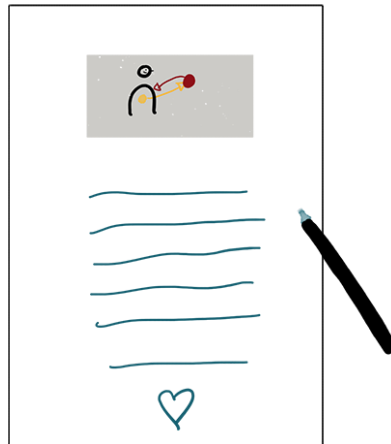


# #1 – FOUNDATIONS OF PARTS WORK

# JOURNALING



to work with your own Parts  
step-by-step

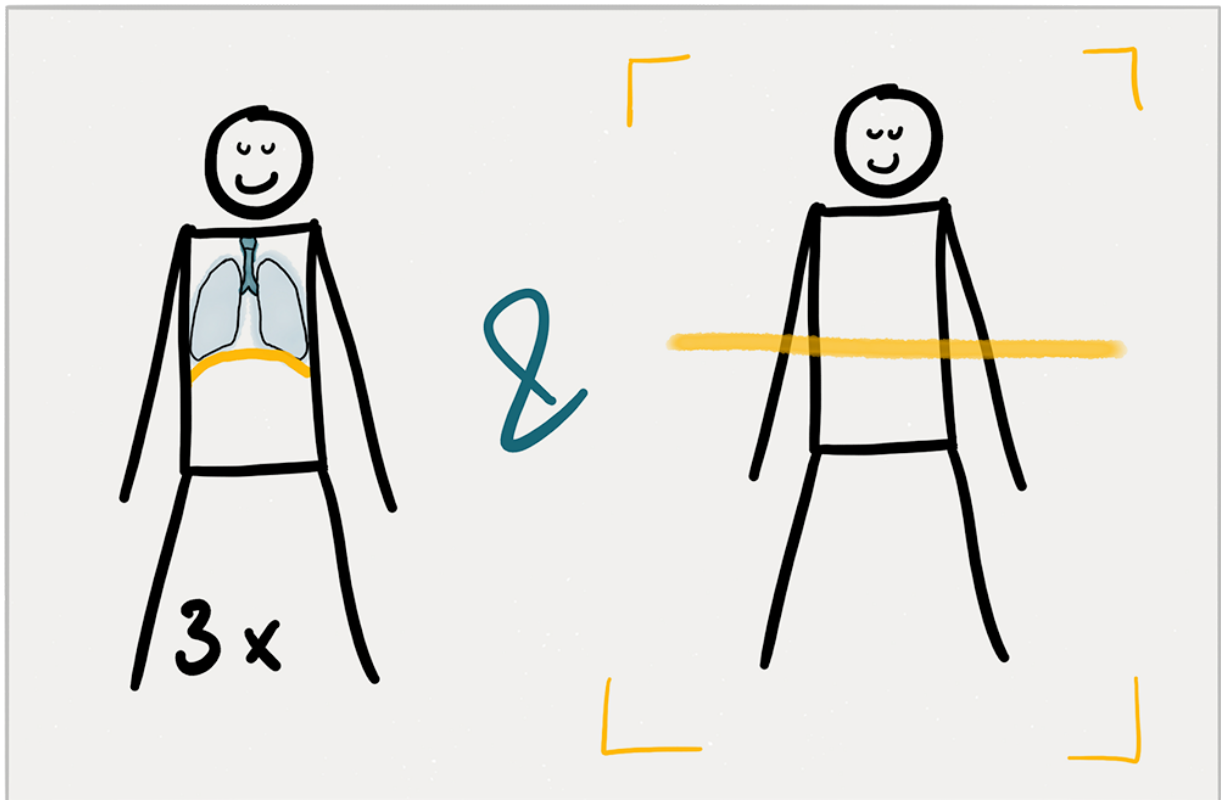
version 1.0

By Lucas Forstmeyer

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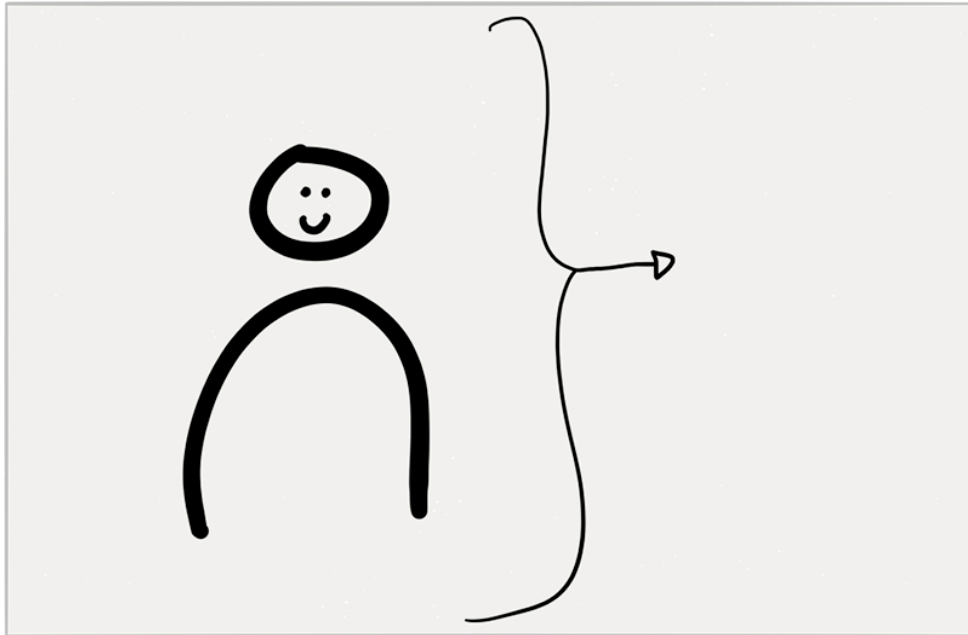
# 1. LANDING HERE & NOW in your Experience



What is it like being you RIGHT NOW?

- Take 3 Gentle Breaths
- Bodyscan
- **Focus on one element of your experience:**
  - Where is \_\_\_\_ (this experience)?
  - What kind of \_\_\_\_\_ (experience) is that?
  - Anything else about this experience??

## 2. From Experience to Part



Is it OK to call THAT a Part?

### 1. What are you noticing / What are you experiencing?

- a. Thoughts?
- b. Feelings?
- c. Sensations?
- d. Images?
- e. Awareness?

### 2. Choose one element of experience you want to explore:

**Is it OK to call that a Part?**

→ Make it your Target Part

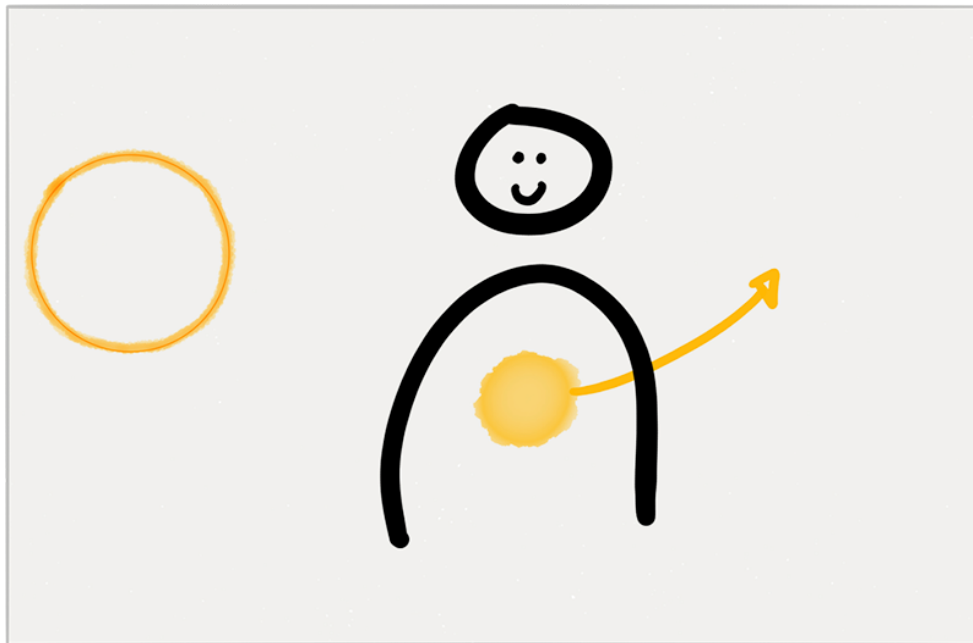
### 3. Turn your Awareness towards the Part. Listen for a moment.

### 4. What is that Part like?

- a. Where is this \_\_\_\_\_ Part?
- b. Does it have a size or shape?
- c. Is there anything else about this \_\_\_\_\_ Part?
- d. Does it want to show you anything?

**→ Sketch the Part**

### 3. LANDING IN SELF - Unblending



What do you feel towards that Part?

1. **What is it like FOR YOU (Adult / Self) to be with that Part right now? or What do you feel towards that Part?**
2. **If needed: Unblend from the Target Part and Concerned Parts until there is Self-Energy**
  - a. Ask the Part to give you some space
  - b. Invite Self / Space
  - c. Somatically Center
  - d. Consciously unblend
3. **If unblending does not work, ask: “What is the Part worried could happen when it steps aside?”**
4. **Once unblended: What is it like for you NOW to be with the Part? What do you feel towards it NOW?**

*→ Proceed when enough Self-Energy is present  
Otherwise: What is this Part worried about?*

## Options for Unblending:

