Bringing Two Polarized Parts into Dialogue

(rough notes)

1) Reassure each part that Self is equally interested in hearing from both parts, regardless of who goes first.

Use the same 6 F’s we’ve been using for both parts, one at a time:

**Find** the part in your body

**Focus** on it

**Flesh it out** (name? details? what it wants you to know about itself, positive intent for you, conflict with the other part, etc.)

Determine how you **Feel** toward it (Curious? Compassionate? etc. = you are in Self and OK to proceed)

**BeFriend** it (Develop a trusting relationship with each part: offer respect, kindness, and gratitude; Ask about its job).

**Fears**: what is it afraid would happen if it stopped doing its job? Does the part want to share how it feels toward the other part or why it’s fighting with the other part?).

2) Get permission from both parts to engage in a dialogue under the guidance of Self.

3) Decide whether you will conduct this depolarization dialogue externally (speaking aloud or in writing or mapping/drawing) or internally.

Then:

* + Invite each part to state its position and respond to the other.
  + Each part listens to the other’s concerns and fears and responds accordingly.
    - 1. <we only took it this far in our class>
  + Perhaps each part reveals the exile its protecting.
  + Either part or Self suggests a resolution.
  + Each part considers the potential resolutions and brings up concerns and suggestions for improving it.

The parts negotiate with each other and Self in order to come to resolution they can both agree to.