build a relationship. Take the time to build trust and actively communicate with the part. Ask the part what its role is, what it wants to accomplish, and how it wants to help. Let the part know that you value the role it has played to keep your internal family system safe.



6 | FEAR

Ask the protector part what it is afraid of. What does it think will happen if it stops doing its job? This is when an exiled part may begin to reveal itself. If the protector part will step aside, you may be able to begin to work with the exiled part from Self.