

# GUIDELINES FOR THE SIX 'F' QUESTIONS

*1<sup>st</sup> = Contract = agreement on target part*

*Fears and concerns of working with the target part:*

“Are there any fears or concerns about us getting to know the target part?”

## 1. FIND

Go inside. FIND the part you've agreed to work with/ want to know better

- “How do you experience this part?”
- “Find the part in or around your body.” *Situational* = re-experiencing a upsetting situation, *Emotional* = feeling, *Somatic* = feeling in body (describe), *Visual* = what does it look like?, *Verbal* = thoughts, what is it saying to you?

## 2. FOCUS

Focus on the part. Begin to flesh it out, making it more knowable

- how is it responding to you putting your attention on it?
- What do you notice about it? (Shape, age, color, etc.)

## 3. FEEL

“How do you *feel towards* the part?”

- looking for “C” words, need a critical mass of Self energy to proceed
- if not a “C” word, ask part if it would be willing to step back (unblending)

## 4. BEFRIEND

Establish a relationship between Self of client and part.

- Extend self energy, make meaningful contact, does it know who you are/how old? How is it responding to you? Update

## 5. FIND OUT

Get to know the part, flesh it out - What does it want you to know?

- What is its' intention for you? - It's job? - How old is it? - Rather do?
- What does it need? - How old does it think you are? (may need updating)
- Offer appreciations for its positive intention

## 6. FEARS AND CONCERNS

Address all F & C about what would happen if the part didn't do its' job -

- address all fears/concerns of going to the exile, be a hope merchant.