

C's Opposites as a Way In

Look at the C's List. Which is the farthest from what you feel?

In other words, ...

What are you feeling/noticing? (Which of the C's Opposites are you feeling?)

Who is here? (What part can you sense and how do you sense it?)

Ask - Can it relax back just a little so you can be here WITH it.

Remind it that the more space it gives, the more Self is available to them.

When they are fully blended, no Self is felt and that is distressing ☹

Ask - What it wants you to get (feel, see, understand) about why you are stirred up right now.

Let the part/s know you feel/get what it shares with you and that it makes sense.

Ask - What in the past reminds them of the present?

Ask - What does it need from you right now? One of the C's?

Any other parts preventing you from getting this from you?