

Demo & Debrief with Toni

- Pam: Hi, everybody. As a reminder to all of us, here is where we left off. All right? We had created enough safety that Toni was beginning to get curious about some of her parts. We had mapped out a few of her parts, and I had asked her, of these parts, the one that drives straight ahead, the one that can feel overwhelmed and anxious, somebody who says there's more, I feel like I'm missing out because there is more here, we left off where I had asked you which one of those parts are you most curious to get to know better. Is it okay if we resume from there?
- Toni: Mm-hmm (affirmative), sure.
- Pam: All right. We'll pick it up from there. Toni, of those parts, pick one. What are you most curious to get to know first?
- Toni: Actually, I think, there is another thing that I am curious about.
- Pam: Oh, is there? Okay.
- Toni: Because you asked a question, while I was sitting quietly, I started thinking about this, so I will see if this makes sense. You asked a question, what is uncomfortable about being in this place? Then I started asking myself that question. So what? What is so uncomfortable about feeling like I'm idling or not knowing what to do or having some part of me always driving forward? Why is that so uncomfortable? I was pondering that question and wondering about that.
- Pam: Okay. You're most curious about that discomfort?
- Pam: Yeah.
- Toni: I am most curious about why is that a problem. Do you understand what I mean?
- Pam: Tell me more, tell me a little bit more. Why is it a problem to be idle, idling there?
- Toni: To not know, even to be overwhelmed, to be in the state that I'm in these days, even with the possibility that I get depressed sometimes. Why is that such a problem for me? It seems like there is so much angst around that.

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Pam: Okay, okay.

Toni: Is there some other voice, I guess, inside me, that would say, "So what"? Do you know?

Pam: That's the one, the one that's saying so what or the one that is feeling the angst? Or doesn't that make sense? Tell me, are you ... ?

Toni: I am most curious about the part of me that thinks all this is a problem.

Pam: Okay, yeah, that goes, "So what?" Right?

Toni: Right.

Pam: Are you feeling like that right now, like so what? What are you ... ?

Toni: It sounds a little critical, a little bit, not harsh, harsh, but, yeah, I am aware of it. Yeah.

Pam: Okay, good. Okay, okay. As we start, just notice your body. Can you do a scan of your body, and as you notice this, see where this one lives in your body. What does your body do when it's in charge?

Toni: It's a little new to be in touch with this because I am so in touch mostly with the what am I going to do about this. To be in touch with the "why do you have to do anything about this" is pretty new.

Pam: Okay. Is it okay?

Toni: Yeah, yeah. It's just new-er.

Pam: Okay. New- er. Okay. Did you get a sense of where ... As you start to notice this newer feeling, where it is, is it a thought, is it a body sensation?

Toni: I hate to do this to you, Pam, but what I am noticing as you ask me to do that is the

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whole idea of the pushback against that. What do you mean, "We're going to pay attention to something that says what's the problem; we have to get moving on this." Does that make sense to you?

Pam: It totally makes sense. It feels like that pushback is more dominant right now?

Toni: Yes.

Pam: Okay, okay. Is it okay to notice that, then?

Toni: Yeah, sure.

Pam: It seems like that's the loudest voice, and that's where we need to start. Okay?

Toni: Right.

Pam: As you hear that, what do you mean, what do you mean, notice where that comes from. Where do you find that in your body?

Toni: Really belly, belly-centered.

Pam: Okay, okay. Is it okay to linger there for a minute, notice any thoughts or images or feelings that come to you from that spot?

Toni: It feels like a lot of kicking and screaming.

Pam: Okay, okay. All right, yeah. I got it, I got it. Yeah, okay, okay. As you notice all that kicking and screaming there, see if you can tell how you feel toward it.

Toni: I feel a little tired of it. I feel a little tired of it.

Pam: Yeah?

Toni: Mm-hmm (affirmative).

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Pam: Okay. I wonder if ... Let's see if we can do this, okay? I wonder if we could find whoever that is that's tired of it, and see if it would trust you and me for a few minutes here, and step back. If it can do that, we can get to know this one, and if we can know it, we can help it not have to be so driven. Okay? Does that make sense to you?

Toni: Yeah, it goes. It does.

Pam: See. If that can't happen, that's fine, but see if it can.

Toni: Yeah, I think, it can. Yeah, mm-hmm (affirmative).

Pam: Okay, okay.

Toni: It feels definitely like more than one.

Pam: Does it? Okay.

Toni: Yes, it does.

Pam: All right, okay.

Toni: A little grouping.

Pam: A little grouping?

Toni: A little grouping of panicked ...

Pam: Oh, okay, okay. See, as you notice that, as you notice it feels like a grouping, see how you feel toward it now.

Toni: I am available. I am available, to stay with it.

Pam: Okay. Tell me what that means. A little curious, a little ... ?

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Toni: Yeah, curious.

Pam: Okay.

Toni: Not in love with it, but...

Pam: You don't have to be in love with it. Okay? At least a teeny bit interested to know it?

Toni: Yeah, definitely.

Pam: Okay, excellent. If you can, go ahead and let it know that. Let me know what happens when you do that.

Toni: There is some relief, but the relief more has to do with that we're not listening to that other part right now.

Pam: Okay, okay, but that's good, right?

Toni: Yeah, it's great.

Pam: That's fine. That's fine. The first thing that we know about it is that it's really relieved that you are not listening to that other one.

Toni: Right.

Pam: Okay, okay. Can we go back and see if we can find out more about it?

Toni: Mm-hmm (affirmative).

Pam: Are you still feeling available?

Toni: Mm-hmm (affirmative).

Pam: Let it know that. Invite it to notice you.

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Toni: It's a them.

Pam: Okay, sorry. Them. Yeah, thanks. Them. See what happens then.

Toni: I feel more space, more space, less of the overwhelm, less of the anxiety, less of the kicking and screaming.

Pam: Okay, okay. You're feeling still interested to know it?

Toni: Mm-hmm (affirmative).

Pam: Good, good. Let it know that, and see if it would be willing to let you know a little bit about itself, themselves, or however this comes.

Toni: What I am hearing is, "You know us. You know us," and that is true.

Pam: Do you know them?

Toni: I do know this. Yeah, this is not the first time that I have been in touch with these parts of me that drive that car forward.

Pam: Okay, okay.

Toni: That is what I'm hearing so far: "You know us. We've had many conversations about this." That's what I'm getting.

Pam: Okay, okay, okay. They're here now, again, right? There must be something that's got them up and going, again, or something that they believe you don't know enough about yet, or something. I don't know. I always think that's a good question, why now, why are you here now. Does that seem ... ? Can you ask?

Toni: Yeah, mm-hmm (affirmative).

Pam: Yeah, check that out with them.

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Toni: They're not saying much more, or I'm not getting that much more information, and I'm not sure why that is. It could be the context. I don't know.

Pam: Okay, okay.

Toni: Getting the sense of this could upset the apple cart.

Pam: Oh, okay, okay, okay.

Toni: That's another piece of information. You start listening to these other parts of you, This could upset the apple cart.

Pam: I got it. Okay, all right. See if they would answer this for you. They don't have to, if they don't want to, not that we're encouraging the apple cart to get upset, but what if it were upset? Right? What are they afraid would happen if we upset that? Again, we are not trying to do that, but ...

Toni: What I am hearing is, "What would happen to you?" Something would happen. There is a fear that something would happen.

Pam: Yeah. Any sense of ... ? It doesn't have to be a detailed description, but, I don't know, any sense of what that is?

Toni: A lot of unknown.

Pam: Yeah.

Toni: A lot of unknown.

Pam: Which is scary?

Toni: Mm-hmm (affirmative).

Pam: Okay.

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Toni: Mm-hmm (affirmative).

Pam: Yeah. Does that make sense to you?

Toni: It does.

Pam: Let them know that makes sense, and that nobody is going to be pushed to do anything they're not ready to do.

Toni: They don't exactly believe that, but they are ... because the conversation is up, they don't, internally, necessarily believe that, but for the moment, for the moment, they're willing to give me an inch.

Pam: Okay, good. Good, okay. What feels right now? It feels like they still need ... ? They're still not totally trusting of you here? They're still concerned. Maybe there is more concerns they need you to hear?

Toni: I'll see.

Pam: Yeah, see, see what else they might need you to know, if anything, or what would be helpful for them now.

Toni: I was sitting here, listening to you talking about protectors and managers and their exhaustion, and I can feel that exhaustion. This is a fight that is old, and they are weakening.

Pam: Oh, are they?

Toni: They are weakening a little bit. I'm sorry.

Pam: Yeah.

Toni: Sorry.

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Pam: That's okay.

Toni: It's not ... They're not holding their head up high. There is a weakening in this fight that I can feel.

Pam: Right. Good, okay. Would it be okay to let them know that you get that?

Toni: Mm-hmm (affirmative).

Pam: Right. Even maybe whatever they need you to feel about that.

Toni: I do really, really get that. I get the fight, and I get the weakening of the fight, and I get how the conversation that I'm trying to have with myself could be scary here.

Pam: Right, right.

Toni: Not to frighten them anymore, but I can feel that other part of me dancing a little jig.

Pam: Right, right. See if this feels right, okay? Maybe let them know, as you let them know that you get that, that you are here to help them, you're here as a support. Right? Even though they may feel like they're in this alone, they're not.

Toni: Yeah.

Pam: How do they respond to that?

Toni: Well. It isn't, as you and I have both been saying throughout this whole program, it's not about getting rid of them.

Pam: Right.

Toni: It's about making room for more voices, more experiences.

Pam: That's right. That's right. That's right. They're interested. They're interested. They're okay with you being there with them?

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Toni: Mm-hmm (affirmative).

Pam: Okay. There is one other thing. See if it feels right to let them know this, okay? Again, no pushing. We're not going to do anything until they really feel okay doing it, but to remind them that the way that we can help them the most is by ... Whoever that is that's doing the jig back there, helping that one, right? No matter what comes, it won't be vulnerable or it won't be hurt in whatever ways it's hurt. Does that make any sense?

Toni: No.

Pam: It doesn't? Okay.

Toni: Say it, again. Try it, again.

Pam: Okay, okay, okay.

Toni: What I think I know is that we don't want these parts to be threatened by the jig part.

Pam: Right. That's the one that we can help, right? They're working so hard to keep it back there, is that right?

Toni: Mm-hmm (affirmative), right.

Pam: Right, right. When they're ready, the way that we can help them best is by healing whoever that is. Right? We don't know a lot about that right now, but we know that's who they're trying to keep back there, but we can help them with that. Right? Let them know that, and see how they ... Again, we don't have to do that right now, but ...

Toni: In the moment, they're not that concerned about that.

Pam: Oh, aren't they?

Toni: Like they were, in the beginning, so there isn't that ... There isn't really that concern

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right now.

Pam: Oh, isn't there?

Toni: About that part. Not in the moment. In the moment, that seems to have relaxed.

Pam: Okay, okay.

Toni: What I heard was, "Great. Have at it." No, there isn't a lot of ... It doesn't feel like there is a lot of fear about it.

Pam: Okay, okay. Then, if they want, they could step back a little bit and let you be with that, or not. See if they ...

Toni: "Don't go that far," they said.

Pam: Okay. That's okay. They're not ready to do that, but that's good. Okay.

Toni: Mm-hmm (affirmative).

Pam: Again, let's reassure them that we don't want them to do anything that they're not comfortable to do, and we can continue developing this relationship between you and them, as long as they need that to happen.

Toni: Nice, yeah.

Pam: Okay. All right, see if there is anything else they needed to know or that they need to know from you.

Toni: I don't think so. I think it's good.

Pam: Okay, okay. Let's thank them, and I thank you.

Toni: Thanks.

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Pam: Yeah, yeah. Thanks, honey.

Toni: Thanks. Thank you. It's good.

Pam: Yeah?

Toni: Mm-hmm (affirmative).

Pam: Okay. We'll spend a few minutes debriefing what happened. First, I want to say thank you to Toni, again. I really appreciate you doing this. It's very sweet. I love being with you in this way, so thank you.

Toni: Thank you.

Pam: Yeah, and I also want to say that there are no real demos. As soon as you start going inside, real material comes up, so this little demonstration between Toni and me went a little deeper than we had planned, than my manager parts had planned ...

Toni: Or my manager parts had planned.

Pam: There may be some things in here that you are not quite clear about. I am going to let you know not to worry too much about that. We're going to cover this a lot more next month, so it will get clearer, but I will give you a framework of what happened so that you can have some idea of what we did. All right?

To start with, Toni selected her target part, and I thought what was really nice about this, this is what happens a lot. People will select a target part, and it's really not actually the part that they should be with. Remember, she wanted to be with the part that said, "So what?" but the other one that wanted to keep going took over and came in. We shifted to what ... Again, client-centered, we did what was most important for Toni, and then we found that part and began to set up that self to part relationship by asking Toni how she felt towards it. Right?

We got to a place where she said that she was available. I made sure. Because it's not one of the eight Cs, I made sure that that meant something similar to one of the eight Cs, and then Toni established a relationship with that part, or those parts. We

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discovered it was then a group of parts, right? Listened to their concerns, what they do and ... Some of which you already knew. These were not new parts for you. It was an ongoing relationship for Toni. Right? Am I right there?

Toni: Right, right.

Pam: Yeah. Again, listening to their fears about ... the primary fear was the unknown, not knowing what would come and being afraid of that. Right?

Toni: Right.

Pam: Again, establishing Toni ... when I say that I mean Toni's self as a resource for these parts and offering them hope, letting them know, being the hope merchant about how we could help them when they were ... how we could help them, and encouraging them, when they felt ready, to un-blend so that we could be with that part. These parts weren't ready to do that yet. Toni, I am wondering what was that like, Or, what would you like to say about it?

Toni: I notice that I am feeling pretty tender, and I have some grief about this because it's very old. It's not a new set of parts to be working with, so I am noticing that. Even though it's much less extreme than it has been, in the past, I feel tender about it.

Pam: Yeah, yeah, yeah.

Toni: It's good, it's a good inquiry, and I am appreciating being able to do it, actually.

Pam: Are you?

Toni: Yeah.

Pam: It's sweet, isn't it?

Toni: Mm-hmm (affirmative).

Pam: I know, I know.

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- Toni: I love this because it is so client-centered, and I do get to go wherever I am being led inside as opposed to being led on the outside, so that is lovely. It's a lovely experience to have.
- Pam: Oh, good, good.
- Toni: Yeah.
- Pam: Good, good.
- Toni: I think it was a nice example of how important it is to ... which is what you're trying to illustrate, is to stay with something that's happening inside until you feel the relationship.
- Pam: Right.
- Toni: Back and forth, it's not a one-way relationship. It's a two-way relationship, internally. To have the space to do that, and to wait to see if that's really happening and not to push through, not to push through something or go somewhere before that happens. This is an excellent example of that.
- Pam: Yeah, good.
- Toni: Yeah.
- Pam: Good. It's really interesting to hear you say that, about having time to establish that relationship, because what I was noticing were parts of me that were ... They are my teaching parts. I have to demonstrate this, and this is supposed to show this, so I could feel them wanting to come in and direct things a little bit so that I could make sure to cover all the topics that we were supposed to be covering.
- Toni: Right.
- Pam: I was spending a lot of time asking those parts to step back. Right? I am wondering if that impacted you at all. Were you aware of them?

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- Toni: You are talking about when you were trying to reassure the parts in my belly that we were going to spend time with the part that was ... ?
- Pam: Yeah, some that, and even earlier on. It was really an ongoing thing for me, yeah.
- Toni: Right. What was very interesting at that moment, and I think that this, again, speaks to what you are talking about, is this relationship that I was having, it was the relationship with self that was important. Let me see if I can articulate this.
- Pam: Okay.
- Toni: I didn't ... Those parts didn't need that hope merchant ...
- Pam: Right.
- Toni: Merchanting, because there was a relationship with me, so there wasn't a threat. The threat was relaxed. Does this make sense, what I'm saying?
- Pam: It totally make sense because, as I feel into it, if I were just doing that with you, I wouldn't have thrown that other piece in. I wouldn't have thrown it in at all. Right? Because it felt like you were where you needed to be, right?
- Toni: Mm-hmm (affirmative).
- Pam: I'm glad it didn't throw you off too much, that I threw it in.
- Toni: No, it was so clear that these parts in my belly were not worried about any other parts in the moment.
- Pam: In the moment.
- Toni: It doesn't mean that they won't worry about them later, but in the moment, with me, safe and secure with me, they were not ... They weren't focusing on any other part.
- Pam: Right, right. Even then, as I was trying to show that, asking them step back for the

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exile, that is when it really hit it for them, like, no, we're not doing that. Right? Yeah, yeah. Anything else you want to say about it?

Toni: No, no. Thank you.

Pam: Yeah. You're welcome. Thank you. That was really sweet. I am very touched by it. Thanks.