

Parts

A way of thinking about aspects of our unconscious mind that drive different behaviours, feelings and responses.

People often make conscious decisions to change a behaviour, feeling or response, only to find themselves doing it again. In many cases our conscious mind alone is practically helpless to permanently change behaviours feelings and responses that are automatic and unconscious. If we had decided to do those things consciously, it might be easy to change them consciously, just by re deciding. Instead, those decisions usually occur at a more automatic level. It is as if there is an ***unconscious part*** of us in charge of doing those things. Because our conscious mind does not run the behaviours, the first step to change is to learn to access the part of us that does run it.

The unconscious mind is benevolent

Throughout our life, our unconscious processes information and makes decisions outside of our awareness. Many of these decisions were taken in our formative years, and represented the best choice the unconscious part had available at the time.

All behaviour has a positive intention

Even though the resulting behaviours may be self defeating now, at the time they were adopted with a positive intention. A key factor in working with parts is to find the positive intention behind the behaviour or response.

When we have mixed feelings about something, part of us feels one way and another part of us feels another. Recognising and working with these parts makes it possible for us to come to wholeness. If we just try to shove aside these experiences and 'think positively' or overcome an unwanted behaviour with will power, we are fighting ourselves. When we fight ourselves, some part of us always loses. Finding a way to satisfy the positive intentions of all the parts involved allows us to effect real change without a struggle