



# Meet your mind, change your world.

## ESTABLISHING COMMUNICATION WITH THE MIND AT LARGE

**(Say to the client):** When you're ready, begin to focus inside, allow yourself to relax, get in touch with your breath and allow yourself to take a couple of deep ones, grounding and centering within yourself.

## ALL PARTS BULLETIN (APB)

**(Say to the client):** Please ask inside: "Would all parts of me be willing to observe, listen, and learn from the communication taking place today?" "Does there feel like there is permission for this conversation?"

**(When there is an answer, say to the client):** Thank them.

## **ESTABLISHING COMMUNICATION WITH THE PART**

***(Say to the client):***

**Ask inside:** Would the part of me that is in charge of this

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*(feeling or label of the symptom or behaviour)* communicate with me in consciousness?

*(Whatever the response say to the client):* **Consciously,** thank the part for communicating.

- **Consciously,** where do you sense this part responding inside you?
- **Consciously,** how specifically did the part respond?

**Ask the part (ATP):**

- **ATP:** Is there anything you need that would make you more comfortable communicating with us today? *(Provide this for the part.)*
- **ATP:** Is there anything you would like to say before we begin asking you some questions?

***(Say to the client):*** **Consciously,** reassure the part that no change will take place without its own agreement and participation. And let the part know that no change will take place without the agreement of your Conscious Mind and all parts.

## **AGE AND TIME FRAME OF THE PART**

**This is the beginning of the storyline. This is when the part begins. You need to find out:**

- **The main feeling within the part, how old the client was when this feeling began, and what happened then**
  - ATP: What is the main feeling you feel within yourself?
  - ATP: How old was I when you first started feeling that way?
  
- **How the part felt about what happened and what it is doing as a result**
  - ATP: What is significant about this time in your life/that age?
  - ATP: How did what was happening affect you?
  - ATP: How else did this moment in time affect you? Your life?
  - ATP: How did you feel about what was happening?

(If they give you a phrase i.e. "I go it alone"). ATP: What does "going it alone" mean to you? OR ATP: How do you "go it alone?"

- **Any strategies the part developed and the benefits of those strategies**
  - ATP: How did you handle this event/this feeling?
  - ATP: How did you cope with this situation? OR ATP: How did you cope with feeling this way?
    - ATP: How specifically does that work?
    - ATP: What effect does doing X have on your life?
    - ATP: Of what benefit is it to do this?
  - ATP: How did this situation affect our lives back then?
  - ATP: How, where or from whom did you learn that?
  - ATP: What triggers you to use this strategy?
  
- **Any decisions or beliefs that were formed**

- ATP: What did you decide as a result of what was happening back then?  
OR ATP: What decision did you make at that time?
- ATP: How did you act on that decision?
- ATP: What beliefs did you form at that time?
- ATP: What do you believe about...(ask about key issues mentioned already in their intake, pre-talk, benefit structure).
- ATP: How did believing this affect your life?
- ATP: How does believing this make you feel?
- ATP: How/where/from whom did you learn that?
- ATP: How did you feel about that?
- ATP: Did you agree with (whomever taught them the belief)? If no. ATP: What do *you* believe to be true?

**To close this section of the process, ask the client some conscious questions – helps them to reflect on what they are hearing/learning. It helps you, the Guide, to gain some insight into how the part is functioning in the client’s life today.**

- **Consciously**, can you see how this affected you?
- **Consciously**, can you see how this affects your life *today*?
- **Consciously**, how do you feel about what you’re hearing?

## THE TIMELINE

**This is the storyline unfolding – the timeline of events and ages that shape the influence of the part in the life of your client now.**

**Ask a series of :**

- **What is the next most important event or time in the formation of the feeling of \_\_\_\_\_ (or the issue of \_\_\_\_\_) - you fill in the blank.**
  - ATP: How old was I when this happened? (if you do not already know)
- **What is significant about this time in the client's life and how that moment affected the part**
  - ATP: What is significant about this time in your life/that age? (*Record whatever memory or thought that comes to the client 's mind and pay attention for information from outside influences*)
  - ATP: How did what was happening affect you?
  - ATP: How else did this moment in time affect you? Your life?
  - ATP: How do you feel as a result of what is happening?
  - ATP: (If they give you a phrase...i.e. "I disappear".) ATP: In what way do you "disappear"? OR ATP What does it mean to you to "disappear"? OR ATP: How do you "disappear?"
- **Any strategies the part developed and the benefits of those**
  - ATP: How did you handle this event/this feeling?
  - ATP: How did you cope with this situation? OR ATP: How did you cope with feeling this way?
    - ATP: How specifically does that work?
    - ATP: What effect does doing X have on your life?
    - ATP: Of what benefit is it to do this?
  - ATP: How did this situation affect our lives?
  - ATP: How/where/from whom did you learn that?
  - ATP: What triggers you to use this strategy?
- **Any decisions or beliefs that were formed**

- ATP: What did you decide as a result of what was happening back then? OR ATP: What decision did you make at that time?
- ATP: How did you act on that decision?
- ATP: What beliefs did you form at that time?
- ATP: What do you believe about...(ask about other key issues mentioned already in their intake, pre-talk, benefit structure).
- ATP: How did believing this affect your life?
- ATP: How does believing this make you feel?
- ATP: How did you learn that? OR ATP: Where did you learn that? OR ATP: From whom did you learn that?
- ATP: How did you feel about that?
- ATP: Did you agree with (whomever taught them the belief)? If no. ATP: What do *you* believe to be true?

**At the end of each age/event/segment of their life, ask the client some conscious questions – helps them to reflect on what they are hearing/learning. It helps you, the Guide, to gain some insight into how the part is functioning in the client’s life today.**

- **Consciously**, can you see how this affected you?
- **Consciously**, can you see how this affects your life *today*?
- **Consciously**, how do you feel about what you’re hearing?

**Loop Back – to find the next most important age.**

- **You keep looping back until you can’t find new STRATEGIES**

## HOW THE PART MANIFESTS

**You may already have a lot of this from the questions in the storyline. So the questions below are designed to find any information that was not found in the first set of questions.**

**Once we understand the storyline for this part, what triggers the part, and how the part is affecting the life of client, today.**

**You need to find out:**

- **What triggers the part or the central feeling of the part**
  - ATP: What triggers you to feel (name the part's main emotion/feeling)?
  - ATP: What else triggers you to feel this way?
  - ATP: What happens when you get triggered? OR ATP: What do you do when you get triggered?
  - ATP: Are you aware of any negative/limiting consequences to doing this?
  
- **How the part is currently affecting the life of the CM**
  - ATP: In what other ways are you affecting (client's name)'s life today?
  - ATP: What is the benefit of doing (each of the above things)?
  - ATP: How do you manifest physically? OR ATP: How do you affect the functioning of my physical body?
    - ATP: In what way? OR ATP: How do you do this specifically?

## **PARKING THE PROCESS**

If you are going to do the process over **2 different sessions**, this is a good place to take a break – it is called **'parking' a process**.

### **Say to the client:**

- We are going to break the process here – are you OK with that?
- How are you feeling?
- How do you feel about what you have learned so far?
- Do you have any questions about what you have learned/uncovered?

### **Instructions to the Client**

- You will be more 'aware' of yourself as a result of the conversation we had here today. Make a note of thoughts that come to mind that relate to this discussion so that we can talk about them when we meet again.
- You may also notice the influence that your part has in your life – things you might not have realized in our discussion today – make a note of those as well.
- Stay connected to the story – let it percolate in there – adding new thoughts and ideas until we next meet.
- When we meet next time, we will begin with a discussion of all that you have experienced, felt and understood since we last met.
- You'll be delighted with how much more aware you will be.
- You will also be more conscious of this part – conscious in a way you have never felt before – that is OK – that is what should happen.
- You may also be aware of your part – it is ok to connect with it, to talk to it. If you can see it in your mind's eye, make an image of your adult self and send it to your part as reassurance that you exist and that you are there – that you care about it and want to continue the relationship. Do this only if you're comfortable...

### **Set up the time and place for the next meeting.**