

PARTS INTEGRATION

THIS SCRIPT HAS BEEN REVISED

1. Identify the conflict and the parts involved: Make sure you clearly identify the parts clearly, and understand the nature of the conflict.
2. Have the Part, which represents the unwanted state or behaviour come out on the hand first: "I wonder if I can talk to this part. Which hand would it like to come out and stand on?" (Show client how to hold hand.)
3. Make sure that the Client has a V-A-K image of the part as it comes out on the hand: "Who does this part look like; does it look/sound/feel like someone you know?"
4. Elicit the "Opposite Number" to come out on the other hand: "I'd like to talk to the Part with which this Part is most in conflict, the flip side of the coin the opposite number, and let's have it come out and stand on the other hand." (Show client how to hold hand.)
5. Make sure that the Client has a V-A-K image of the part as it comes out on the hand: "Who does this part look like; does it look/sound/feel like someone you know?"
6. Separate intention from behavior: Reframe each part so that they realize that they actually have the same intention by chunking up — ask, "What is the intention ..." or "For what purpose ..." (Begin chunking up first with the part that has the unwanted state or behavior. As you do, make sure that the client's intention stays associated.)
 - a) Now, have the parts notice they were once part of a larger whole.
 - b) Ask for other parts that were also once part of the larger whole. Have them join in the integration.
 - c) What resources or attributes does each part have that the other part would like to have?
7. As the hands come together give additional suggestions for integration.
8. Take the integrated part inside and have it merge into the wholeness inside.
9. Test & future pace.

