

Healing Steps – Working with Exiles

8 Steps:

1. **Unblend:** Clear differentiation and connection of Self to exile part. Working with an exile has a slower tempo and pacing. Do not proceed until a critical mass of Self has been established. If needed, explain why we are asking the part to separate, let it know our intention and that we don't want it to be alone.

2. **Create trust between clients' self and part** – use proximity; question how close or far, can get closer? Let Self lead and show caring, sending caring, compassion, open heartedness to exile. Check exiled part's response after each question/intervention.
 - a. Ask part in advance, not to overwhelm the client
 - b. Take as long as necessary to build a trusting relationship, some parts may be fearful, unresponsive or hostile.
 - c. May need to negotiate with protectors and have a contract with them as you go along.
 - d. Negotiate with exiles if needed, they can choose to not overwhelm if they believe it's in their best interest. Explain to them why it's in their best interest not to overwhelm.
 - e. Update when necessary, does the part know who you are? (the client)

3. **Witnessing** = ask part to show you anything it needs you to know about its' experiences, watch scenes, get feelings or sensations. It is important to check to see if a part is stuck in time. If so, use retrieval. The corrective experience/do over should be offered as it is a deeply healing experience.
 - a. Parts who have been not believed, or their stories denied, usually need to use the body more to tell their story to feel fully understood.
 - b. Different parts may need different things to feel witnessed, just ask.
 - c. Check with client about feelings tolerance as visible emotions are being expressed. (managers often interfere here)
 - d. Ask: "is there more" then "does the part feel fully seen and understood"? (by Self)
 1. when the answer is "yes", this is the green light to proceed to unburdening.
 - A. **Retrieval** = Can happen in the beginning, as part of, or at the end of witnessing. Ask the part if it is stuck in the past. If yes, ask if it would like to come into the present with client.
 - B. **Corrective Experience** = Self and/or therapist enter scene, Self being with the part the way they needed a loving, caring adult, at the time.
 - a. Ask part if it would like to come with you to the present.
 - b. If no, ask what needs to happen 1st.
 1. May need to check with protectors' fears & concerns.
 2. Often the parts' burden of responsibility needs to be addressed before it is willing to Leave that time and place in the past. Updating can be very helpful.
 - c. Before leaving, ask if other parts want/are ready to come along.
 - d. Self takes part to place of choice, (can give options if part is unsure; "a safe and comfortable place") check parts response, does it like/feel safe in the new location?

- 4. Unburdening** = Self asks part if it is ready to unload emotions, memories, sensations or beliefs/meaning about themselves taken on by their experiences.
 - a. If part feels safe and fully witnessed, part usually says “yes”.
 - i. If not, ask “what else needs to happen or be witnessed”, and what the part is “afraid will happen if” until part feels fully seen and understood.
 - b. Ask part to take burden out of its body and give it up to an element (earth, light, fire, water, wind, etc) or whatever part wants to give burden to.
 - c. Check if part has unloaded all the burden, if not, why?
 1. Has the burden disappeared or transformed, is it totally gone?
 - d. How is the part doing once the burden has been unloaded?
- 5. Invitation**
 - a. What qualities would the part like to invite in, may need in the future, or what got pushed out by the burden? Space can be filled with positive qualities. (make sure response if coming from exile part you have been working with).
- 6. Integration**
 - a. Invite protectors to see part now in current state, their thoughts and reactions, would they also like to unload their burdens?
 1. If yes, guide them through the unburdening process
 - b. What would they (protectors) like to do now? Can they take on a new, preferred role in the system? What does the part (who unburdened) want to do now? Where would they like to stay? With whom?
- 7. Intention**
 - a. Ask part what it would like from the client as they go forward. (check in with unburdened parts regularly for at least three weeks to anchor the change)
 1. ask client if they can make a commitment to the part to follow through with the request.
 2. if yes, how will client make this happen? Get a concrete action plan.
 3. If no, can client make a commitment to works with protectors that are blocking the ability to follow through?
- 8. Appreciation** = thank all parts.