

## 6 F's Guidelines (Revised 1.26.23)

### 1. Identify a target part:

"As you land in our time together is there something you are aware of that you'd like to get to know?"

"Do you have a sense of what you would like to work with today?"

"Which of the parts you have identified would you like to begin with?"

### 2. Get permission to work:

"Are there any concerns about getting to know this part?" If yes, address those concerns. If no, proceed to the 6 Fs.

## The 6 Fs

### 1. FIND the part:

"Find the part in or around your body."

"How are you aware of this part/how does it show up?"

"How do you sense or experience this part?"

### 2. FOCUS on it:

"As you focus your attention on it what do you notice?"

"Ask the part If it has words, what would it want to say?"

"Does this part have a color/shape/energy?"

"What do you notice as you focus on it?"

### 3. "How do you FEEL towards this part?"

If the client responds with anything other than one of the qualities of Self (the 8 C's or their equivalents), use the "unblending techniques" before continuing. Do not explore a part further unless you assess that the client has enough Self energy present. If it won't unblend – it becomes the target part. Go back to Find (Step #1).

### 4. BeFREIND the part; facilitate the Self to part relationship:

"Let the part know you feel \_\_\_\_\_ (compassion, curious, want to get to know it, understand it)

"How does it respond when you let it know that?"

"Is it aware of your presence? How does it respond to feeling you there with it?"

"Does it know who you are?"

"How old does it think you are?" (If doesn't know, have client update it)

"Is it trusting that you are here to get to know it better?"

"Take your time to be there with the part in the way that feels right for it."

### 5. FIND OUT about it:

"What do you do for (client)?"

"How did you get this job?"

"How long have you been doing it?"

"Do you like your job?"

"Is there anything you would rather be doing if you didn't have to do this job?"

"How do others (people or parts) respond to you?"

### 6. FEARS

"What is it afraid would happen to client if you didn't do this job?" – explore until it shows what part it is protecting. **Get permission** from protector to work with the part it is protecting. (see handout on identifying and addressing protector's fears)