Questions to help you get to know your part:	
What do you do?	
What is your role in my system?	al class
What would you like me to call you?	CET
What do you feel?	of at all and the
What makes you feel so (feeling)?	tai arth as all
How do you relate to people? was aw dahaM 231 adt guizu madW	ether of those.
How do you interact with other parts?	i moti neq sai F arana sa M
How do you feel about (an external event or feeling)?	
What do you want for us?	
What do you hope to accomplish by (doing your role)?	
What are you afraid would happen if you didn't (do your role)?	350 F 19955113
What are you afraid we would feel or do if you didn't (do your role)?	()n the nex
How long have you been (doing your role)?	on the page of
What caused you to take on this role, and when did you start?	When the parties of t
How do you feel about your role?	यानते जीवर पु रुप्त
What would you like from me? untan bloken of anywhite all not smill y	he part Allow
Other question	facilitate the p
Answer art brail it serves: art brail it serves:	
Other question Other question The part, which shall be said to be sai	Maming c Pr
Answer	

EXERCISE Helping a Protector to Relax in Real Time

Think of a situation in which a Protector gets triggered that causes you to behave in
a problematic way.
Following Steps P1-P5, do a session with yourself or with a partner in which you get to know the Protector that is causing the difficulty. Use the questions below to help you get to know the Protector and begin to form a trusting relationship with it.
Name of Protector:
Situation(s) that activate this Protector:
How it behaves:
If you were able to act from Self, how would you like to behave in that situation?
Do you have the life skills necessary to accomplish the positive behavior you are aim-
ing for?
Set an intention to be aware of whether this Protector takes over at those three-
If not, what kind of support would you need to be able to act in the way you desired
Once you have unblended from the Protector and your Concerned Parts, and you
are in contact with the Protector from Self, ask if it will let you lead the next time you
are in a similar situation
What is its response?
On the next page, list the Protector's concerns and your thinking from Self abou
use each time stretched as actioned, dashed entirely before to S. med elbado of wonter to see I the stretched arose, and take motes (or expand your notes) on what hap-
we destroy the carrelactiff the Protector allowed you to lead and things