

## Parts Integration Script

(with thanks to Terry Haggerty, who created this after watching me demonstrate the pattern during a Practitioner training.)

1. Identify the conflict and the parts involved.
2. Have the part that represents the unwanted state or behaviour come out on the hand first.

*“The part that is doing that – would you ask the part to come out and stand on your hand.”*

3. \*Make sure client has a V-A-K image of the part. Start in person’s preferred rep system and then move on to the others.

*“Does it look like somebody you know?”*

*“What does it sound like ...look like ...feel like?”*

*“What does it say – does it have anything to say?”*

*“What is the part that this part is most in conflict with – would you ask that part to stand on your other hand.”*

Repeat from \* for the other part

4. \*\*Separate intention from behaviour. Reframe each part by chunking up.

*“What’s the purpose of this part – what’s its positive intention?”*

*“For what purpose?”*

If they loop, string all the answers together (to get them out of the loop)

*“...and so what’s the purpose?”*

Do this for the other part (repeat from \*\*)

5. *“Have the 2 parts turn to face each other and realise that they have a common intention.”*

*“Have this part (point to it) notice the resources that this part (point) has that are useful for its purpose.”*

...and repeat for the other part.

*“Now have each of the parts notice that they were once part of a larger whole... and you might notice your hands beginning to come together.” “Very good. That’s excellent.”*

*“Now allow your hands to come together only as quickly as the 2 parts can begin to work together.”*

...There may be a long wait here...

*“Now take the integrated part inside. That’s great. That’s excellent.”*

**6.** Test and future pace.