

## **INTERVIEW A PART HANDOUT**

### **DYAD PRACTICE**

#### **SPAIN SHAME WORKSHOP**

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**Role play:** each person gets 20 minutes as client and 5-10 minutes to reflect on being in that role. Pick one of the options below. The client will embody the part, the therapist will speak to the part directly. Here are three options, a manager, a firefighter, or an exile:

- Interview an internal shamer [a manager]
  - What do you do for XX [the client]?
  - What would happen if you didn't do that job? (the part names either an exile or a firefighter behavior)
  - What if the client [meaning the client's Self] could help that part?
  - How old do you think XX [the client] is?
  
- Interview an external shamer [a firefighter]
  - What do you do for XX [the client]?
  - What would happen if you didn't do that job? (the part names a fear)
  - What if the client [meaning the client's Self] could help the part who would feel hurt if that happened?
  - How old do you think XX [the client] is?
  
- Negotiate with an exile [a part who feels shameful and doesn't protect any other part] who comes up too soon to be patient and wait till protectors give permission.
  - If you overwhelm, XX [the client] won't be here to help you. But if you wait a bit longer, XX [the client] will negotiate with those protectors and come back to help you. Are you willing to be patient?
  - If the part says yes, have it pick a safe place to wait.
  - [If you have time, interview a shaming manager, as above.]

