

Parts Assumptions

All Parts Are Welcome.

All Parts Need Attention.

All Parts Have Good Intentions.

All Parts want to be seen and heard.

Parts exist because they were unseen, unheard aspects of your original, true self.

Parts get louder when they need attention.

Parts calm down the more they are seen and heard.

The only relationship your parts need is to your loving self.

If you keep coming back, your parts will build trust with you.

You are powerless over your parts getting triggered.

You are the best one to take care of your parts getting triggered, now.

You can have multiple parts with opposite feelings existing at the same time.

Parts are frozen in time. They believe they are living in the original trauma/trigger.

Protective parts are your smartest, most intelligent survival traits that kept you alive when you were trapped in a hopeless, helpless, dysfunctional situation.

Sometimes it doesn't feel like the parts process is working.

The parts process is always working since you are showing up regardless of where the parts are at.

Parts are doing the best they can.

Parts can change.

Parts can heal!

When parts learn to look to you, the true self, they become like little children again. You meet their needs fully and this allows them to be who they truly are.