Parts Work

1. Identify the specific conflict to be resolved, changed or integrated.

"Given that you have said that you want _____ but have not been able to _____, is there a part of you that doesn't want _____?"

OR "Is there something that you are in conflict about that you would like to resolve or change?"

2. Identify the two parts, or identify the two conflicting behaviors or outcomes. Assign each part/behavior/outcome to one of the client's hands.

So this part will be called_____."

(Repeat with the other polarity in the other hand)

So this part will be called_____."

3. Deliver the standard reframe to all parts.

4. Elicit the positive intention of each part.

"Ask the part that does X what its positive intention is for you. What does it want for you? And if you had that, what would having that do for you?"

5. Find out what each part thinks would have happened if it hadn't been around.

Pick one of the parts. Ask this part, in its professional opinion, "What would have happened to me if you hadn't been around?" Ask the other part the same question.

6. Find out what each part has to teach the other and learn from the other

"Ask (X) what it thinks it might have to teach the other side (Y)." "Now ask (Y) what it thinks it might have to teach (X)."

"Now ask (X) what it thinks it might be able to learn from (Y)." "Ask (Y) what it thinks it might be able to learn from (X)."

7. Negotiate for cooperation.

Work with both parts to establish a common positive outcome and way of working

together.

8. Check Ecology.

9. Mutual appreciation

10. Integration of parts.

11. Associate with the new integrated part.

12. Future-pace (test)

"Please thank all the aspects of you that we've been working with and all those aspects that have been operating in the background, in support of these important revisions and changes."

"Now think of a time coming up in the near future, when you might want these integrated qualities and capacities to be fully available. What's it like?"