PARTS INTEGRATION Script

1. Identify the conflict (which is a part of the unconscious mind) and the parts involved.

2. Have conflicting part, which represents the unwanted state or behavior, be brought out to either hand. “What form or person does this conflict represent and where is it located?”

3. Elicit the ‘opposite or flip side’ of that form be brought out to the opposing hand. “What form or person does this represent and where is it located?” “Who does it look like or who does it remind you of?” “Is there anyone else that may be a part of this behavior?”

4. Make sure the client has a FULL representation (V.A.K.) of each image/part. Elicit the client’s submodalities for each system. Visual, Auditory, Kinesthetic.

5. Separate intention from behavior.
   - Reframe each part so that they realize that they actually have the same intention by chunking up; “What is the intention…?” or “For what purpose does…?”
   - "What resources or attribute does each part have that the other part would like to have?"
   - Have each part notice that they were once part of a larger whole.
   - Ask for other parts that were once part of the larger whole. Have them join the integration.

6. Invite the hands to come together and, at the same, have the internal images begin to merge. “you may have noticed, now, your hands beginning to come together…”

If the hands do not come together automatically; do the following:

   - Create (visualize) third part with combined resources of each part.
   - Place this third image in between the two other images.
   - Create a series of visual images representing the metamorphosis or the transition from each part to the central image.

7. Take the integrated part inside and have it merge into the wholeness inside.

8. (Optional, if in relation to Time Line) Suggest a ‘Super Part.’


10. (Optional, if you did # 8) If appropriate, take the new Super Part on Time Line and release any event / decision from the past relative to the presenting problem.

NOTES: Do not use on phobias! All parts must be created from the same sufficient emotional experience the client has awareness of.