

humantold

Get to Know a Part

This meditation is designed to help you get to know a little bit about a part that you want to help or change your relationship with. It might be helpful to record yourself saying this meditation, so you can listen to it.

- If it feels good, go ahead and take a deep breath.
- Think of a part who you'd like to get to know a little better.
- Go ahead and focus on that part wherever you find it, in, on, or around your body.
 - If you can't focus on it, that's okay.
- Either way, notice how you feel towards it.
- If you feel anything other than curiosity or acceptance, ask the reactive part if it would be willing to separate from you and not interfere just so you can learn more about your target part. We're not going to let it take over, we're just going to get to know it.
- Keep doing that with reactive parts until you feel curious about the original part.
- You may find that you don't get there, that other parts won't separate, which is okay. You can just spend the time listening to their fears about separating.
- But if they do let you feel at least curious about the original one, then it's safe to listen.
- What does that original part want you to know about itself?
- What has the part been trying to do for you? To you?
- What might it need from you?

I'll stop talking for a little while now and let you get to know it and then come back.

- In the next few minutes, we'll begin to come back.
- Thank the part for letting you know about it.
- Let it know this doesn't have to be its only chance to talk to you. If it wants, you can come back to it another time.
- Before you come back into the room, make sure you thank all the other parts for letting you get to know this one or letting you know that they were afraid if they didn't let you get to know it.
- When all that feels complete, you can begin to take some deep breaths again and shift your focus back to the outside.

Adapted from: Frank G. Anderson et al. *Internal Family Systems Skills Training Manual*.