

## Parts Integration

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.
3. Elicit the “Opposite Number” or the “Flip Side of the Coin” to come out on the other hand.
4. Make sure that you have a V-A-K image of each part.
5. Separate intention from behaviour.
6. Reframe each part so that they realise that they actually have the same intention by chunking up — ask, “What is the intention ...” or “For what purpose ...”
7. What resources or attributes does each part have that the other part would like to have?
8. Now, have the parts notice they were once part of a larger whole.
9. Bring the hands together.
10. Take the integrated part inside.
11. Test & future pace.