Integrating Change Into the System

Pamela Krause:

Hi, everyone. Welcome to month 10. Nice to be back with you all. This month, we're going to be talking about integration of change into a system and also what it means once we've unburdened parts, what it means to be self-led. Remember that, you're going to get tired of hearing me say this, but we are a system of parts. While we may work with parts individually, any change that happens to one part will impact many parts in the system. If I have an exile that I've witnessed and unburdened, so it's no longer an exile, it's now part of the system, there's a system of protectors organized around taking care of that part, and those protectors need to incorporate or integrate the change. It's no longer the same system.

When you've witnessed and you've unburdened an exile, this part's no longer an exile. It's now in the system, and there have been many parts that have been organized around protecting it in its burdened form. They technically don't have to do that any longer. This part is not the same, but many of them won't know that. There is a process of integrating this change of this now unburdened part into the system of protectors so they can begin to shift into the roles that they were intended to have in our system. Integration is a really important part of our process, and we begin it as soon as a part has unburdened.

You may remember back from month five when Toni was talking about unburdening, and she gets through the entire steps of unburdening, the final step is integration. We begin to integrate this change as soon as it happens, and we start doing that by, remember, inviting in all the protectors that have anything to do with, at all, had anything to do with protecting that part in its burdened form so that they can come in and notice that something has changed because while you're witnessing and unburdening exiles, some protectors may be listening and some protectors just aren't paying any attention, so it's good to invite them all in and just have them see that something has changed.

Some protectors will automatically spontaneously once that former exile has unburdened, they'll spontaneously let go of their burdens also, so sometimes just coming in and seeing what has happened, seeing that a part has let go of some belief that it's worthless or unlovable or any of those really great burdens that our little exile parts carry, sometimes just seeing that and knowing that will allow protectors to spontaneously let go of their burdens and return to their original state. Remember, every part comes into the world with an intended role in our system, and it's their burdening that forces them out of that role, so if they spontaneously unburden, they return to their role immediately.

While that happens for some protectors there are other protectors that that doesn't happen for. One of the things that we also recommend is that when you've unburdened a part that you revisit that part for four weeks, four consecutive weeks, following the unburdening so that you can continue the integration process because if you do that return, it also helps develop new neural pathways that will help change the system, also. As you return over the next four weeks, you can check on the exile, former exile, see how it's

doing, and also check on the protectors around it because for the parts that didn't spontaneously unburden, there's two other things that can happen for protectors. When you invite them in initially and say, "Look, this part no longer feels worthless," some protectors will go, "Yeah, yeah, I know that's what you say, but I just want to see how this plays out in reality, so, you know, maybe it, maybe that's right and maybe it's not, so I'm going to keep on doing what I do just in case."

Those are the kind of parts I like to call, they're the wait and see parts. I want to wait and see what happens, so if you continue to revisit that particular event, that particular part that was unburdened, you'll begin to come in touch with those kind of protectors. Here's an example of what that might look like, and I'll actually use an example from my own system about that, and that is I had a part, a young part, that really felt very invisible and not valued and not very worthwhile. As I unburdened that part, one of the primary protectors around that was a part that really was hard working, wanted to get things done, very organized. I used to call it a rat on crack. It just knew what it wanted to do, and it just headed toward that. In that intensity of it job, it was pretty sharp. People experience it as being very sharp and could be hurtful to people.

As that exile was unburdened and didn't feel so worthless anymore, this one was one of those ones, it was a little bit apprehensive. It goes, "I'm not sure that's really true. I'm just going to keep doing what I'm doing." As I was going through my everyday life and I'm checking in with this part, we would come back to it in my sessions, and it really involved me being with that part and even that unburdened part saying, "Like, when this event happened, you'll notice this little ... I didn't feel worthless." That little former exile would go, "Yeah, it really didn't bother me anymore."

Over time, we just continued to check in with it, and over time, that part, while it sill is really great at getting stuff done, it's not so driven. It's shifted into its natural role of being really organized, really clear, really there's a strength to that part and a clarity that I call on a lot because it can see the big picture and make a plan, but it's really different now that that part can do it because that's what it loves to do rather than because it was so driven to do that. Because it's doing it more out of love of doing that, it's reverted back to its original intended role, it doesn't have the sharpness that it had before, so people don't experience it in such a ... It's not as hurtful to people as it used to be before, but that was a process that took some time revisiting that and helping this part see that it was different, that the exile wasn't as vulnerable as it was before, and that, in fact, it was no longer an exile. It was a young part that no longer felt like it was worthless.

In the next segment, I'm going to talk with you a little bit about the final scenario, which is sometimes when you go back over those four weeks, you will not only have parts that will want to wait and see what happens, but sometimes you actually have to witness and unburden protectors in the same way that the exile was witnessed and unburdened. In the next segment, I'm going to talk with you some about what that's like.

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I'm aware that I just gave you all a lot of information, so I just want to take a moment to summarize what we've talked about in this initial segment. We've unburdened an exile. We've gotten to a point where we've unburdened an exile and we want to celebrate, like ta-da, we've done it, this is great, and it is, and it's really not the end of the process. It's really the beginning of another process, which is how do we integrate that change into not only that part, but the whole system of parts. We've talked about starting the integration by bringing the protectors in to see what happened with the part that unburdened, that we're going to revisit that part or that system of parts, that pot of parts for four weeks.

Again, you'll hear more about that in the next month with Toni when she talks about neuroscience, but neuroscience supports us, returning to develop new neural pathways, and as you return, there are three things that can happen with protectors that are associated with an unburdened exile. One is that they will spontaneously let go of their burdens. Two is that wait-and-see scenario that I gave you about my sharp part, waiting to see if the exile really was in fact less vulnerable to being hurt. Then in the next segment, we're going to talk about protectors that need to be witnessed and unburdened.

I also want to say one thing: Don't panic. You don't need to try to figure out which protector is doing which. If you just keep going back and ask, they'll tell you exactly what they need. See you soon.