

Parts Conflict Resolution: Between 2 People/ Parts

Principles:

- No one is ever wrong, ever (take moralism out)

This is hard to do: we like to think others &/or we are wrong, but in real coaching no one is ever wrong/bad, (their back story makes their behavior make sense)

- Be the defense lawyer for all your client's behavior, look for context that allows for innocence (love)

- Same with our romantic partner, become PR agent for their love & defense lawyer for their innocence (& your own)

- Steelman exercise (eg: couple, 2nd child)

- Find the dignity & intelligence in each person's perspective, get curious & find out their values underneath

eg: a dog that bites kids' face, dog not wrong/ bad, leave morality out!

- Help person remember who they really are, their inner values, their goodness, desire to add to the world

- Help them go 'home' to their true self (regulation/I believe in you/ MLK/ future pacing)

-Most clients are riddled with shame, shame is a 2nd order emotion, reduce it first, then pain lurks below

-Work with the client's internal endogenous conscience not externally shaming them

Parts conflict resolution is for working w/differing parts inside one mind

-Each part has values, needs, and desires, these must be dignified, honored validated

-Get each part to listen to the other part's values and commitments, to get their reality

-Coach holds meta-stance that includes both sides, allowing them to slowly tessellate like puzzle pieces

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PARTS RESOLUTION PROCESS:

Have the client hold their hands out front (maybe on a lap), palms up facing the ceiling.

Have them vividly imagine a 3-inch high version of themselves on each palm representing each part. Have them note each part's mood, demeanor, how they're dressed, emot. state, whether they're sitting/standing.

Help the client clarify the two parts that are in 'seeming' conflict, then name each part a name that dignifies that part's values.

EXAMPLE: Imagine the client has one part that wants to be free and independent vs. other parts that wants to be in a committed relationship

So part 1 can be called: **“Carefree Annie”** and the other can be called: **“Committed Annie”**

Have them close their eyes & imagine 3-inch high part 1 on one palm -allow the client to share details about part 1: how old? what are they wearing? emot. state? demeanor? mood?

With eyes still closed, have the client imagine 3 inch high part 2 -allow the client to share about part 2: how old? what are they wearing? emot. state? demeanor? mood?

Inquire which part is willing to lead a connection with the other part by saying hello...then invite that part to gently engage other with reverential curiosity:

Sample Questions: “Hello, I know you are standing for something important, and might have different values than me. I’m curious, what do you see that I don’t see? What can you teach or show me? I would like to learn from you. What are you honoring or protecting? (Listen carefully)

Try to get one part to share their truth/values with others until it feels heard & complete...(notice shift in client). Then ask the other part if they too would be willing to answer the same questions: I know you too are standing for something important and might have different values than me. I’m curious, what do you see that I don’t see? What can you teach or show me? I would like to learn from you. What are you honoring or protecting? (Listen carefully)

Keep client meta to the two parts, so they do not collapse back down into one side over the other. You as a coach are always scanning for how both parts are trying to do something good for their owner (your client)... each part is optimizing for some kind of safety/ security/ connection/ belonging, being loved or looking good... and the other part is optimizing for some kind of proactive growth,

change, adventure, innovation or success -all in service of healthy all round life for the client at large.

Help the client see how both parts are taking care of them in different ways (innovation/ growth & safety/ protection), and point out how both parts are actually not enemies but on the same team (pro-life). Suggest to the client that these parts can both work together as allies collaborating to create a safe & pro-growth future. Ask them..."What's possible when these 2 parts work together, honoring both sets of values, and learning to express and tessellate both commitments?

Invite client to bring both parts (hands) closer together (only if it feels right, so check with them first, no forcing), ask if the parts would be willing to connect physically: shake hands/ hug and if so, ask client to gently put hands together in prayer so parts can be joined and have the client press both palms into their heart, where 2 parts can now continue to work together in the unconscious, as allies collaborating and cooperating to get both of their needs met.

If the client does NOT want to bring both hands together yet, does NOT want to bring two parts together, then let the client know these two parts have now met and begun a deep conversation, they can continue talking & sharing in service of a possible future friendship where they will work together to support the whole system. Then ask the client to press both palms into their chest SEPARATELY and allow the 2 parts to continue talking & engaging in order to continue connecting.

After the client has pressed hands into their chest, invite them to take a deep breath, and then gently open their eyes & slowly orient to the room...noticing how they feel different now. Say "What's different about how you're feeling now?" (implying that a change has occurred)

Then, in order to break their trance (pattern interrupt) ask them a random, unrelated, easy question like: What did you have for breakfast? What is your fav color? What is your favorite food? What's your fav, movie? What's your mother's maiden name?

Future pace: Tell client: “These 2 parts will continue to become closer and have collaborative conversations in your unconscious mind and they will work together in tandem to support you (client) in getting both those value sets/ needs met.”

Ninja trick: As a coach, we can imagine the whole parts integration process along with the client...silently in your own head or with your own hands in front of you.

If you hold the vision in your heart/ mind that these two client parts will organically find their way into a friendship (w/o pushing), then 90% of the time they do...this visualizing the outcome in your mind is doing the “energy work” of seeing the integration happening before the client does, it’s a silent non-pushy leadership towards client wholeness and the desired outcome. Coach “goes first” into the future desired state (energetically, in imagination), then the client organically follows your lead. Never push a part closer; it must be organic.