

EVALUATING SELF

Section 1 – Defining Parts (ex: impatient, stubborn, shy, aggressive, angry, self-critical, outgoing, driven, scattered, tired, creative, unmotivated, friendly, generous, loving, forgiving, quick wit, dry humor, confident – not confident, low self-image, thoughtful, smart)

PARTS OF MYSELF I LIKE:

Or what I consider my strengths

PARTS NO LONGER WORKING:

Parts that do not move me in positive direction

1. _____

Where in your body _____

Temperature _____

Texture _____

Color _____

Shape _____

Direction of Energy _____

How/when does it appear

2. _____

Where in your body _____

Temperature _____

Texture _____

Color _____

Shape _____

Direction of Energy _____

How/when does it appear

3. _____

Where in your body _____

Temperature _____

Texture _____

Color _____

Shape _____

Direction of Energy _____

How/when does it appear

4. _____

Where in your body _____

Temperature _____

Texture _____

Color _____

Shape _____

Direction of Energy _____

How/when does it appear

5. _____

Where in your body _____

Temperature _____

Texture _____

Color _____

Shape _____

Direction of Energy _____

How/when does it appear _____

Section 2 – Paired Parts

Which Parts are **exact opposites** of each other? (E.g., Thoughtful/Reactive, Intelligent/Low Self-Esteem, Motivated/Procrastinator, Patient/Stubborn) If you don't have any opposing expressions, skip this section.

Pair up these Parts: (you might not have all five with opposites)

1. _____
2. _____
3. _____
4. _____
5. _____

These “pairings” of Expressions or Parts are the same, only at opposite ends of the spectrum (like yellow to orange and then red). Do you notice this?

You can use the Part that is working for you (probably a “positive”) to balance or move the other Part closer to center.

Here's an example:

Thoughtful/Reactive Thoughtful...(hold opinions to Self).....Reactive... (Speaks out of Anger)

Thoughtful...(notice self-talk to feel whether you are content or frustrated in this state)

If holding your tongue frustrates you, practice speaking up to say what's bothering you.

When you do this, notice how the bottled-up energy is released and your “Reactive” Self quiets down.

Now you've created an information foundation for making change. You understand how your body interprets each Part and what triggers negative expressions.

Section 3 - Working the Paired Parts

Let's start with the Expressions you have "paired" from Section 2. Notice whether the area of the body where you notice these Parts is the same. Are any of the other sensations the same? If so, make a note of the location in your body where you notice them and all sensations that are the same.

1. List the expression you paired together _____

Do you notice it in the same body location? YES NO

Location in Body _____

Other Shared Sensations: Temperature ___ Texture ___ Color ___ Shape ___ Energy ___

2. List the expression you paired together _____

Do you notice it in the same body location? YES NO

Location in Body _____

Other Shared Sensations: Temperature ___ Texture ___ Color ___ Shape ___ Energy ___

3. List the expression you paired together _____

Do you notice it in the same body location? YES NO

Location in Body _____

Other Shared Sensations: Temperature ___ Texture ___ Color ___ Shape ___ Energy ___

4. List the expression you paired together _____

Do you notice it in the same body location? YES NO

Location in Body _____

Other Shared Sensations: Temperature ___ Texture ___ Color ___ Shape ___ Energy ___

5. List the expression you paired together _____

Do you notice it in the same body location? YES NO

Location in Body _____

Other Shared Sensations: Temperature ___ Texture ___ Color ___ Shape ___ Energy ___

Exercise:

Remember the negative side of the paired Parts (from Section 3). Reflect on the last time this Part/Expression became active (When/How it appears). Feel it where you noticed it in your body. You might also feel the other sensations (temperature, texture, color, shape, energy) in that area. Remember the other sensations associated with this and command them into this body region. It might also help to close your eyes to get into the character of this Part.

Migrate your Part to its positive partner.

*If you answered “No” in Section 3 – this paired Part doesn’t share the same body location as its positive counterpart – you’ll want to imagine moving the entire sensation from the location of the negative Part to the location of the positive (use your notes from Section 1 to help). For example, if the negative Part is felt in your stomach and its positive partner in your chest, imagine moving your focus to your chest, at the same time shifting the other attributes of color, temperature, shape and weight.

If you feel resistance, give the positive partner permission to help move it on your behalf. Notice the shift and allow any negative residue to flush away.

Section 4 – Working with Unpaired Parts

These are the Aspects/Parts (both positive and negative) that you can’t match up to an opposite partner on your list. Pick one of the negative Parts.

Review the list of positive Parts (from Section 1) and pick one or two of those you feel can help you. Write down what you selected.

How can you use these Parts to help quiet your negative Part?

If you are having trouble understanding how these Parts can help, imagine you are a third party observing you. What would this outsider notice that can help?