

PAMELA KRAUSE AND TONI HERBINE-BLANK

Demo and Debrief With Pam

Toni: All right, welcome back. In the last segment, you heard Pam talk about the importance of learning how to negotiate with Managers and their fears. Again, we thought rather than try to answer the questions to all those fears, that it would actually serve you better to watch each of us work with the other's Manager and how we negotiate the fears of those Managers. I want to just say that ... reiterate what Pam said...is that this is one aspect of the model that takes some time to learn how to do and feel confident with, but probably one of the most important.

If we do not have ease with getting into relationship, helping people get into relationship with their Protectors, and learning how, as a therapist, to help clients negotiate with Protectors, then the Protectors will come up over and over and over again as we begin to work with the more vulnerable Parts in the system. It does serve us all to learn to slow down a little bit and, as my therapist Parts always say, better that you create the safety with the Managers on the front side so that the backside will become easier working with the Exiles and the Managers won't keep interrupting.

Sometimes, no matter how hard you try the Protectors will keep interrupting, and so it's another reason why feeling comfortable negotiating is so important. Is there anything you want to add to that before we ...?

Pam: No, I think that's good.

Toni: Okay. Pam so graciously volunteered herself again. You might want to go back and watch that demonstration that I did with Pam so you can see where we ended. I'm going to just give the lay of the land from my perspective, and then you could fill in.

Pam: Okay.

Toni: Pam was talking about the Part of her that she noticed in her chest that can get actually quite fearful around not getting things right or being wrong or getting things wrong, and very specifically, it had been coming up because of the process that we're in here together. Not only did you get in touch with the Part that felt like a mouse running around in your chest, but you also became aware of two other Parts. One like a wall, and also one that was just talking to you that all had the same concern. Is that right? Do you want to add anything to it?

Pam: No, I think that's it. Yeah, absolutely it. Okay.

Toni: You did start to reveal ... Those Parts did start to reveal something about shame, which ... When I'm teaching I use this term, "hold lightly" a lot, which is I'm remembering that even though it may change, even though your Parts may tell us something completely

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different, that that idea of being shamed did begin to surface. I wonder if you want to just take a minute and go back in and see if you can access that trio?

Pam: Well, I've got the wall for sure—

Toni: You've got the wall for sure, okay. We're just going to start again with some of those Fs, and have you just focus on it. We're just going to hang out with it and see what it wants you to know in this moment.

Pam: Yeah. It feels really solid right now. It's like a really huge stone wall. It feels really thick, like stone and mud. It's like here I am.

Toni: Mm-hmm (affirmative), here I am. I'm going to ask you that really important question, how are you feeling toward it? Just as you're noticing it, stone and wood and solid and thick, how are you feeling toward it?

Pam: Yeah, my heart feels very open to it. It really does.

Toni: That's great. Could you just begin to let it know that, or feel that? In some way, however that feels right to extend that openheartedness. Who's that?

Pam: That's just me laughing at these Parts. It's so interesting to me. I have a lot of ... My husband calls me the family pit bull because I have a lot of Parts that are ready to ... It just says kind of like, "big deal." "Big deal, what the hell, I don't care." Like that.

Toni: That you're feeling openhearted?

Pam: Yeah. It's just totally unimpressed by that, which is pretty funny.

Toni: I guess what I want to ask is, is that okay with you? Is it okay with you in this moment that it doesn't really care that you're openhearted toward it?

Pam: Absolutely. I think when I was chuckling, there's a lot of warmth in that. It's totally fine with me that it is not ... zero impressed with me.

Toni: Right, okay. That's great. You're okay just hanging out with it?

Pam: Mm-hmm (affirmative).

Toni: I'm going to ask you another question, which is how close do you feel to it?

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- Pam: It's hard for me to do it in terms of distance, but it feels close. It feels close enough that I can feel connected to it. I don't feel like there's a huge gap between us. It's definitely close.
- Toni: Mm-hmm (affirmative). One thing that it did communicate is it doesn't really matter to it that you feel openhearted toward it. I wonder if it would be all right just to see if it would be willing to give you a little bit more information about itself today. We're just going to ask if it's available.
- Pam: Mm-hmm (affirmative). It's reacting a little bit because the Part in my head that wants to make sure this is right is telling it, it better be available, so it showed up. Actually it can step back. It's just an interesting dynamic, right? It can step back and-
- Toni: It's like a Manager of a Manager?
- Pam: Yeah.
- Toni: It's trying to manage this Protective Part. I'm going to encourage you to just really breathe in and make sure that there's space around this wall, that there aren't any other Parts pushing on it. Just take a little scan and see if you can really help those other Parts to just give some room for this wall.
- Pam: Yeah. I feel really open to it, like very soft toward it.
- Toni: Mm-hmm (affirmative), okay.
- Pam: It's actually feeling a little better about that. Yeah, it is.
- Toni: Okay. The last time we worked it started to give you some important information. I wonder if you just want to, in whatever way feels right intuitively, invite it to just give you more information about its job or its role, what it's doing for you.
- Pam: Okay. I'm just ... It's really not using its words, but I'm just really getting how solid it is, how steadfast it is, how ... I'm really aware of how hard it works to keep me solid. Like, it's really solid. It has some fear about not being solid, like what it means to not be solid. Like, what if I weren't solid?
- Toni: Mm-hmm (affirmative), so what if it couldn't do its job or you asked it to stop doing its job? It's already beginning to tell you about the fears that it has. Do you understand it, or do you need to have more information?

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- Pam: I feel like I get it, but I just want to make sure that I am. Let me just check.
- Toni: Okay, so go ahead and do that.
- Pam: It's tired. Really tired.
- Toni: Mm-hmm (affirmative). How long has it been doing this for you, trying to keep you solid?
- Pam: Forever.
- Toni: That's a long time.
- Pam: Really long time. It can't ever remember a time it wasn't doing this.
- Toni: Is it available to give you more information about its fear? If I didn't work so hard, so diligently to keep you solid. What is it afraid is going to happen to you?
- Pam: I get this image of it just like ... Like there's tons and tons of water behind it, and that it ... It not really cracks, but water just starts coming through the wall and it just more and more and more and more comes through. As I watch that, I felt this real empty feeling sort of in the pit of my stomach, and then the image stopped.
- Toni: Mm-hmm (affirmative), okay. Just so I'm sure I'm getting it. It's not necessarily the information coming in words, but what you can see is a big body of water behind this wall and that you can start to see that some of that water could begin to get through those cracks. Is that right?
- Pam: Yeah. As it starts to come through, then the wall just shatters like a force of water would. It's a little crack and then it gets bigger, then there's a whole bunch of them.
- Toni: Then the wall would just crack. It's saying, "I would just crack and the water would get through." As you had that image then I think what you said, remind me if I'm saying this right, is it's just a feeling of deep loneliness, is that right?
- Pam: No, emptiness.
- Toni: Emptiness, okay. Right. Yeah, okay.
- Pam: It feels like if any came through, it couldn't stop. Like that.

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- Toni: Yeah, that's what I'm hearing. That's the fear. If we let any of this through, I'm not going to be able to hold what's coming back. Then what? Would you just ask it gently, "and then what?"
- Pam: I'd just be taken over by that ... Whatever that feeling is. It's not letting me feel it again, but it's whatever that pit, whatever that—
- Toni: Empty.
- Pam: Yeah. There's kind of no words that can go with it right now. Maybe it's that sense of shame, maybe it's ... I don't know, but it's not very good. It feels almost like I don't exist. It's big.
- Toni: It lets you have the feeling for a moment, but it sounds like what is clear is that this wall is trying to protect you from that feeling, whatever that is. That deep feeling, trying to protect you from going back there. Is that right? Does this make sense to you knowing yourself, knowing—
- Pam: Oh, totally.
- Toni: Yeah. Can you let it know that?
- Pam: Yeah.
- Toni: How much sense it makes that it wouldn't want you to go there.
- Pam: It's really interesting, it just shut things down. It's sort of almost more blended with me right now, so just hang on a second.
- Toni: Do you need my help? Let me know.
- Pam: I will. Yeah, thank you. Boy, it's so interesting. Now when it ... It just unblended a little bit. When it blends, I just really notice how it pulls my shoulders up and I just feel so tense. Wow, so interesting. I can let it know how much sense that makes.
- Toni: Great.
- Pam: Sorry, excuse me. It said, "Damn right it does."
- Toni: Right. Damn right it does. So it's been working for a long, long time, forever to protect you against some pretty big feelings. How are you feeling toward it now as you're

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listening to it, as it's separating from you a little bit? How do you feel toward it now?

Pam: I feel a lot of tenderness toward it, a lot of appreciation for it. I feel a little sad for it, having to ... It's not easy what it does. Not easy.

Toni: Let it know that.

Pam: Mm-hmm (affirmative). Okay.

Toni: I'm going to ask you a question, and maybe you can ask this Part this question or maybe the Part can hear me. What I'm hearing the fear is, is that these big, big feelings are going to overwhelm you. The question to the Part might be something like this. "What if there was a way that we could work with whatever this is in a safe and respectful way where it actually wouldn't overwhelm you?" Would this Part be, and not right now, but would this Part be willing to let you get to know what this feeling is deep down in your belly? I don't know, maybe it heard me pose the question—

Pam: It did. As you were talking, I could just feel it. It was a little overwhelmed with sadness. I felt its sadness, like it's ... It wants to hope that that's true.

Toni: Mm-hmm (affirmative). Would it be all right if I said one more thing to it?

Pam: Sure. It kind of likes you.

Toni: Yeah, okay. The truth is that I wouldn't want to lead you in a process where you would be pulled into some dark place that you couldn't get out of, or overwhelmed with something. That wouldn't be my intention. I'm on board with this Part in a certain kind of way. We have a way of working here that keeps you in the driver's seat, as you know, so that you can titrate how much you feel at any given time. This Part doesn't have to go anywhere. Let's just see what that invitation is like, truly.

Pam: It's hopeful. It doesn't hope very often.

Toni: A little glimmer of, "maybe there's a way, or a different way to go about this?"

Pam: Yeah. Plus, it's not feeling any pressure from you or really even any pressure from me. It likes that because it's been ... It can get pushed.

Toni: Great.

Pam: Yeah, it's open to considering that, but not now.

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Toni: Not right now, that's right. We're going to completely honor that. Just go back inside and see if there is anything more that needs to happen between you and this Part right now. Maybe appreciate it and acknowledge it for giving you the information that it did.

Pam: Yeah, I can really feel it in my heart now. It's nice, thank you. It feels good.

Toni: Great. Good. Thank you. Thank you again.

Pam: Thank you again.

Toni: Thanks again, Pam.

Pam: Thank you.

Toni: Once again, a really excellent demonstration of helping Pam go back to one of the Protectors that she found, who showed up a little bit more strongly than the other time, a really big wall. And having that question again, "how do you feel toward it?" and really working with Pam to stay in an openhearted relationship with the Part. Then begin to invite it to let you know more about the fears. The fears became very, very obvious, which is a little bit of different language than in the other demo. When we finally heard about what the big fear was, that you were going to be overwhelmed with whatever this is that's being held, maybe it's the shame or the shaming or maybe it's something else, then began the negotiation with it.

What if there was some way we could work in here so that you did not get pulled into those feelings, that there is a way to reassure Protectors that you can titrate the amount of emotion that's coming up. Then that Part was clear that it's willing to have a little bit of hope, willing to believe that something like that could happen, but it was also very clear not in the moment.

Pam: Right. No way we're opening that can of worms here.

Toni: Right. Want to say anything about it?

Pam: Yeah. What I want to say is that any pushing of this Part would have made it more solid. If it had felt like we were trying to get around it or over it, I just had this sense that it could really expand or grow or whatever it needed to do. It was not going to be pushed. It was looking to me, but I was also aware that it was really focused on you. What were you going to try to sneak around it also. That's one of the things that I really appreciated was how ... I want to say how safe it felt, but that it was just a lot of space for it. It never

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got any sense that there was any kind of pushing for it to do anything.

That's not a new Part for me. I've known that one before. I know it's just really, really sensitive to any kind of pushing, so thank you. It was really nice. It felt great to that Part to be engaged in the way that you engaged it and the way that I engaged it. Nice, thanks.

Toni: Great. You're talking about this Part being extremely clear with you about not being pushed. I think what's also important about learning how to negotiate, is that we're not trying to talk Parts out of their experience. We're offering alternatives. In the negotiation, we're giving ... We're wanting to find out ... I asked the question once or twice and then what would happen, and then what would happen so that you really get a lot of information and the Part gets to say all of its fears. Then we can begin negotiating as opposed to trying to muscle it, refer to it as resistant, or anything pejorative at all, but that this Part has very, very good reasons for why it's doing what it's doing.

It needs to know what the alternative can be. Great. Thanks again.

Pam: Yeah, thank you.