

Getting to Know a Part (Find, Feel, BeFriend)

	Questions	Part:
Find (identify and externalize the part you want to get to know)	What part feels like in your body?	
	What part looks like	
	Name of part	
	What part says	
	How part makes you behave	
	What part wants	
	What part feels emotionally	
Feel (unblend from the part or from any other part; access Self)	How you Feel towards the part? (if negative or no separation: unblend)	
BeFriend (get to know the positive intent of the part and the reasons it does what it does)	What is the part's role in the system? (what job does it have?)	
	How old is it? When did it get its job? (early memory)	
	What is it afraid would happen if it didn't do its job?	
	Who is it protecting? (exile)	
	What else does it want you to know	