

Contracting

Target Part

New Target Part

Insight

Direct Access

Implicit

Explicit

Addressing Initial Fears & Concerns of working with Target part

Legacy Burden

6Fs

Find

Focus

Updating

Working with Protectors

Checking on part's reaction

Working with a Polarization

Checking for Critical Mass of Self-Energy

Healing Steps

Building Trust

Witnessing

Retrieval

Do-Over

Unburdening

Invitation

Integration

Checking on Affect Tolerance

Corrective Experience

New Role/Job for Protector

Unblending = *Feel Toward?*
Unblending = *Asking part to separate*

Befriending

Find Out

Fostering the Self-to-part Relationship
Extending Self-Energy to part

Hope Merchant / "Sales Pitch"

Permission to go to Exile

Asking Exile not to overwhelm

Addressing Fears and Concerns of Protector

Session Closure

Appreciation

Setting Intention (follow-up post session)