

Parts Conflicts Resolution

When a client is stuck = 2 aspects of the client are in conflict (usually 1 is conscious, 1 is unconscious)

Clients not getting results after 3 months...must have a (secret) payoff from the status quo

Whenever there's a persistent complaint that produces the same results, there always is a payoff (benefit) and a cost (disadvantage)

Payoffs are protection from some perceived unwanted outcome

Two things at odds inside psyche: John Kegan calls them "competing commitments" / internal tug of war/ double bind/ paradox/ parts conflict/ rock & a hard place

Unconscious desires vs. conscious desires (often safety desires vs. growth desires)

We can help make the unconscious (fear based on the past) become conscious (truth based on current time)...then double bind can resolve itself towards healing by being present with in-the-moment-sensations

The illusion of old helpful pattern can feel very real in the body: ie: moths go to flame/lights (like stars), elegant solution that no longer serves them

Hidden oppressions: Suffering obligations to the family of origin, naive assumptions, ie: I'll lose my freedom if I fall in love, therefore I'll secretly never let myself fall in love

Part conflict resolution there are many tools:

Demo 2 palms facing up with part on each

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PARTS RESOLUTION PROCESS:

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

Help them clarify the two parts in conflict and then have the client give each part a name that dignifies the part's values.

le: one part wants to make lots of money vs. other part wants to just love & help people

So part 1 can be called: "Abundant Annie" and the other parts can be called: "Loving Annie"

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

With eyes still closed, have the client imagine 3-inch high Annie (Part 2: Loving Annie) on other palms (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 & say hello...then invite that little self to ask the other: "Hello, I see you are standing for something important, what do you see that I don't see? What can you teach or show me? I want to learn from you. Or...what are you honoring or protecting? (Listen carefully)

Try to get one part to share their truth and values with the other until that part feels complete/ understood...then ask the other parts if they'd be willing to answer the same questions: "I see you are standing for something

important, what do you see that I don't see? What can you teach or show me? Or ...what are you honoring or protecting?" (Listen carefully)

You as a coach are always looking for how both parts are trying to do something good for their higher-order 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 sort of proactive growth, change, adventure, innovation, or success -all in service of healthy 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 the 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 the 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 doesn't want to bring both hands together yet, doesn't 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 understand each other better.

After the client has pressed their hands into their chest, invite them to take a deep breath, and then gently open their eyes & slowly orient themselves to the room...

Then, to break their trance (pattern interrupt), ask them random, unrelated, easy questions 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 values 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.

Suppose you hold the vision in your heart/ mind that these two client parts will organically find their way into a friendship (w/o pushing). In that case, 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), then the client organically follows.

Coaching Gym: Parts Conflict Resolution

Coach Gym: Inner Game Integration of 2 Parts

(parts conflict resolution for calling in success/ clients)

The coach will help the client differentiate two seemingly conflicted parts in their psyche: i.e.: part that wants sameness (status quo/safety) vs. the part that wants change & growth (to become a successful coach)

Have the client hold hands out front, palms up, facing the ceiling. Invite them to close their eyes and imagine a 3-inch high little sameness-self on one palm (ask the client about little this self: what are they wearing? How old? emot. state? demeanor? mood?)

With eyes closed have them imagine a 3-inch high dreamer-self on other palm (ask the client about dreamer self: what are they wearing? How old? emot. state? demeanor? mood?)

Ensure the client stays above (meta) these 2 parts and doesn't identify as either or take sides). The client is aware there are 2 parts inside them, they're beyond both.

Ask the client, which one is willing to lead a connection & say hello...then invite that little self to ask other: "Hello, I see you are standing for something important, what do you see that I don't see? What can you teach or show me? Or...what are you protecting? (Listen carefully)

Try to get one part to share their truth and values with the other part until they feel understood.

Then ask the other listening part if they'd be willing to share their commitment/ values: "I see you are standing for something important, what do you see that I don't see? What are your values? What can you teach or show me? Or ...what are you protecting?" Do this until the part feels fully understood. (Listen carefully)

Coach is listening & looking for how both parts are trying to do something good for their owner (client)... each part is optimizing for some kind of safety/ security/ belonging and the other is optimizing for some kind of adventure/ growth/ change, all in service of a full healthy life for the client.

Help the client see how both parts are taking care of them in different ways, and point out how they are actually both on the same team. Suggest that they can both work together as allies collaborating to create a safe & pro-growth future. What's possible if they worked together honoring both values, learning to tessellate/combine them?

Have the client bring both parts (hands) closer together (only if it feels right, so check with them first), ask if the parts would be willing to connect physically: shake hands/ hug (NEVER PUSH) and if so, ask client to gently put hands together in prayer so parts can be joined, then have client press both palms into their heart, where 2 parts can now continue to work together in the unconscious, as allies conspiring together for the safety & growth of their owner.

(NOTE: If the client doesn't want to put two parts together, allow that...never push parts together. Let the client know these two parts have now met and begun a conversation, they can continue talking & sharing in service of a possible future friendship where they work together. Every decision they make will be optimized for BOTH value sets, win-win or no-go.

The client can press both palms into their chest separately and allow the 2 parts to continue talking inside their body to understand each other better.)

Deep breath, ask the client to open their eyes & gently orient themselves to the room...and ask them a random, unrelated, easy question to break the trance: What did you have for breakfast? What is your favorite color? What is your favorite food? This is an interruption to their altered state, bringing them back into the body.

Best to imagine the whole process alongside the client...silently in your own head. Guiding, not pushing the outcome you know they ultimately want, just holding vision w/o pushing. See their parts finding each other at their own pace, eventually.