

# Parts Integration

## Three:4

1. **Uncover The Conflict:** "What is the problem?"
2. **Look for Deeper Issue:** "How is that a problem?"
3. **Elicit Unwanted Part:** "I wonder if I can talk to this Part. Which hand would it like to come out and stand on?"
4. **Get V-A-K:** "Who does this Part look like? Does it look like someone you know? Does it sound like them? Does it feel like them?"
5. **Elicit Opposite Part:** "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. Let's have that Part come out and stand on the other hand."
6. **Get V-A-K:** "Who does this Part look like? Does it look like someone you know? Does it sound like them? Does it feel like them?"
7. **Switch Back to Unwanted Part and Chunk Up:** "What is that Part's intention?"
8. **Continue Chunking Up:** "Keep asking, "For what purpose?" or, "What is the intention for that?"
  - **Keep Them Associated:** If the client dissociates, ask, "What will that do for you? What will that make you feel?" Also keep them looking at the Part.
  - **Group Loops Together:** If the client loops then group the loop together.
9. **Point Out When Hands Move:** "I wonder if you've noticed that your hands are coming together."
10. **Chunk Up Opposite Part:** Repeat step #7 with the opposite Part until A) Both Parts have the same intention and B) The hands are moving together.
11. **When Both Parts State Same Word:** "Do both Parts recognize that they share the same highest intention?"
12. **Continue Giving Suggestions For Integration...**
  - "Now, do these Parts notice that they were once Part of a larger whole?"
  - "Have the Parts notice the resources and attributes each Part has that the other Part would like to have."
  - "Are there any other Parts that would like to join in this integration?" if yes, "Good, have those Parts come out and integrate now."
13. **Just Before Hands Touch:** "Only let the hands come together as quickly as they can fully integrate easily and effortlessly right...now."
14. **Finalize Integration:** "Take the integrated Part inside and have it merge into the wholeness inside."
15. **Break State:** \_\_\_\_\_ (ex: "That was a big one, wasn't it?")
16. **Test & future Pace.**