

One Part: A Meditation

Richard Schwartz: Take three deep breaths. And now think of a part you'd like to get to know better, understand better. It could be an anxious, worried part, perfectionistic part, or people-pleasing part.

When you have one in mind, then go ahead and focus on it. See if you can find it in your body or around your body. And if you can't, that's OK. Just focus on however you experience the part, whether it's a sensation, feeling, or thought.

And now as you focus on it, notice how you feel toward it. In other words, are you annoyed by it or afraid of it or have an attitude toward it? If you feel anything toward it besides a kind of openness or curiosity or acceptance, then find the parts that are giving you those other feelings. See if they're willing to relax, just for a little while, and not interfere, and let you just get to know the one you started with.

If these other ones are resistant to that idea, then try to assure them that you're not going to have the original part take over. You're just going to get to know it a little bit. See if you can get just even a little bit curious about this target part.

Now you might find that the other parts won't relax back. That's OK. You can shift your focus from the target part and just spend some time getting to know their fears about relaxing back from the original one.

But if you can get to a point of curiosity about the target part, the original one, then it's safe to get to know it. And just ask what it wants you to know about itself. Don't think of the answer, just wait and see what comes from that place in your body, around your body.

It might be curious about how you want to know this, but it might also want to communicate that it's been trying to help you in some way or what it's been trying to do in there, and also what it might need from you. So just take some time to get to know this one, and see if it has questions for you.

When it feels like the part has let you know what it wants you to know, then thank it for whatever it lets you know. And also let it know that this isn't its only chance to communicate with you. You can always come back at another time to it.

And before you come back, be sure to thank the other parts for letting you know this one or for letting you know they were afraid to let you know this one.

Then whenever that feels complete, take a couple more deep breaths and come on back to the room.