

## Guiding When Two or More Parts Come

### At the beginning of the session:

One after the other:

At the beginning of some sessions, there is a natural movement from one “something” to another. This just needs silence or reflection.

But if two parts are present *at the same time*, or are clearly in relation to each other:

(1) [after reflecting] “You might acknowledge each one.” OR  
“You might take some time to say to each one, yes I know you’re there.”

(2) [if needed] “See if it would feel right to be with both, or if one of them is calling you more right now.”

OR: “You might see if it’s right to be with both, and also be open to your awareness being drawn to one or the other.”

### Later in the session:

[If a new part comes in unrelated to the one they’ve been with, reflect and do “B” guiding, ie describing and/or acknowledging.]

[If it’s a feeling **about** the one they’ve been with, eg “I’m scared of this heavy place”, reflect with Presence language, then:]

X = the first feeling

Y = the feeling about the feeling

(1) “You might say hello to something in you that feels \_\_Y\_\_ about this \_\_X\_\_.”

(2) “See if it’s possible to let both be here, the \_\_X\_\_, and the \_\_Y\_\_ about it.”

[Now wait. They may naturally choose one. If not, regarding the one which is a feeling ABOUT the other one, say:]

(3) “See if you’d like to just turn to that \_\_\_\_\_, with interested curiosity, to get to know it better.” [and continue with C and D.]