



Treasure Maps to the Soul

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❖ TANGLES

“Tangle...It’s a mess.

I’ve tried everything. Nothing works. It just stays the same.

I don’t know what to do!

I’m so confused. I have no idea what to try next.

I think I should do this, then I think I should do that! I’m bouncing all over the place!

I’m so sick of this whole thing!”

... and that would be a Tangle. What do your Tangles feel like?

Challenges, Problems and Tangles

Challenges

Every day you experience *challenges*. All living creatures have an in-built drive to meet challenges and attempt to master them. Think of a baby learning to walk. It doesn’t matter how many times it falls on its bottom, the drive to walk will get it up again and eventually, if it is physically possible, that baby will walk.

When you are able to meet a challenge successfully, it *‘carries forward’* – the whole situation changes spontaneously in just the ‘right’ way. Your capacity for meeting further, more complex challenges develops and broadens, remaining open and flexible.

When you are unable to meet a challenge successfully, a *stoppage* occurs. (“Stoppage” – when what should happen next, what is “implied” in Gendlin’s terms, can’t happen.) Although it might not seem to be a positive thing, *stoppage* can be an opportunity for further growth and creativity. It calls for you to develop abilities and resources. It is a natural process that all living creatures experience.

Problems

Problems are challenges that can be solved. You don’t know what is needed when you first meet the challenge. You use your experiences and learnings, gut instinct, intellect, support from others, experimentation... to solve them.

Highly Complex Problems

And then there are challenges that are *inherently* difficult to meet.

- It is difficult to determine the causes of the problem - they are no longer in present time.
- There are many factors which interact unpredictably with each other.
- You cannot use your past experiences or those of others to solve them.

To find a way forward, it is necessary to shift to a larger level of consciousness. When a felt sense of a whole situation forms, you are shifting to a larger, wider level of consciousness. When you shift levels from a narrow “problem perspective” to a wider ‘felt perspective” you are *already* living new possibilities that are exactly what the problem was missing.

Highly complex situations may need many Focusing sessions (and often other resources as well) to shift and carry forward in life. We found that Focusing on highly complex problems without an understanding of the processes of entanglement and a way to work with them can be fruitless.

In this workshop we show what needs to happen so that Focusing works... with life's most tangled issues.

Tangles

Some challenges could be called *Tangles*. A Tangle has three aspects:

- it is a highly complex situation
- the ability to act freely in that situation is severely constrained.
- there is at least one inner emotional conflict
- at least two inner parts (we call them *Partial-Selves*) feel endangered

All Treasure Maps situations are Tangled.

The truth is: *a Tangle is impossible to solve as the situation stands*. It doesn't matter how much good thinking or advice or encouragement or hard work we throw at a Tangle, it stays the same or even gets worse.

When we are enmeshed in a Tangle, we do not *interact* with the world. We *react*. And then we react to our reacting. We resolve to do better or differently next time. And then when we are in a similar situation again, we find ourselves either reacting in just the same old ways all over again or trying something different that doesn't really make things better.

In order to enable a Tangle to carry forward, we need resources that we currently do not have or do not know how to use. Even Focusing is not enough on its own.

When we began developing Treasure Maps, we had been Focusing for many years with many of our Tangles not shifting at all.

And that is what *Treasure Maps* is about – developing and learning how to use the specific resources your Tangles need so your Tangles can unTangle.

How does something get Tangled?

We said earlier that *stoppage* is a natural part of the process of living – a baby learning to walk, a difficult puzzle needing to be solved, trying to get someone who is ignoring you to pay attention to you. When we experience a stoppage in one of our life-processes, we exert energy and resources to try to make the situation move forward. When we are successful, the process resumes. We are *more* capable of interacting in the world.

Any situation in which you find yourself overwhelmed or afraid or in pain and you are unable to successfully meet it, is potentially 'tangling.'

The situation is too much for you (and those around you)

You couldn't cope with it and no one around you was able to help you resolve the situation and live forward from it.

Cataclysmic events:

These are events that tear at the fabric of your life. Some examples:

- a car crash in which you were injured or saw someone injured or killed and there was no one who could help you move through your fear and pain and grief.

- someone you trusted betrayed you or abandoned you and there was no one who could help you express and understand your anger and sorrow and live beyond it.
- you were taken from your family and there was no one who was able to help you find safety, a feeling of security and peace.

A cumulative series of events:

The events might be quite small in and of themselves but over time they build into an experience that something finds overwhelming.

- not being able to keep up with your friends
- not being able to understand arithmetic (or read or throw a ball...)
- not being able to meet the day to day demands of life

You are rejected by people who are important to you

Your natural, uninhibited expressions of yourself or your attempts to solve life's problems are rejected or ridiculed or thwarted by people important to you. When you were little that meant almost everyone bigger than you.

Some subtle examples:

- someone turning away
- frowning
- breathing more tightly

Some blatant examples:

- being shouted at
- called names
- hit
- bullied
- belittled
- molested
- criticized
- abandoned

What happens when a situation gets Tangled?

The more we feel our life or identity is at stake in a situation, the more we will experience distress and fear if we cannot resolve it. Because this is so painful, something in us withdraws our awareness from the experience, like pulling our hand out of a fire. When we remove our awareness from our experiencing, our capacity to interact becomes constrained. Our Self can become narrow, fragmented and rigid.

If our attempts to carry forward these challenging situations persistently fail, our future ability to interact with the world will be deeply affected. We will still attempt to solve the situation but with diminished resources. What we 'learn' in this situation will be generalized to other situations that feel similar in some way.

Territories of Entanglement

We know quite a lot about four areas of entanglement:

- The Swamp of Action Blocks
- The Wilderness of Addictions
- The Pit of Chronic Bad Feeling
- The Mountain Top of Obsessive Desire

Each of these areas has predictable patterns of inner conflict between several Partial-Selves. It can be helpful (but not essential) to know what kind of Tangle you are caught up in so that you are better equipped to help your warring Partial-Selves to untangle themselves.

What resources do Tangles need so they can unTangle?

There are two kinds of resources that are needed for Tangled situations to unTangle: inner Powers and outer Resources.

Inner Powers

We have found four Powers (processes) that make all the difference between being stuck in a Tangle and it being able to transform and carry forward.

We will be concentrating on these four Powers during Treasure Maps.

- Self-in-Presence
- And-ing
- Deep Empathy
- Holding it All

Outer Resources

The kinds of support that we receive from those around us can make a huge difference in our ability to meet our challenges and engage in the work of helping our Tangles to dissolve. It is vitally important to be able to sense the difference between support that strengthens and the kind that undermines our ability to be Self-in-Presence.

What happens when a Tangle unTangles?

- Relief.
- Calm.
- Less reactive. More responsive.
- Present to what is here now.
- Actions that carry-forward the whole situation occur naturally.
- *Self-in-Presence* expands and deepens and becomes stronger.

❖ DEVELOPING YOUR INNER POWERS

The four resources described below work together to transform Tangles.

1. The Power of *Self-in-Presence*

Cultivating your capacity for *Self-in-Presence* is the most important aspect of our work. *Self-in-Presence* comes first and needs to continue throughout the process.

Self in a state of Presence creates a special space within which everything within you can be welcomed. It allows you to be with whatever needs your attention from the strong compassionate center of your being.

The Power of Self-in-Presence grounds you in Self and keeps you safe even when the strongest and most difficult feelings arise. Learning to cultivate a state of Presence brings you back to *Self-in-Presence*.

2. The Power of *And*

The Power of *And* is *Self-in-Presence* in action. It allows whatever needs your attention to come and be known. The Power of *And* welcomes all aspects of a Tangle, no matter how much they are in conflict, in a safe, respectful space where each can be included.

3. The Power of *Deep Empathy*

The Power of *Deep Empathy* connects you with your deepest truths, heals wounds and releases life-forward energy. *Deep Empathy* goes to the heart of each Partial-Self in a Tangle so it can be known in just the way that it needs.

The living-forward energy that has been locked up in a Partial-Self releases into your whole Self again through your sensing its fears and dreams for you.

4. The Power of *Holding it All*

The Power of *Holding it All* allows the full felt sense of the Tangled situation to be directly sensed and symbolized as a whole. All the aspects of the situation come together and are felt as one meshed, intricate experience.

In this direct experiencing of the whole thing, you live beyond what has been stopped. Freshly sensing the whole of what is so in this moment, allows essential carrying-forward to unfold. The living forward recommences in ways that cannot be predicted but are always life enhancing.

❖ 1 – THE POWER OF SELF-IN-PRESENCE

KNOWING HOW TO MOVE INTO SELF-IN-PRESENCE AND TO RETURN TO IT WHEN YOU BECOME IDENTIFIED WITH SOMETHING IS THE MOST IMPORTANT THING YOU CAN LEARN IN TREASURE MAPS.

Self-in-Presence is powerful. From here, you can keep company with anything. You are not overwhelmed; you are not denying. You are present to the truth of how you are right now. You are aware of your inner experience, you are acknowledging it. When you are in a state of *Self-in-Presence*, you are able to keep company with everything.

When you are not Self-in-Presence, you are identified with a Partial-Self. So recognizing Partial Selves and moving into Self-in-Presence is a pre-requisite to everything else you do. It needs to happen first.

Partial Selves may need a kind of reparative process, which includes giving them acknowledgement, respect, and a kind of deep compassionate listening. Then it will be much easier to have a felt sense of them or of the whole situation.

It may be hard for you to believe that *you do not need to do anything to your problems or yourself* in order for change to occur. When you are Self-in-Presence you create the right conditions where change occurs spontaneously, organically, effortlessly... When the right conditions are there your organismic living forward flows naturally. Each time something unTangles, your life energy strengthens and your situations carry forward. That which has only been potential can unfold and grow. Self-in-Presence creates those just-right conditions.

There are more Powers, but *none of them will work without this.*

What do we mean by *Self-in-Presence*?

Self

Your capacity for interacting with the world is your *Self*. The state of your capacity for interacting is always in flux, affected by many factors:

- the quality of sleep you had last night
- the state of your health
- how much stress you are experiencing
- information (or lack of it) about a situation
- the models of the world you have
- and, most importantly, whether the situation you are in is *Tangled*

When your capacity for interacting is high, (open, wide, unimpeded, free...), you are capable of acting with flow, sensing the whole situation (given the limits of what you are aware of), connecting with your here-and-now experience, and interacting freely with your environment. Your Self feels confident, calm, clear, having a large perspective, flowing, empowered, peaceful, centered, grounded...

When your capacity for interacting is low, (constrained, narrow, limited...), your Self may feel anxious, confused, overwhelmed or paralyzed, at the mercy of others or of circumstances, small, vulnerable, fragile, wounded...

Presence

Presence is a state of being. Here are some of the qualities of Presence:

- calm
- balanced
- curious
- open
- grounded
- courageous
- joyous
- sensitive
- confident
- unbiased
- patient
- flexible

Self-in-Presence

When your Self is in a state of *Presence*, your capacity for interacting is unimpeded. Let's call this being *Self-in-Presence*.

Here are some qualities of being *Self-in-Presence*:

- being able to keep company with whatever needs your attention in you and other people
- being able to sense the whole of a situation
- being able to be calmly assertive
- being able to give and receive nurturing
- being able to connect with others
- being able to admit mistakes
- being able to take responsibility
- being able to be direct and honest
- being generous
- being able to forgive
- being capable of envisioning what is possible and what is needed
- being able to act on behalf of those who are vulnerable
- being able to comfort and aid those who have been hurt
- being grateful
- being wise
- being curious
- being creative...

As you move in the world embodied, calm, curious and courageous, you *are* Self-in-Presence. As you create a safe inner environment for those aspects of your being or of another person that need attention, you *are* Self-in-Presence.

Self-in-Presence is not an object within ourselves that we have to find. It is a state of being that you can cultivate. You can become more and more aware of whether you are in a state of Self-in-Presence. You can develop and strengthen your ability to return to a state of Self-in-Presence when you lose it (and we all lose it over and over again).

Maintaining Self-in-Presence is very challenging when you are in a Tangled situation. It can evaporate in a heartbeat.

As you cultivate Self-in-Presence, it can become your dependable, re-sourced state of being.

❖ CULTIVATING SELF-IN-PRESENCE: RESOURCING

Self-in-Presence is not an either/or, on/off kind of thing. It fluctuates from moment to moment and situation to situation. You can strengthen your capacity for knowing, finding and returning to a state of Self-in-Presence by deliberately cultivating it. We call this *Resourcing*.

Practice cultivating Self-in-Presence when it is easy – in your everyday life and while Focusing – and it will be much easier when something in you is finding something difficult.

One of the things that helps strengthen the experience of Self-in-Presence is taking some time to gather your resources at the beginning of any Focusing session. This is especially true for a Treasure Maps session. Also any time during a session when you feel you are losing Self-in-Presence, pause and re-establish your solid sense of Self-in-Presence using any of the ways below.

Some simple ways of Resourcing:

Grounding in the body here-and-now:

- Noticing whatever feels open, alive, flowing, warm (...) in your body right now – even a little bit. Welcoming whatever feels alive and acknowledging whatever doesn't feel that way right now.
- Being aware of the feel of your solid foundation, your base. This includes feeling the support of whatever is under you: chair, floor, ground. Feeling the support of your hips, pelvis, feet, back.
- Engaging your senses: what do you see or hear or smell or touch?
- Be aware of your breathing
- Say: "I am the space where all that is in me can be as it is."

Pausing:

- Taking time regularly to refresh *Self-in-Presence*: during your day, during a Focusing session, during a situation where something in you is becoming emotional and reactive.
- Noticing the quality of the energy that you are embodying:
 - when you are talking with someone
 - when you are trying to do something difficult
 - when you get out of bed in the morning

If maintaining Self-in-Presence is difficult:

- Let a gentle hand move to the place in your body where feelings are difficult to keep company with
- Acknowledge something in you finding it difficult to be with this
- Refresh your sense of body grounding: open your eyes and look around the room

Sensing directly:

- Pausing and noticing how you are feeling as precisely as possible; directing your attention to what you are experiencing and holding it there. 'Having' that experience directly.
- Sensing for the whole thing as widely as possible.

During the rest of your life:

- Walking, dancing, doing yoga or other whole body movement
- Receiving and giving massages.
- Maintaining a practice like Mindfulness meditation

Drawing on models of Self-in-Presence:

- Remembering being a Companion, caring friend or therapist and offering another person acceptance, openness, empathy without agenda
- Sensing the qualities of someone you admire: past or present, fictional or real, spiritual (Buddha, Kwan Yin, Jesus) or 'ordinary' person...

Metaphors:

- Finding a metaphor for your own experience of Self-in-Presence such as a large bowl, a lap that many children can sit on, a calm deep lake...

Using 'Presence Language':

- "I'm sensing..." "I'm aware of..." "I'm noticing..."
- Disidentifying from Partial-Selves: "*something in me* feels or is like..."

Supporting Resourcing when you are a Companion:

Embodying Self-in-Presence

The most important way you can support Self-in-Presence in another is to be Self-in-Presence yourself.

Invite pausing:

- "Maybe just take time to sense how all that is right now."
- "Take your time."

Invite grounding:

- "Maybe this is a time to sense your body's contact with what you're sitting on."
- "You might take time to feel your breathing and the support under you."

Use metaphors that evoke Self-in-Presence:

- "You might say to yourself, "I am the space where all in me can be as it is.""
- "Maybe you could feel that you are large, larger than any part of you."

Invite situating:

- "You might want to open your eyes and look around the room."

❖ CULTIVATING SELF-IN-PRESENCE: INNER RELATIONSHIP

It is only when Self is in a state of Presence that you can bring compassion, trust, respect, understanding and leadership to your Partial-Selves that need that. This means *being with* them. Developing your *Inner Relationship* is one of the most powerful ways of cultivating Self-in-Presence.

There are several ways to cultivate an Inner Relationship:

Acknowledging

This is the simplest thing you can do and it can make a profound difference.

- It is like saying, “Oh, yes, I can sense that is there.”
- Take time to notice how it feels in your body after you’ve acknowledged something.

Making contact

When making contact you are establishing a relationship with something. What you do depends on what is needed for making contact in a trustworthy way. We can’t tell you in advance; you’ll need to sense it.

- Sensing how something in you wants you to be with it
- Saying “hello” to it
- Saying “Yes, I know you’re there.”
- Just being with it, keeping it company attentively and silently.

When you make contact with something in you, you are aware of yourself *and it*. You are the one who can make contact. “It” is the one you are making contact with. The relationship is very clear.

- Notice how it feels in your body after you make a direct connection with something.

Being with

Being with is central to the *Power of Self-in-Presence*. After you have made contact with something, then you settle down to spend time with it.

- You hold your attention on something in you that needs attention.
- You actively sense what is there and how it is.
- You sense for exactly the kind of contact it needs:
 - lots of space
 - a gentle hand where something in you wants physical contact
 - silent company
- You sit with it.
- You keep it company.
- You allow it to be as it is.

You are not talking *to* it. You are not trying to get it to change. You are not making something happen or *doing to*. You are *being with*.

This requires trusting that transformation of the whole situation can occur. (And, of course, there will be Partial-Selves that don’t feel trusting, and you need to welcome and keep them company them as well.)

Sensing from its point of view – “I’m wondering how you are”

The next stage of developing an Inner Relationship is a stage of empathic sensing, of sensing *from its point of view*. This is not how *you* feel about *it*, but how *it* feels.

- You are interested
- You are curious
- You empathize with how it feels
- You notice when something else in you finds it difficult to empathize with the Partial-Self you are being with and turn to include it as well.

Empathizing with a Partial-Self is like empathizing with a friend. You can often tell how a friend is feeling even when he or she doesn’t feel like speaking. In the same way, you can sense (slowly) that this Partial-Self is scared, or sad, or tired or whatever.

Letting it know you hear it – “I can sense that”

Now you let the Partial-Self know that you have received what it wants you to know. For example, you might say to it:

- “*I hear that you are scared.*”
- “*I can sense how scared you are*”
- “*I can see what you are wanting me to know.*”
- “*I really know how painful this whole thing is for you.*”

Like the other stages, this one is notable for what you do **not** do. You do not argue *or* agree. (If you are aware of wanting to argue or agree, it is another Partial-Self and needs to be acknowledged as well.) If you don’t argue or defend, and if *it* feels safe, then it will tell you more.

- Then you wait patiently, interested in understanding more from its point of view.
- When it tells you more, you continue to let it know you hear it.

Supporting Relating when you are a Companion:

Use Presence Language

Reserve the word “You” for Self-in-Presence:

- “*You are sensing something in you that is feeling terrified.*”

Invite Inner Relationship

You is the most powerful pointer to Self-in-Presence. Emphasise it a little:

- “*Maybe you can be with that*”
- *Maybe you could say to it, “Yes, I know you’re there.”*

When something is distressed or in pain:

- “*Maybe you can be with that like a kind mother/father would be with a little child.*”
- “*You might let a gentle hand go there.*”

When something is finding it hard to be with something else:

- “*You’re sensing something in you that’s finding it hard to just be with [or say hello to, etc.] that... and maybe you can say hello to that.*”

❖ 2 – THE POWER OF AND

I am sensing something in me that _____ AND I am sensing something in me that _____ and both are here.

The most important thing that you need to cultivate, besides Self-in-Presence, is the *The Power of And*: staying with two or more Partial-Selves, acknowledging them and being with both of them without siding or becoming merged with either of them. It requires the ability to notice when you are leaning towards or merging with something that is in conflict with something else in you. This capacity gets easier and stronger with time and practice.

Use The Power of And

- when you are engaged in an inner struggle
- when you have opposing feelings
- when you are pulled in different directions
- when you feel stuck

Not Taking Sides

“I’m sensing something in me that wants to do nothing. That scares me – what if I just do nothing?”

Notice how the Focuser has taken sides in the sentence above. In a situation which has become badly Tangled the pull towards siding with a Partial-Self can be very strong and it can even feel like relief if you do. This kind of relief is actually a dead end – *at a deeper level nothing has changed.*

- when you take sides, one side feels more right (or true or good or valuable) than the other(s)
- when you take sides, you are merged with a Partial-Self that chooses or prefers or likes one side more than another

As Self-in-Presence the Focuser would say something like: “I’m sensing something in me that wants to do nothing *and* I can sense *something in me* is scared about that.”

The more you can be with all of what you’re aware of, the more you can stay open to the unknown, and the less likely you will be to force things to premature conclusions or fall back into old patterns, and the more likely it is that real change will occur.

Developing the capacity to be with both (or all)

- Pause, and turn your awareness towards cultivating *Self-in-Presence*
- Stay grounded in your body where it already feels calm and at ease
- Acknowledge and make contact with each Partial-Self
- Describe the felt quality of each Partial-Self you sense
- Notice and acknowledge when it’s difficult for something in you to be with something.
- Say: “This is here *and* this is here.”
- Say: “I am the space for all of this to be as it is.”
- Say: “I’m being with both/all of you.”

The Power of And whenever you feel stuck

With the Feeling about the Feeling

- Whenever you have a feeling which is *a reaction to* another feeling, you'll need *The Power of And* to allow you to be with both. This is a very common situation in 'ordinary' Focusing and even more so in Treasure Maps.
- So you might have fear *and* impatience *about* the fear.
- You might have anger *and* worry *about* whether other people will be OK with your anger.

Making decisions

- Use *The Power of And* with decisions that involve a choice of actions, like staying or leaving a job – or a relationship.
- “I'm saying hello to something in me that wants to stay and hello to something else in me that wants to go.”

At the Edge

- When you are at the edge of your boundaries of what is known:
 - You can be with something in you which wants to stay with the familiar, and also something in you that wants to go beyond the edge.
 - You can sense the part that is known and the part that is unknown.

❖ 3 – THE POWER OF DEEP EMPATHY

Every Partial-Self is (yes, *is*) something positive it wants us to be able to live. When the *Wanting* of a Partial-Self is felt, it is able to live more freely and fully again. Wanting *is* living-forward energy experienced directly in our bodies.

But often this Wanting is bound up in fears, blocks, anger and stuck places. There is just as much living-forward energy in such places – but it is ‘reversed,’ expressed negatively instead of positively. We call this *Not-Wanting*. Not-Wanting is a bridge between where we are right now and the Wanting. For Not-Wanting to turn into Wanting, it needs to be fully acknowledged, experienced and symbolized.

Cultivating Deep Empathy

This is all about deeply sensing the point of view of a Partial-Self – without becoming merged with it. Each Partial-Self is holding on to something for you. Unfortunately, many of them no longer remember what that is. They have been caught up in the Tangle for so long that they have forgotten what it is that they are really fighting for.

As you offer each part empathy for what it has been going through, it can pause long enough to rediscover what motivates it – both its fears for you and its longings. We call these fears what it is *Not-Wanting*. We call its longings what it is *Wanting*.

Relationship first!

TAKE YOUR TIME. WE CANNOT STRESS ENOUGH HOW IMPORTANT IT IS TO DO THIS FROM SELF-IN-PRESENCE.

Impatiently pushing at this point (which means that you have become identified with a Partial-Self that is feeling impatient) will damage the relationship of trust and respect that you have been patiently building up with your Partial-Selves. It might also push you into experiences which can retraumatize a wounded Partial-Self at the core of the Tangle.

Trust

Before you can sense what a Partial-Self is Not-Wanting or Wanting, It needs to trust you sufficiently so that it can be vulnerable about how it is feeling. In order for it to trust you, you need to be grounded in Self-in-Presence and be able to not take sides (And). This process of trust-building may take some time.

- *First* let It know that you can sense how it is feeling, just as it is. Take your time to ensure that it trusts you.

Respect

You as Self-in-Presence offer each Partial-Self respect for its efforts in dealing with these Tangled situations in your life. The more that you embody Self-in-Presence, the more that Partial-Selves will naturally respect you.

- *Then* you can give this Partial-Self an opportunity to let you know what it is like from its point of view.

Sensing freshly how it is right now

It is important that you keep sensing directly in your body as each Partial-Self lets you know what its fears and hopes are for you. It can be very easy to get caught up in words, strategies, figuring out, trying to understand and so on. Sensing directly how it is right now helps you to stay grounded and connected with a Partial-Self.

A model for listening more and more deeply

- Sensing freshly in your body how it is right now
- Giving the invitation
- Waiting for a reply
- Receiving the reply
- Letting it know it's been received
- Sensing if the Partial-Self feels heard
- Sensing freshly in your body how it is right now

You can see that the first and last stages are the same – and of course, you need to sense directly in your body the whole time.

Sensing which is first: Not-Wanting or Wanting

Before you can invite a Partial-Self to let you know more, you need to be able to sense how it is feeling. Is it afraid? Is it longing for something?

Not-Wanting

A Partial-Self which is afraid is very close to expressing what it doesn't want. Fear is almost Not-Wanting already: "I'm afraid to die" = "I *don't want* to die." There is a step of empowerment in moving from fear to Not-Wanting.

Take time to sense how that feels in your body – generally it feels better.

Good places to find Not-Wanting:

- anxiety, apprehension, worry, fear
- anger, resentment
- sadness
- stubbornness
- hesitation
- powerlessness
- hopelessness, despair...

Wanting

Sometimes what you are aware of first is that a Partial-Self is Wanting something. When something wants you to take an action or to have something, you need to start with sensing and acknowledging its desire.

Good places to find Wanting:

- desire, longing, craving
- frustration
- ought, should, must
- feeling something is missing
- needing something or somebody, jealousy
- obsessing about something or somebody

Going deep into Not-Wanting

Let us assume that you are starting with what a Partial-Self is Not-Wanting. Something is feeling unhappy, scared, angry, anxious, worried...

There are a series of invitations that progressively go deeper and deeper towards the heart of what something in you has been trying to protect you from feeling – the direct experience of stopped process.

These invitations can bring us to the center of the Tangle where, from Self-in-Presence, your dreaded feelings and beliefs can be known and the energy and aliveness bound up in the Tangle can be released.

The first invitation

If you (the Focuser) can sense that something is afraid or anxious or worried you might say something like this:

- “*Maybe there’s something you don’t want to have happen to me.*”

If it’s angry, frustrated, sad, distressed the invitation could be phrased this way:

- “*Maybe there’s something happening or something has already happened that you don’t want.*”

Here are more invitations. Notice that even though these speak of “wanting,” they are really about what is *not-wanted*.

- “*Maybe there is something you’re wanting to protect me from.*”
- “*Maybe there is something you want to prevent happening to me.*”

Often the invitation can be more helpful if you phrase it to include the Partial-Self that is not wanting this to happen. For example with a critical Partial-Self:

- “*Maybe there is something you aren’t wanting to have happen if I don’t listen to you.*”

or with a Partial-Self that doesn’t want you to do something:

- “*Maybe there’s something you’re not wanting me to have to go through if I go ahead and do this.*”

Outer world circumstances tend to come first naturally

Usually the responses that come at the beginning (and they might come in words or images), will be about some *outer world circumstance*. Losing one’s job is an outer world circumstance. So are being rejected, being criticized, being alone... All of these are outer world events and circumstances – not feelings.

Sensing again and again until it feels completely understood

Once a Partial-Self has responded to your invitation (let’s imagine a Partial-Self that doesn’t want to have to make phone calls), and you have let it know you received that, and sensed in your body how that feels now, you can offer it the next invitation:

- “*Maybe there’s something you don’t want to happen if I’m pushed into phoning people.*”

So, in our example its next response might be:

- “*I’m hearing it say that it doesn’t want me to be unprepared and mess up the call.*”

And after receiving that, you could invite it again:

- “*Maybe there’s something you don’t want to happen if I’m unprepared and mess up the call.*”

This Partial-Self might have a lot to say about what it doesn’t want you to go through. Each of these aspects of the situation need to be acknowledged and received – letting it know you hear it each time it reveals something to you.

- “*I can really sense how you don’t want me to be thought incompetent.*”
“*Maybe there’s something you don’t want if I’m thought incompetent.*”

Moving from circumstances to feelings

Quite naturally there will be a movement towards not-wanted *feelings*. Usually what is revealed first are the *names* of not-wanted feelings: overwhelmed, lonely, humiliated, ashamed. This is usually before they are felt in the body. For example:

- “*I’m sensing that It doesn’t want me to feel powerless.*”

A Fork in the Road:

*Sensing what this Partial-Self wants for you
OR Directly sensing the Not-Wanted Feeling*

It is at this point that one of two things could happen:

1. What often happens is that as a Not-Wanted Feeling is *named*, the process comes to a kind of pause. You now have the name(s) of the feeling(s) that this Partial-Self has been protecting you from. There is usually some relief that comes with that.
Often spontaneously something that this Partial-Self is *wanting* for you to be able to feel and embody in your life begins to emerge.
2. You might notice that you start to feel a Not-Wanted feeling in your body.

If a Not-Wanted feeling **doesn’t** spontaneously emerge in the body by itself, we do **not** recommend inviting it.

1. Sensing the Wanting

This helps you to connect with its living-forward energy and the qualities of Self that have been blocked from living forward.

What we have portrayed here is a streamlined version of the process.

When you are actually following this process it is usually much more circuitous. It stops and starts, detours emerge; let it take the time it needs.

Each time you give an invitation:

- Remember to sense in the body what this place wants.
- Each time an answer comes, remember to sense how your body responds to that.

Just as with the Not-Wanting, you can invite the Wanting:

- “*Maybe there’s something that you want me to be able to feel.*”

Then it is important to communicate to it that you know what it wants for you:

- “*I hear that you want me to be confident and empowered.*”

And then you can repeat your invitation:

- “*Maybe there’s something that you want for me if I am confident and empowered.*”

Let’s say:

- *It’s letting me know it wants me to be respected by my colleagues and clients.*”

Here’s an example of how you might respond to that:

- *I hear that you want me to be respected by my colleagues and clients.*”

Wanting to be respected by colleagues and clients still has to do with the outer world. Now you can sense what this Partial-Self is wanting you to feel *if you are respected:*

- “*Maybe there’s something that you want me to be able to feel if I am respected.*”

Usually the response at this point will be the name(s) of feelings.

- “*Oh, yes, you want me to feel secure and peaceful.*”

You can continue to sense further until it opens into an experience of essential aliveness which you can feel directly in your body:

- *Maybe there’s something you want me to feel in my body if I am secure and peaceful.*”

And when those feelings of aliveness come in your body take as long as feel(s) right to sense what that is like now:

- “*I’m sensing this rippling, flowing aliveness radiating out from my whole body.*”

Symbolizing the Wanted feeling

You need to be able to feel the Wanted feeling in your body to do the next step: symbolizing this experience.

“It’s like I’m a radiating star, glowing warm and yet cool.”

- Find a phrase, image, gesture, sound, body posture or combination of any of these forms that captures what this experience feels like in your body.
- Make sure the symbolization really matches.
- Take all the time you need to get it just right.

OR

2. Directly sensing the Not-Wanted Feeling

When you start to sense the Not-Wanted Feeling in your body:

- you need to sense it directly *as a whole* – how that whole thing is there right now
- and symbolize it as accurately as possible. This can take quite a while.

When your body is ready to feel the *Not-Wanted Feeling*, it will come. It may already be there. This is the direct experience of an implying that was stopped. The Not-Wanted Feeling forms from the physically felt experience of a traumatic event or series of events. Along with it may come negative ‘beliefs’ about who you are – what a Partial-Self is afraid is true about you or the world.

Sometimes you have to keep tapping into this place for hours or sometimes even days before you find the symbolization that fits it absolutely accurately. You will know when this happens – the shift is unmistakable. (This process, which sounds so simple, is not easy. And it is deeply transformational.)

At one time in your life you experienced a situation that brought this feeling in your body. Now you are feeling it again – but everything is different. You are no longer that small person who endured and survived. As Self-in-Presence you can turn towards however it ‘was’ with compassion. And from Self-in-Presence you can sense it as a whole and symbolize it precisely.

Sensing in your body

- Take time to sense the Not-Wanted Feeling in your body just as it is. Sense every nuance in your body that you are capable of being with. Notice where the sensations are, notice their texture, their color, their emotional quality.
- Stay there as long as something still needs attention, acknowledging that *this* is what it doesn’t want you to feel, and acknowledging that you do feel it.

Finding a symbol

- As you keep company with this Not-Wanted Feeling, sense for a symbol that captures its quality. This symbolization needs to be exact for carrying forward to occur.
- This symbol can take any form. It might be a word or phrase, but it is as likely to be a metaphor, an image or a gesture or a sound or a body posture. Sense how it feels in your body when a symbol comes that expresses this experience.

Living Forward will emerge

Often there is astonishing and seemingly miraculous transformation that occurs when you are able to sense the Not-Wanted Feeling thoroughly and directly in the body and find a symbol that matches it precisely.

This is so mysterious it is hard to talk about. From darkest pain, it can shift to radiant aliveness in the space of a heartbeat. There is no way that it is possible to force this process to happen.

❖ 4 – THE POWER OF HOLDING IT ALL

The first three Powers enable the fourth one: *Holding It All*.

To say this another way: The first three Powers enable you to shift levels of awareness which enables a *felt sense* to form.

When a Felt Sense Forms

“A felt sense is not the feeling that is already there. A felt sense has to form. A felt sense is always fresh from this moment. This is why it has already changed the situation by the time it comes.” Gendlin

In other words, when a felt sense forms, there is *already* a carrying forward. New living is *already* happening.

The forming of a felt sense allows the possibility of a quantum leap, something unexpected, a genuinely new resolution, something which cannot be predicted from your present state. It is a carrying forward of the previously blocked situation in just the way it needs.

When you are identified with a Partial-Self, a felt sense can't form. Usually until there is reparative attention by Self-in-Presence to the needs of Partial-Selves, a felt sense of the whole situation cannot form. The first three Powers are really pre-conditions to the full felt-sensing and Focusing process that can happen with the fourth Power.

Now Something Really New Can Happen

Each Partial-Self that is reacting to a situation (with its feelings and thoughts and opinions and strategies) is an essential aspect of that situation. And each Partial-Self can be sensed as its own whole.

The whole situation is more than even all of the Partial-Selves together. The situation is not just you. It includes how all the people and living creatures involved affect each other. It also includes the physical resources and constraints (usually called the environment) that are relevant.

And you can get a felt sense of the whole situation which includes *everything* that you can be implicitly aware of that is somehow relevant: memories of similar situations, incomplete body movements, the implicit sense behind thoughts, and something that cannot be defined which can only be called the implicit sense of the situation itself. This allows a felt sense to form of the implying and of the carrying forward that would be right for this whole situation.

How to Do Felt-Sensing

The first pre-condition for felt-sensing is to pause.

- Sitting down with a Focusing partner is pausing.
- Coming to this retreat is pausing.
- Turning your attention to your own experiencing is pausing.

Second, we need to be identified with Self-in-Presence

This creates the spaciousness to allow a felt sense to form. This is not a trivial requirement. Being identified with Partial-Selves or just being preoccupied with their needs prevents us being able to meet this pre-condition, and

must be dealt with first. The first three Powers are all about cultivating Self-in-Presence.

When these two pre-conditions have been met, felt sensing is possible.

Let awareness rest in the body and invite/allow a fresh sense to form:

- of a whole situation
- of a whole Partial-Self
- of a whole Tangle

This takes time and needs to be wordless at first so that old concepts and symbols don't interfere.

It's also worth taking time to gather and include all that needs to be included, especially when sensing a whole situation.

When you are aware of something, take your time to sense it directly as it is right now.

- Don't rush to symbolize it too quickly.
- Get to know this experience and allow fresh words, images, gestures, symbols, metaphors... that match what it's 'like' to emerge from it.
- Allow symbols to change themselves to fit the sense exactly
- The felt sense may also change as the symbols emerge.

Walking Forward

When this felt sense forms, you are *already* living beyond the stoppage. You 'have' your situation in a new way. Often the knowing of what needs to happen next simply emerges – images, clarity, actions spontaneously arise. Possibilities open up. You may find that you are now able to act freely in the situation in which formerly you were bound.

While you are Focusing, you can also invite the sense of what it would be like to 'walk forward' in your life into the next steps that this new sense implies. You can experience what this feels like in your body here and now even if you have no idea how that could happen.

Walking forward is sensing the movement towards the future as well. You can invite the sense of how 'all that' can be more and more fully lived in your day-to-day life. It may show you particular action steps to be taken. It may invite you into a state of being where you see and feel life in a completely different way even if your outer circumstances stay the same.

Some prompts and invitations are a kind of "walking forward":

- "I am sensing what is possible now that wasn't possible before."
- "I am sensing what feels like fresh air."

You may literally want to get up and walk. You may want to find gestures and whole body movements that embody this new way of being. Body movement completes and fulfills the process begun with inward sensing.

What comes next is more than you can predict.

The implying of the whole situation points toward something completely new which cannot be logically predicted and yet is perfectly fitting when it emerges. It cannot, in fact, be known from the previous state, so there is nothing to be done and no doing will be effective. This spontaneous creation of something new occurs as we are *Holding it All*.

❖ PARTIAL-SELVES

When you are not able to be Self-in-Presence, the functions of Self become taken over by Partial-Selves. *Someone* has to be in charge – make choices, think, relate to others, take action.

Partial-Selves involved in a Tangle form predictable constellations of interaction. They relate to each other and the world in predictable ways. They either compete with each other to be Self or one of them surrenders and becomes submissive to another Partial-Self.

If one Partial-Self is dominant for a long time, you come to experience that Partial-Self as *who you are*; you become more or less permanently merged with it. You may bounce back and forth between identifying with two or more Partial-Selves – and experience each of them, at different times, as who you are – which can be very confusing both to yourself and others.

Three kinds of Partial-Selves

We have differentiated three kinds of internal partial-self process: *Protecting Partial-Selves*, *Defending Partial-Selves* and *Compromised Partial-Selves*.

Protecting Partial-Selves:

A Protecting kind of Partial-Self is almost constantly anxious and tense. Anything could go wrong! It micro-manages everyone and everything. It creates visions of heaven and hell to lure or frighten us into doing what it thinks is right. It is often hyper-aware of what others might think or say. It cajoles, manipulates, argues, rescues, reassures, criticizes, reasons, plans and generally tries to take control.

Almost everyone has lots of Protecting Partial-Selves.

Defending Partial-Selves:

It can be harder to spot Defending Partial-Selves. There are so many different and contradictory ways they can behave and feel. But there are some commonalities among all Defending Partial-Selves. All of them are highly reactive. Everything is urgent! They live almost entirely in the present. They act automatically, impulsively, compulsively, with little or no regard to the consequences of their behavior. When you are in the grip of a Defending Partial-Self it can feel like your will and body have been taken over by something you don't control.

Compromised Partial-Selves (also known as 'Small Ones'):

This kind of Partial-Self is often experienced as wounded, in pain, small, helpless, grieving, enraged, believing that it is unable to be as it is without rejection or failure.... When you are merged with it you may feel very young, easily hurt, fragile, worthless, useless, disgusting, contemptible, on the verge of falling apart and easily overwhelmed by emotions or memories. Often it is experienced as a wordless sense of distress, fear and/or physical discomfort.

Compromised Partial-Selves are desperately seeking the restoration of the living forward. One of the most common ways this shows up is in actions driven by overwhelming longing to find what was missing in the original situation.

What difference does it make knowing what kind of Partial-Self you are with?

Each kind of Partial-Self likes to be treated in a different way – they appreciate a different kind of empathic contact. And each kind of Partial Self has a different core issue related to being able to trust you to be Self.

Protecting Partial-Selves

- may not be particularly concerned about the relationship between you (Self) and them.
- They are not looking for tenderness or sympathy.
- They want understanding and appreciation.
- They often respond very readily to invitations to share their concerns – Not-Wanting – and feel great relief when those concerns are expressed.
- *Their issue:* Can I trust that you (Self) can really handle what might happen if I relinquish control?

Defending Partial-Selves

- are much more concerned with the relationship between you (Self) and them. You need to take more time for them to feel trusting of your motives for wanting to get to know them.
- They may attack you for not being strong enough to deal with the problem or for ignoring or suppressing them.
- *Their issue:* Can I trust that you won't side with other Partial-Selves (usually Protecting Partial-Selves) and try to change me or force me to do things that feel wrong or dangerous?

Compromised Partial-Selves

- are very concerned with the relationship between you (Self) and them. They may be in hiding or suffering from exile. It may take a long time for them to feel safe enough to come out of hiding.
- They may vanish without warning.
- They may be in great emotional and physical distress. They need calm, patient, steady, sensitively empathic company.
- *Their issue:* Can I trust you to be able to create and hold an accepting space where I can reveal myself as I am?

And why it's not essential to know what kind of part it is

In the end, the most important thing is that you practice embodying Self-in-Presence. *All* Partial-Selves want you to be Self-in-Presence. This allows them to relax and return to their own natural, stable way of being as an aspect of Self-in-Presence.

If you're not sure what kind of partial-self you are with, don't worry. All the Powers will still work. (And worrying about which part it is could get in the way!)

❖ PROTECTING PARTIAL-SELVES (PROTECTORS)

The 5 Secrets of Protecting Partial-Selves

- They are powerless to take direct action in the world.
- They are worried that if they aren't in charge, something dreadful will happen to you - and they can tell you exactly what that is.
- As Self-in-Presence, you are not the target of their criticism (their target is another part of you that they are worried is all of you).
- They are trying to save your life – even when their strategy is for you to kill yourself.
- They long for you to be Self-in-Presence and relieve them of their burden.

The Qualities of a Protecting Partial-Self

Protecting Partial-Selves are hyper-alert to situations that they perceive as potentially dangerous. They fear situations that are unpredictable and can become overwhelmingly anxious about the future. They often feel that if only they understand everything they will be able to predict the future and so be able to control the future. They plan and scheme and strategize.

They are the most logical of the three kinds of Partial-Selves. They can be highly analytical and very observant. They set boundaries and guard them fiercely. They are focused on defining right and wrong, deciding what reality is, judging good and bad. They evaluate constantly – behaviors, thoughts, emotions... and can be highly critical of self and others.

They can seem eminently reasonable, as if they have a firm and clear grasp of reality. They can present a forceful (though not necessarily coherently logical) argument as to why their way is the right way. However, there will be a quality of anxiety, tension, urgency and rigidity underlying what they are saying.

A Protecting Partial-Self can be very fragile and subject to breakdown in situations that are beyond its resources and control. It can then become very critical and despairing.

The jobs of a Protecting Partial-Self

First and foremost, a Protecting Partial-Self is concerned with protecting us. Its job is to keep us safe, help us fit into our social context, make sense of the world, help us learn and remember our lessons. It creates maps, rules and boundaries that help us navigate through our increasingly unpredictable world.

It has taken on the responsibilities of an adult, trying to find solutions and strategies to our problems. When we spend time with it, we often discover that it is actually more like a child that has needed to be old beyond its years. We may discover that it is exhausted from all of the years of trying to keep our lives on course.

When you are identified with a Protecting Partial-Self

When you are identified with it you may feel critical, emotionally cold, logical, caught in endless worrying, analyzing and figuring out, controlling, angry, revolted by your feelings or actions, contemptuous, guilty, inadequate or frustrated in your inability to exert control. All of these may be directed either inwardly or outwardly.

Knowing a Protecting Partial-Self is present

A Protecting Partial-Self can operate without your being aware of it.

Here are some of the signs a Protecting Partial-Self is present:

- You feel ashamed, embarrassed, guilty.
- You hear yourself say: "I'm so stupid!" "What is wrong with me?"
- You label yourself: "I'm just lazy." "I'm pathetic."
- You diagnose yourself: "I'm trying too hard." "I'm not trying hard enough."
- You come up with quick solutions: "I just need to get up earlier." "If I just change this my life will be fine."
- You feel bad when someone gives you friendly feedback.
- You are aware of lots of thoughts racing around.
- *Ought, should, must, never, just, always, everyone else...* those are words that Protecting Partial-Selves use.
- You say things in the heat of the moment that you later regret.
- You see the dire consequences of 'bad' actions or thoughts played out in your imagination.

When you are Focusing:

- You may hear them.
- You may not feel this kind of Partial-Self in your body at all which can lead to them being overlooked or dismissed as unimportant.
- You may only feel the consequences of their presence: feeling bad or ashamed.
- You may experience them as a presence outside of your body - often behind or to the side of you.

Action

Something fascinating that we have discovered is that Protecting Partial-Selves are not able to take the actions they feel would be 'right' directly in the world. Think about it: if a Partial-Self that keeps saying I should exercise was able to exercise, *it would*. To effect action, it has to persuade a Partial-Self capable of acting to do it.

They use threats (if you don't...!!), blandishments (it will be so good if only you would...), bribes (which it calls 'rewards'), and encouragements (you deserve it!) to motivate you to act in the ways that they feel are right. They can even sound helpful, making suggestions on how you could improve: "Just think positively. Work harder. Make a plan and stick to it!"

They can be subtle and manipulative – "Don't you think you could try a little harder?" They can create visions of the delights awaiting you if only

you tried harder: that size 4 dress, the perfect partner, fame and fortune... They offer quick, simplistic solutions for your problems. "You just need to be more..." or "All you have to do is..." They can give you direct orders – "Just get up and do it." And, of course, they can use self-criticism in all the varieties that you know so well to prod you to do what they believe will make you happy and safe.

And conversely, in order to stop some behavior from occurring, they can't simply not do it. They have to exert a kind of inner constraint on another Partial-Self that acts. One way that they do this is through the body: restricting breathing, headaches, stomachaches, distortion of sight... They can also generate catastrophic thoughts (disaster movies), threats of hellfire and damnation...

Protecting Partial-Selves also attempt to control other people (to get them to do what they are not able to do themselves) by using all of the same tactics that they use with your Partial-Selves.

Being

Protecting Partial-Selves are concerned with *who* you are as well as what you do. They have ideals about the kind of person that you should be and how you should behave in order to live up to that ideal. They shame you when you fail to do so. They tell you that they know what is wrong with you, why you are in such a mess. They make generalized judgements about who you are: "You're so pathetic!" They can be harsh and attacking: snide, sarcastic, sneering, righteous, contemptuous, impatient and, above all, belittling. They can undermine your very being: "You'll never be good enough."

How they view other Partial-Selves

Protecting Partial-Selves find the actions of a Defending Partial-Self worrisome or even frightening. They fear the loss of control that Defending Partial-Selves can bring. They automatically monitor thoughts, emotions and actions for any potentially dangerous ones. They may feel an overwhelming need to keep the pressure on Defending Partial-Selves to keep them on task (work, dieting and exercise are common areas).

They also fear being overwhelmed by the emotions and memories of a Compromised Partial-Self. They are very frightened of the chaos that can occur if a Compromised Partial-Self 'escapes' and takes over the Self position. They try to make sure that Compromised Partial-Selves remain bound and don't come into our awareness, working hard at keeping them in exile. They attack Compromised Partial-Selves fiercely when they do escape from their bonds, showering disgust and revulsion down on them. Protecting Partial-Selves are terrified of what will happen if a Small One takes over your Self.

How a Protecting Partial-Self needs to be treated

Protecting Partial-Selves often want appreciation for the hard work that they have done over the years. They are often open to new information and can respond well to being approached in a logical way. But trying to argue them out of their point of view is counterproductive. They are also usually very open to communicating their concerns and hopes.

The most important thing to know about Protecting Partial-Selves is that under all their frightening appearance, they are afraid. They are attempting to control your behavior and your thoughts and your emotions because they are afraid – often deeply, deathly afraid. They need to have their concerns and fears acknowledged in a respectful manner (without getting caught up in whether they are right or wrong).

Here's the good news. By empathizing with the fear underneath their controlling, you can begin to help this Partial-Self to relax enough to share what it is Wanting for you. Connecting with their Wanting for you, allows you to reconnect with the forward-living energy of the implying that they 'hold' so that it can shift and change into true empowerment and living-forward.

A Protecting Partial-Self returns to your Self

When Protecting Partial-Selves feel confident that *you* are Self-in-Presence, they transform. They no longer need to exert control over other Partial-Selves or other people. It is as if they melt away. Their abilities become incorporated into your Self, available as needed in any situation:

- understanding and learning
- logical thinking
- ability to hold a vision
- planning and implementing plans
- maintaining appropriate boundaries
- embracing structured challenge (discipline)
- all their knowledge of the world
- and much more...

❖ DEFENDING PARTIAL-SELVES (DEFENDERS)

The first important thing to know about a Defending Partial-Self is that it is trying to save your life and maintain your integrity – at the same time. It feels it's your guardian angel, preserver and champion of the 'real you.'

The other thing that is essential to know about them is that they can act.

They are not the only aspects within you that are capable of action, but they are responsible for most of the actions that you take in a Tangle.

When you are identified with a Defending Partial-Self

When you are identified with a Defender, you may feel overwhelmed, emotional, rebellious, 'fake,' adolescent, disconnected, depressed, embarrassed, ashamed, self-doubting, unable to do what you want, unable to stop doing what you don't want, lethargic, resistant, compulsively people-pleasing, compulsively antagonistic, escapist, exhausted... the list goes on. Or you could also be highly competent, energetic, driven, always 'GREAT!', always on the go.

You may experience all of these states – and more – at different times.

The Jobs of a Defending Partial-Self

Defending Partial-Selves are caught in a paradoxical and impossible situation. This kind of Partial-Self is trapped in the center of what can feel like a violent and overwhelming inner maelstrom. Defending Partial-Selves have a number of purposes that they are simultaneously trying to fulfil. Some of these purposes are contradictory in nature. In a Tangle, all of them feel like life and death.

There are two areas that a Defender feels it *must* take care of:

Taking care of the situation:

- The current situation has developed out of the failure of the initial situation to carry forward and from the subsequent attempts to solve it.
It feels it needs to do something in the present situation – after all someone has to do *something! NOW!* It doesn't trust your Self or any other parts to take action. (Sometimes the action a Defender takes is not acting.)
- It is also always attempting to resolve, (heal, carry forward...) the initial situation (which is almost never in awareness).

Taking care of itself and a Compromised Partial-Self:

- It is attempting to maintain both the safety and integrity of the Self
- It needs to contain and soothe the emotions and urges of a Compromised Partial-Self (Small One).
- It may also be contending with anxious Protecting Partial-Selves that are either vying for dominance or attacking (or both).
- It may be dealing with other Defending Partial-Selves that believe that they have a better solution to the presenting problem who are also attempting take-over bids.

Needless to say, all this is impossible for any Partial-Self to do successfully.

Knowing a Defending Partial-Self is present

A Defending Partial-Self can operate without you being directly aware of it. Perhaps the unifying quality of all Defending Partial-Selves is how reactive they are. No thought required. Just act!

Some signs a Defending Partial-Self may be present:

- You act without being aware of the action that you are taking. You just do it. Things either remain the same or get worse.
- You feel compelled to act immediately – no time to reflect or sense what would be right – but your action doesn't really fit the situation.
- You do things in the heat of the moment that you later regret.
- You do things that you know are 'bad' for you but are helpless to stop.
- You can't make yourself do something that you know you should do (at least not without great reluctance and difficulty).
- You feel taken over by your emotions, swamped and swept away.

When you are Focusing

Of the three kinds, Defending Partial-Selves are usually the easiest to sense in your body and so are often the kind of part that you find first.

- it is usually fairly easy to feel a Defending Partial-Self in your body
- you may be aware of a generalized discomfort: something heavy pressing on your chest, an ache around your heart, a pain in your belly
- you may sense its emotions: anger, sadness, confusion, longing

When you get to know it, a Defender tends to be young, sometimes like a two-year old, sometimes like an adolescent, but usually not as young as a our third part-type - a Compromised Partial-Self or 'Small One'.

How a Defending Partial-Self operates

A Defending Partial-Self reacts powerfully and automatically whenever it feels that your Self is being threatened. From its point of view, the Compromised Partial-Self that it is defending is your *real* Self. It is triggered into action when 'its' Compromised Partial-Self feels threatened.

When it is trying to prevent the feelings of pain of a Compromised Partial-Self from entering and overwhelming awareness, a Defending Partial-Self responds so quickly that you don't even know that you have become identified with it until after it has acted. The call to action, when you are aware of it at all, feels like an overwhelming, compelling urge. We call this 'hijack.'

Even if you do manage to stop (or start) the action this time, there is always the next time and the time after that and the time after that.

Four basic strategies that a Defending Partial-Self uses:

- being 'good'
- being 'bad'
- running away
- collapsing

Being ‘Good’

It is a human need to want to belong to your groups. You want to fit in. You want to be liked by your friends and co-workers and loved by your family. This is natural. It is called affiliation or connection. Cooperation is a valuable human capacity. However, if the need for affiliation is overwhelming, cooperation can become ‘people-pleasing.’ Something in you may believe that in order to be accepted and acceptable, to be ‘good enough,’ you need to fulfil other people’s needs – you come last.

You may become obsessively goal-oriented in order to gain success at work or in school, attain bodily perfection, have fame and fortune. When you become identified with a Defending Partial-Self that believes this, you do whatever it takes to achieve your goals.

These two styles of being ‘good,’ compulsively pleasing others and ruthlessly pursuing goals of hard work and achievement, are often socially approved. If you are identified with a ‘Good’ Defending Partial-Self, you can feel like you are a fake, a shell, a mask and if anyone ever really saw the ‘real’ you they would reject you instantly.

Being ‘Bad’

You also have a human need to maintain your autonomy and integrity. When you feel that you can never succeed at being accepted or included as yourself, you may choose being ‘bad.’ If you feel that you cannot respect or trust those in positions of authority, you may choose being ‘bad.’ A Partial-Self may choose being ‘bad’ when it cannot otherwise maintain your sense of self-worth and authenticity.

A Defending Partial-Self that is rebelling may say things like “I’m not stupid!” or “I don’t care! I’m doing it anyway, and I don’t care about the consequences.” Rebels react against anything they feel is constricting or phoney or meaninglessly arbitrary. Many of us identify with our rebels.

Being merged with a rebel generally feels a lot better than being merged with any of the other types of Defending Partial-Selves. There’s usually a lot of energy available when you are merged with a rebel. A rebel often has a stubborn teenager or righteous freedom-fighter quality about it. There is also a lot of counterculture support for this kind of behavior – remember James Dean?

Running away

A Defending Partial-Self that is running away handles discomfort and distress by avoiding – “get me out of here – right now!” It can be as simple as changing the subject or turning on the TV. When running away is in order to avoid feelings of chronic physical or emotional discomfort, the Defending Partial-Self may use addictive substances and behaviors to divert your awareness from your immediate experiencing. It can be very active in its pursuit of distractions.

Collapsing

The fourth response is the response of last resort – collapsing.

A Collapsing Defending Partial-Self agrees with a Protecting Partial-Self, saying, “You’re right, I am that bad, and I feel so bad about it.” It feels like the truth. There is a lot of social rejection for collapsing which, needless to say, increases the feeling of collapse.

When you feel blank, confused, numb, forgetting, going to sleep, you are merged with a Defending Partial-Self that is collapsing. You may also feel bad, depressed, despondent, self-doubting, hopeless, pathetic, useless, weak, and so on.

How they interact with other Partial-Selves

Defending Partial-Selves occupy a position between Protecting Partial-Selves and Compromised Partial-Selves ('Small Ones'). This is a complex position. On the one hand they are reacting to the attempts at control from Protecting Partial-Selves and on the other, they are dealing with the emotions and actions of Compromised Partial-Selves. And their own emotions, their fears and desires, somehow need to be dealt with, as well.

Defending Partial-Selves and Protecting Partial-Selves

War or Collaboration?

A Defending Partial-Self may view Protecting Partial-Selves as the enemy. In that case their responses are likely to be fight ('bad') or flight ('running away').

Conversely, when they don't know what to do, they may look to Protecting Partial-Selves to tell them. Some Protecting Partial-Selves can feel like an adult to Defending Partial-Selves and they will cooperate willingly. Coalitions are formed between Protecting Partial-Selves and Defending Partial-Selves when they share an ideal of how to be and then work together to make it happen. They agree on the problem and the solution.

The more successful a coalition between a Protecting Partial-Self and a Defending Partial-Self is at keeping you functioning, the more you will tend to become identified with it. But there is always an edge of anxiety and urgency to such collaborations, even at their most highly functioning.

Nothing that a Defending Partial-Self does is ever enough to completely allay the fears of a Protecting Partial-Self. Under demands that it finds are too much, a Defending Partial-Self may find itself moving from being 'good' to 'rebellious' in the blink of an eye. Or it may run away or collapse.

Defending Partial-selves and Compromised Partial-Selves

A Defending Partial-Self reacts powerfully and automatically whenever it feels that your Self is being threatened. From its point of view, the Compromised Partial-Self it is protecting *is* your Self and its job is to protect it.

A Defending Partial-Self learns many ways to soothe/numb/contain/distract a distressed Compromised Partial-Self.

Here are some of the most extreme examples:

- Addiction – drugs, alcohol, sex, internet, shopping, work...
- Compulsive behavior – shoplifting, shopping, self-harming, eating (overeating, anorexic eating, bulimic eating), stalking...
- Persistent procrastination
- Violence
- Lying, deceiving and bargaining
- Depression
- Suicidal thoughts/attempts

Running Amok

Sometimes Defending Partial-Selves and Compromised Partial-Selves band together and cause havoc in a person's life. There is often a rebellious, stubborn, angry quality to their actions (even if the action is staying in bed with the covers over your head). When you are taken over by them, you may feel as if you are out of control, kind of crazy, even manic, not thinking clearly.

- Acting with impulsive disregard for your own well-being and the safety and feelings of others.
 - not paying bills
 - driving recklessly
 - abusing alcohol, drugs, people, food, money, your body
 - engaging in criminal activity

There can be a feeling of explosive, wild energy which can be intoxicating. What can happen when this kind of coalition gets the upper hand was portrayed by the main character in "All That Jazz" who, even when he has been diagnosed with a severe heart condition, throws parties, drinks champagne and does drugs in his hospital room. In the story, the character dies.

How they break down

'Good' Defending Partial-Selves and Protecting Partial-Selves

The coalition between 'Good' Defending Partial-Selves and Protecting Partial-Selves is prone to breakdown. This can be quite a stable and productive relationship lasting for several years, but it can become unbalanced when stressed:

- the hard working employee who becomes a 'workaholic'
- the person who exercises regularly who can't stop working out
- the good student who becomes obsessed about their grades and always has to achieve top marks...

'Good' Defending Partial-Selves may become exhausted by the unrelenting efforts that they have made to satisfy the requirements of the Protecting Partial-Self that they are linked to. As the need for authenticity and autonomy starts to gain the ascendancy, a 'Bad' or a 'Running away' Defending Partial-Self may take over the Self position:

- the 'exemplary worker' can't stop playing computer games
- the 'dieting success' who has achieved their target weight now finds that their eating is out of control
- the 'honor student' starts staying up all night drinking, having unprotected sex, and doing drugs

'Bad' and 'Running away' Defending Partial-Selves

'Bad' and 'Running away' Defending Partial-Selves may collapse under the shaming of a Protecting Partial-Self.

'Bad' Defending Partial-Selves may escalate their behavior to the point of no return.

'Collapsing' Defending Partial-Selves

Defending Partial-Selves that are already in collapse are vulnerable to attack from Protecting Partial-Selves that criticize them. Being told that they are

lazy, pathetic, good-for-nothing, exacerbates their feelings of inadequacy and potentially pushes them over the edge into suicidal depression.

How a Defending Partial-Self needs you to be with it

Defending Partial-Selves need greater sensitivity to the quality of the relationship than Protecting Partial-Selves need. They are usually particularly sensitive about how respectfully they are being treated and can either become reactive and angry or withdraw altogether if criticized or pushed (even obliquely). They also appreciate having their concerns (apprehensions, fears, worries, terrors...) and hopes (longings, dreams, desires...) for you empathically acknowledged.

A Defending Partial-Self returns to Self

When they feel confident and trust that you are Self-in-Presence, Defending Partial-Selves transform. They no longer need to react to other Partial-Selves, other people, or situations. When they become released from their role as Defender, their qualities become incorporated into Self, available as needed in any situation.

- energy
- competence
- integrity
- capacity for action
- sensitivity to social context
- natural boundaries
- courage
- determination
- spontaneity
- genuine care and concern for others
- optimism
- playfulness

❖ COMPROMISED PARTIAL-SELVES (SMALL ONES)

“The organism stays in the field of the stoppage. It remains at the spot, and under the conditions, of the stoppage. It would have spent only a moment there, if the process had not stopped. Now new events might form with the environment, which could not have formed before the stoppage.” – Gendlin

Compromised Self: ‘Small One’

Before a tangling there is free interaction. When something becomes Tangled, you experience a situation that does not carry forward. What then occurs further blocks it, making its carrying forward even less possible.

There is an immediate bodily response to this stoppage – discomfort, emotional distress or even physical pain. Body sensations and emotions that you are unable to fully experience at the time – too intense, too frightening, too difficult to stay with – become *stopped process*. The implying of the situation remains the same – frozen in time.

How this lives in your body, your being, and your psyche is like a wound that never heals.

When you are identified with a Compromised Partial-Self

If you are identified with a Compromised Partial-Self you may feel longing and dread, love and hate. It may feel like being pierced to the heart, or as if your life blood has drained away, or you are lost and wandering far from home. You may feel skinless, boneless, nauseous, terrified, violated, utterly isolated. You may feel as fragile as an egg, as young as a newborn. Defenceless. Open. Helpless. Hopeless. Powerless. Your stomach may churn, your heart ache, tears may be right under the surface or running down your cheeks. You may burn with anger. You may be cold with rage. Raw.

Your emotions rule you and your actions. You are swept up in them. Caught.

Knowing a Compromised Partial-Self is present

Some signs that you are identified with a Compromised Partial-Self:

- You burst into tears for no reason
- You feel that you are not worthy to be alive
- You lash out in anger at the smallest things
- You feel like everybody is out to get you
- You feel overwhelmed and vulnerable

When you are Focusing:

- You will probably already be feeling something uncomfortable in your body
- You may be aware of intense emotions: shame, longing, despair...
- You may be aware of something that feels physically painful
- You may be sensing something that you can find no words for
- When you get to know it, it tends to feel very young, often pre-verbal

How a Compromised Partial-Self may first appear:

How a Compromised Partial-Self first appears is often determined by the feelings that *another* Partial-Self has about it. In other words, how it appears is from the point of view of another part that is reacting to it (often a Protecting Partial-Self).

It may also take a particular form in order to try to protect itself from attack. For example, it may appear simply as a dark place or a stone or something under a blanket or behind a curtain.

It might never have had an opportunity to form beyond the initial bodily experience of shock and pain and so may appear very vague or simply as physical pain at first.

Some forms a Compromised Partial-Self may take:

- an inanimate object: stones, boxes, walls, doors...
- something that seems ugly, disgusting, or frightening: a monster, somebody with terrible wounds, slugs, insects, sticky tar or slime...
- something hiding in a cave, behind a door, or under a blanket, in a box, in a shell...
- something that doesn't seem to have a distinct form: mist, a fuzzy shape, a kind of density or dark area in your body
- a bodily sensation that changes or moves when you bring your attention to it but you can't easily describe

Job of a Compromised Partial-Self

A Compromised Partial-Self needs to resolve at least two situations:

- the release of what has been compromised (to live authentically, to be oneself, to interact freely, to finally experience what was unbearable...)
- and carrying forward the implying of the situation-as-a-whole.

The inner pressure exerted by these unresolved situations is enormous. A significant part of your energy may be bound up in attempting to find carrying-forward for situations that are no longer in your awareness or in your present life.

Its attempts to find carrying forward will now motivate actions in situations only tangentially similar to the original situation. However, nothing that it finds will heal this rift, release this block, fill in this 'missing.' And that adds another layer of pain upon the first, the second, the third...

Compromised Partial-Selves are always seeking the resumption of living forward of the situation. This drive is so strong that it is common for a Compromised Partial-Self to leak into your emotions, thoughts and actions. It continues to seek what was (is) missing in order that the situation can be carried forward.

However, it is not all bad news. In our overwhelming longings, in our wishes and in our actions driven from obsessive fantasies lies the compass that points the way back to what has been left behind and forward to renewed life.

The job of a Compromised Partial-Self is to be your compass. The job of Self-in-Presence is to be able to read the compass.

How a Compromised Partial-Self Operates

When a person is merged with a vulnerable Compromised Partial-Self, that person will do almost anything for the possibility of healing this wound. This includes seeking out and staying in situations that other Partial-Selves, other people and Self-in-Presence can see are destructive.

Even if the person is 'successful' in the present situation and seems to receive what was initially missing, nagging feelings of failure, insecurity or lack will often persist. This means that something essential is still missing.

Some people live very close to this state a lot, if not most, of the time. Some therapies encourage becoming identified with this state – feeling it more and more intensely and expressing it.

Falling into this state can be retraumatizing and we don't recommend it. Being with a Compromised Partial-Self from Self-in-Presence can bring healing.

How Compromised Partial-Selves Interact with Other Partial-Selves

Compromised Partial-Selves and Protecting Partial Selves

From the point of view of a Compromised Partial-Self, Protecting Partial-Selves are God, Devil, Mother, Father, Destroyer, Torturer, Savior...

They experience Protecting Partial-Selves as punishing, evaluating, pushing, belittling, undermining, conditionally caring, encouraging, all-knowing, dangerous, terrifying.

- They may try to hide from them.
- They may collapse under caustic criticism from them.
- They may feel overwhelmingly drawn to them.
- They may feel frozen in place by them. Unable to think, feel, move.
- They may attack in what feels like a desperate act of self-defence.

Partial-Selves and Defending Partial-Selves

From the point of view of a Compromised Partial-Self, Defending Partial-Selves are Brother, Sister, Friend, Protector, Cohort, Playmate. They experience Defending Partial-Selves as their only place of safety. Defending Partial-Selves take actions in the world to shield Compromised Partial-Selves. Compromised Partial-Selves often hide behind their Defenders.

However, Defending Partial-Selves can also turn on a Compromised Partial-Self if they become overwhelmed by the distressed feelings of the Compromised Partial-Self, like an older sibling tired of taking care of a younger child. This can trigger a collapse within the Compromised Partial-Self and a slide into deep despair.

How a Compromised Partial-Self needs you to be with it

Compromised Partial-Selves are the most sensitive about how they are approached and related to. Often Compromised Partial-Selves have been exiled. When we exile something, we are identified with something in us that rejects it, despises it, fears it.

Of the three kinds of Partial-Self, a Compromised Partial-Self is usually the most shy. It may have little or no trust that it will be welcomed and may

need time to feel confident and trusting that you are able to be Self-in-Presence and can keep it company with gentle compassion and patience.

They can very easily feel unsafe and vanish from conscious awareness. They may need long periods of you just quietly keeping company with them, empathizing with their feelings, directly sensing how they feel in the body, and noticing the symbols that arise that match what they are like. Any suggestion of criticism or pushing them to be different from how they are will result in them either just staying the same or vanishing from awareness.

Continuously sensing for how fully you are in a state of Self-in-Presence is highly facilitative for creating the kind of safe environment in which a Compromised Partial-Self can transform. When you are able to keep this kind of Partial-Self company, it almost always feels like getting close to the core of what 'this whole thing' is really about.

A strong Self-in-Presence is needed in order that a Compromised Partial-Self can recommence and complete its interrupted sequence without you becoming taken over by it. One of the things that may need to be completed is the expression of emotion that was not possible to be felt and expressed at the time this part was formed. Something else that may need to happen is recognizing and acknowledging deep-seated beliefs that have formed.

Of course, sensing and symbolizing the situation-as-a-whole, now that this Partial-Self has emerged into awareness is also an essential aspect of the healing process.

A Compromised Partial-Self returns to Self

There is a strange and extraordinary paradox that we have noticed time and again. When you are able to be with, to sense directly the aspect of Self that we call 'Compromised,' – that which has looked, sounded, and felt so dreadfully wounded – you will find that *it* is fine. From its own point of view, it is truly all right. Sometimes much more than that – wonderful.

Such transformations have to be felt to be believed but this is something that we have both experienced several times. There is always a kind of astonishment when it occurs, and we have increasing confidence that this is not only possible, but can almost be expected.

When a Compromised Partial-Self returns to Self, essential qualities of Self-in-Presence are strengthened:

- autonomy
- authenticity
- being fully alive right here and right now
- ease
- natural assertiveness
- being grounded
- spontaneity
- playfulness

❖ TERRITORIES OF ENTANGLEMENT

War and Collaboration

As we have seen there are many typical kinds of interaction between Partial-Selves. There are also kinds of situations (The Territories) which have typical patterns of interactions within them.

War

War occurs between two or more Partial-Selves that are vying for dominance of your Self. They are both convinced that they need to be your Self in order either to avert disaster or make things better.

A Protecting Partial-Self (criticizing, attacking, commanding etc.) and a Defending Partial-Self (rebellious, refusing, distracting, etc.) make up a dynamic system. These 'roles' of controlling and defending become stuck in place and repeat over years.

Often there is an oscillation between Partial-Selves when you merge alternately with them. You go round and round and back and forth between them as they fight for the upper hand. For example: in the morning the *Partial-Self that wants me to stop drinking* is on top, but by 5 o'clock the *Partial-Self that drinks* is pouring the first glass of wine. When you are caught up in the dynamic, you are always merged with one or the other.

Protecting Partial-Selves are afraid of the uncontrolled feelings and actions of both Defending and Compromised Partial-Selves. If you are merged with a Protecting Partial-Self, you may feel anger and disgust at Partial-Selves that seem weak, wimpy, too vulnerable, too sexy, too powerful...

When you are merged with a Defending Partial-Self, it simply feels like 'me.' The Protecting Partial-Self (or Selves) that it is in conflict with feels like it's coming from outside, from others in your life right now, or from parental voices – or it simply feels disembodied.

They are different in what type of power they hold:

- Defending Partial-Selves have the power to act (or not act).
- Protecting Partial-Selves persuade (or coerce) Defending Partial-Selves to act (or not act) using any means necessary.

Often at first it is possible to feel only one of these Partial-Selves – the one that you are merged with – while the other one is 'hidden in the shadows.'

Collaboration

Collaboration between Partial-Selves may initially not be so obvious.

They can be formed between Protecting Partial-Selves and Defending Partial-Selves and between Defending Partial-Selves and Compromised Partial-Selves.

- They both agree on the problem **and** the solution.

Collaborations between Protecting and Defending Partial-Selves

These kinds of collaborations are very common.

When a Protecting and Defending Partial-Self work together there is often a feeling of satisfaction, pleasure and pride. There might be almost a sense of "See me! See how well I'm doing!" underlying the action.

However it can become unbalanced and breakdown when stressed:

- the “workaholic” who plunges into a “nervous breakdown”
- the exercise addict who starts to binge and purge
- the Grade A student who commits suicide when they fail to maintain their grade average...

The driven, anxiety-laced quality of a person’s experience in these kinds of situations indicates that the capacity for interacting freely has been compromised.

Coalitions between Defending and Compromised Partial-Selves

When Defending Partial-Selves and Compromised Partial-Selves band together it is as if the Defending Partial-Self orchestrates a jail-break, or hands over the car keys, or opens the gun cabinet for the Compromised Partial-Self. The two of them together get drunk, binge, fight, screw around, cry hysterically, crawl under the covers, stalk...

How to know which territory you might be in:

Swamp:

It’s a Swamp Tangle when there is something you need to do or want to do, that is in your power to do, but you don’t do it. You know what needs to be done, you even know how to do it but you just don’t do it.

Wilderness:

It’s a Wilderness Tangle when you do some behavior repetitively. Even though this behavior brings worry and concern, it is hard or impossible to stop. If you do manage to stop the behavior, you can’t stop thinking about it or you wind up starting again.

Pit:

It’s a Pit Tangle when there is some chronic ‘bad’ feeling that you wish you didn’t feel but which seems impossible to shift when you are in it. You fall in to this feeling easily. It is hard to find your way out. You may avoid situations and people that trigger this feeling.

Mountain Top:

It’s a Mountain Top Tangle when you have persistent longing for something that you don’t have (and perhaps can never have). Parts of you might be insisting that you let go and get on with life. Other parts might be strategizing about how to get it.

❖ THE SWAMP – ACTION BLOCKS

What it seems to be about:

The issue seems to be about being able to choose to act and be able to take that action freely and effectively.

Our definition of an Action Block

It's an Action Block when there is something you feel you need to do or want to do, that is in your power to do, but you don't do it.

The War in the Swamp

In the Swamp (Action Blocks) the war is between:

- a Defending Partial-Self that doesn't do the action
 - It doesn't want to do the action and is being coerced
 - It wants to do the action but feels afraid to take action
- a Protecting Partial-Self that wants (you) to do the action
 - *Attacking form:* "You're so lazy!"
 - *Helpful form:* "Why don't you try getting up earlier?"
- a Protecting Partial-Self that enables the Defending Partial-Self
 - *Enabling form:* "You have lots of time. Don't worry. It's not that important anyway. You're overworked."

A Defending Partial-Self Doesn't Do the Action

If you aren't doing something that you want or need to do, and it's something that you could do, you can be sure that *something in you* doesn't want to do it. This is the part of you that much of our society, and almost all of your Protecting Partial-Selves, think is bad. This can be something in you that rebels or procrastinates. Or it can be something that turns your attention away from a situation because of the feelings that arise even thinking about it.

A Protecting Partial-Self Wants (you) to Do the Action

Sometimes this kind of part feels critical and heavy (have to, must, should...), sometimes it feels practical, reasonable: "You just need to do it."

Patterns of Merging

When you are merged with a Defending Partial-Self:

- You might just feel like not doing something you know you need to do
- You might feel rebellious: "I won't do it!"
- You might feel overwhelmed, confused or daunted
- You might feel as if something inside you is pushing or criticizing you
- You might feel as if someone outside you is pushing or criticizing you

When you are merged with a Protecting Partial-Self:

- You believe that it is right, necessary, essential... to do the action
- You believe that "forward" in life equals doing the action

- You feel that ‘the problem’ is something wrong with you. You think, “If only I didn’t have that block, everything would be fine!”

You might even alternate between the two sides, one moment merging with a Protecting Partial-Self and the next with a Defending Partial-Self.

Using your Powers in the Swamp

The Power of Self-in-Presence

As you turn your attention towards your Tangle in a Swamp, you can bring a fresh curiosity for how this actually is right now. From Self-in-Presence, you know that all of the definitions of what the problem is, all the proposed solutions, all the feelings about it – all of these come from Partial-Selves.

From Self-in-Presence you can create a compassionate and safe space where whatever needs attention can come and be known.

The Power of And

Bringing peace to the War in the Swamp requires being Self-in-Presence with the Partial-Selves that are locked in combat. It means listening with compassion to each side of the conflict. Each combatant needs to be acknowledged and assured that they will be fully heard. Each Partial-Self needs to know that their point of view will be honored and respected (that doesn’t mean you simply agree with them or take actions that they propose).

- Often it is helpful to start with the one you have been calling ‘the problem’ (or the ‘block’ or the ‘inner saboteur’)
- You also need to acknowledge any Partial-Self that feels biased towards or against another Partial-Self
- Take your time to sense who or what needs to have your attention first.

The Power of Deep Empathy

Each of the Partial-Selves in the Swamp has strong motivation for its point of view. Every single one of them is both Not-Wanting and Wanting something for you. Depending on the pattern that the action block follows, the motivation of each of the Partial-Selves could be quite different in nature.

Here are some patterns we have identified:

The Pattern of Protection

- The Defending Partial-Self is Not Wanting some negative consequence that it predicts will result from doing the action. For example, it might be not wanting people to make fun of you if you make a CD of songs that you wrote. It is wanting you to be safe.
- The Protecting Partial Self is often impatient for the good results that it wants for you. It is Not Wanting you to miss out on what it hopes and believes will happen if you do the action.

The Pattern of Rebellion

- The the Defending Partial-Self is Not Wanting you to lose your autonomy. It resists being told what to do by a Protecting Partial-Self. The conflict is not about a particular action but about the struggle for autonomy.

- The Protecting Partial-Self is Not Wanting you to miss out on something, and believes that you need its pushing in order to get things done.

The Pattern of Unfinished Business

- The Defending Partial-Self is Not Wanting you to miss or lose touch with something important which is ‘unfinished’ which another part of you has been ignoring or resisting. It is blocking action (often many actions) because something in you needs attention. This Swamp pattern is connected directly with the Pit, since the “unfinished business” is often grief, anger, or other unfelt or unexpressed emotions.
- The Protecting Partial-Self is Not Wanting you to be held back by seemingly inexplicable procrastination. It may also Not Want you to feel painful emotions.

The Pattern of Inner Guidance

- The Defending Partial-Self is Not Wanting you to miss or lose touch with some key information or wisdom that it is aware of, which may include that the chosen action is not right in some way.
- The Protecting Partial-Self is Not Wanting you to slow down or turn away from the path that it believes is the right one.

The Power of Holding it All

As you do Swamp work, it’s important to be open about where it’s going to lead. You may discover that you no longer want to do what you felt blocked about doing. Or you may find that what you want to do becomes modified. “I want to exercise” may change to something like “I want to feel healthy and alive in my body.” This may open you to a range of possibilities that you had never considered before.

How you choose appropriate actions is now based on life-enhancing qualities directly experienced in your body. You will now be in touch with the implied life-forward direction in both sides and rather than pulling against each other that they will now be pulling together to bring carrying forward of the previously stuck situation. If the situation is resolved, you will find yourself acting spontaneously and effortlessly.

If not, there is more that needs attention.

❖ THE WILDERNESS – ADDICTIONS

What it seems to be about:

The conflict seems to be about being able to exercise self-control or being free.

Our definition of Addiction

Addictive process is compulsively repetitive behavior that fails to carry forward a situation/your life.

The War in the Wilderness

In the Wilderness (Addictions) the war is between:

- a Defending Partial-Self that compulsively does something
 - It just does it – no talking, just action taken
 - It doesn't do it but it obsesses about doing it - still wants to
- a Protecting Partial-Self that wants (you) to stop doing it
 - *Attacking form:* "You're disgusting!"
 - *Helpful form:* "Buy another diet book."
- a Protecting Partial-Self that enables the Defending Partial-Self
 - *Enabling form:* "You've worked hard. You deserve it."

A Partial-Self (or Selves) that Does the Behavior

It is at War with a Protecting Partial-Self that is trying to stop it.

Often it does not speak at all, but just acts. It often feels ashamed of its behavior and operates in secrecy or it is brazen and rebellious in its actions.

A Protecting Partial-Self Wants (you) to Stop Doing It

This is a *Protecting Partial-Self*. It feels disgusted and frightened by your behavior and feels powerless to stop it. It can be very critical and despairing. It may feel deep pain about the addiction that also needs to be heard.

In its Attacking mode it says things like:

- "I just need to stop! I am so weak-willed!"
- "You are such a disgusting greedy pig!"

In its Helpful mode it says things like:

- "This is unhealthy, we need to get onto a diet."

An Enabling Protecting Partial-Self Wants (you) to Stop feeling the craving

This is also a *Protecting Partial-Self* that can't bear the feelings of discomfort. It acts as an enabler for the Defending Partial-Self.

It says things like:

- "You deserve to relax."
- "You should be able to live like other people."
- "Just one more won't hurt."
- "Life *is* too stressful right now to try to quit."

It would be a tragedy if either side would win this battle. Simply having *The Partial-Self that Wants (you) to Stop* win is not the answer. But having *The Partial-Self that Does It* win also doesn't bring wholeness either.

Patterns of Merging and Exile

Hijack

The Partial-Self that Does It tends to act with such speed, force and stealth that we call this process 'hijack.' So you might find yourself leaving the store with your bottle of wine or with the empty chocolate bar wrapper in your hand.

Oscillation

In the Wilderness our identification (Self) often oscillates between *The Partial-Self that Wants (you) to Stop Doing It* and *The Partial-Self (pair) that Does It*. In the morning you may be merged with *The Partial-Self that Wants (you) to Stop Doing It* and by evening you are merged with *The Partial-Self that Does It*. Once you have enacted the behavior, all you may be aware of is self-disgust and self-loathing. You have moved back to identifying with *The Partial-Self that Wants (you) to Stop Doing It* until *The Partial-Self that Does It* carries you back into the Wilderness again.

Collaboration

Sometimes a Protecting Partial-Self can scare a Defender so much that it will stop taking the addictive action - sometimes for decades. This is sometimes called becoming a Dry Drunk. The action has stopped, but the underlying issues have not been addressed. The war is in a ceasefire condition.

Socially sanctioned addictions

Workaholism is a form of addiction that is particularly difficult to untangle as there is so much social enabling of this behavior. What is going on here?

We are aware of three different kinds of Partial-Self process that initiate addictive behavior sequences.

A Defending Partial-Self

The intention of a Defending Partial-Self is to protect you from becoming overwhelmed by the painful feelings of a Compromised Partial-Self. It doesn't trust that you would be able to handle those feelings. It is afraid that the feelings will last forever and will never change.

When the slightest hint of these feared experiences starts to emerge into awareness, the *Partial-Self That Does the Behavior* is triggered into action. Its intention is to soothe and calm.

A Defending Partial-Self and Protecting Partial-Self collaboration

In the Wilderness there is often a collaboration between a Protecting Partial-Self that originates in the Pit. A strategy that this part has developed to numb the feelings that arise in the Pit is to engage in addictive behaviors. Its intention is to soothe and bring relief when you feel bad.

A Defending Partial-Self and a Compromised Partial-Self coalition

Addictive behaviors are not just about numbing our painful feelings. They can also allow access to experiences that we normally consider life-enhancing, such as freedom, autonomy, creativity, spontaneity, a sense of having one's own space and power.

When certain aspects of Self have been rejected by important people in our lives and something in us further exiles those aspects, their drive to be lived still remains. This is held in a Compromised Partial-Self that seeks release.

Qualities of being which have been exiled can be partially and temporarily accessed by the addictive behavior. But as long as the addictive dynamic remains, those qualities of Self are still bound; the exiled qualities can only be expressed within the boundary of the addictive process, and their existence can still be denied by other Partial-Selves: "That wasn't me, I was drunk."

When this coalition becomes dominant in a person's life, self-destructive behavior becomes the norm.

Using your Powers in the Wilderness

The Power of Self-in-Presence

Wilderness work is hard. Wilderness is one of the hardest Territories in which to stay in Self-in-Presence (the Pit is nearly as hard, and only the Mountain Top is harder). If one isn't being hijacked by *the Partial-Self that Does It*, it is almost impossible not to be merged with the Partial-Self that feels disgusted and despairing about it. It's as if the Partial-Selves are "sticky" – becoming separate from one automatically means being grabbed by the other one.

A Companion can help a lot in being able to maintain or return to Self-in-Presence.

The Power of And

The Partial-Self that Wants (you) to Stop Doing It and *The Partial-Self That Does It* fight over whether the behavior is sane, healthy, moral, excessive, etc. It's easy to understand how each side becomes so entrenched in its position.

So it's worth taking all the time it takes to become grounded as Self-in-Presence, so you are able to say, "I know you're there, I can sense how you are feeling" to both of them without bias.

- Often it is helpful to start with the one you have been calling 'the problem' (or the 'weak one' or the 'inner saboteur')
- Acknowledge any Partial-Self that feels biased towards or against another Partial-Self
- Take your time to sense who or what needs to have your attention first.

The Power of Deep Empathy

Once you are Self-in-Presence and you are Anding the parts that are present, you can turn to *The Partial-Self that Does It*.

A Defending Partial-Self

Usually *The Partial-Self That Does It* needs to be heard first. It needs to be acknowledged, and it needs to be clear that it can have a full turn to tell its story, but that is not the same as allowing it to act. At the same time, not allowing it to act is not the same as labeling it “bad” – which would be merging with a Protecting Partial-Self.

A Defending Partial-Self and Protecting Partial-Self collaboration

If the addiction is being used to numb ‘negative’ feelings, *The Partial-Self that Does It* (Defending Partial-Self) may be allied with the *Partial-Self that Wants to Make it Better* (Protecting Partial-Self) from the Pit. This Defender/Controller pair usually need to let you know what it/they do *not want* to have happen if you *don't* do the behavior. In particular, it/they might need to let you know what it/they do not want you to have to experience.

You might need to hear both Partial-Selves in this collaboration separately. The Not-Wanted feelings of the Compromised Partial-Self may arise at this point and will need steady, compassionate company and accurate symbolization.

A Defending Partial-Self and a Compromised Partial-Self coalition

If the addiction is being used to access exiled qualities of Self, you may be able to directly invite *The Partial-Self that Does It* (Defending Partial-Self) to let you know what it's *wanting* you to be able to experience. For example, the behavior of drinking addictively might be allowing a person to experience joy, creativity, sexuality – even if only partially and only for a little while. This Partial-Self needs to have the positive experience that it desires for you felt fully in the body for it to begin to release. One man told us that smoking cigarettes addictively allowed him to have “his own breath.” This realization and acknowledging it was part of a process of the Defending Partial-self being able to find behaviours that gave him his breath back.

So there is both Not-Wanting and Wanting here, needing to be heard.

A Protecting Partial-Self

Of course, a Partial-Self that is trying to stop the behavior needs to have its point of view heard – without becoming identified with it or being caught up in trying to figure out why it is happening or what you need to do to stop the behavior. It may need to have its feelings of powerlessness and despair acknowledged. Its longings for you to live a life free of behaviors that harm you need to be felt and understood.

A Compromised Partial-Self

Healing

When you are able to sense the pain of a Compromised Partial-Self directly without merging with it, the *raison d'être* of the addiction ceases. Bringing the Deep Empathy of Self-in-Presence to this Compromised Partial-Self allows its incomplete emotions to be known, expressed and find closure.

Freedom

Within each addiction there is a Partial-Self that strives to live freely and openly. It has systematically been shunned, shamed, reviled, rejected, exiled. It has been holding on to an essential aspect of your nature through thick and thin. When you contact it directly, it can be astonishing how quickly it transforms into a strong source of your authentic being.

The Power of Holding it All

In order for the whole situation to move forward, you from Self-in-Presence need to create a space where the implying within all the Partial-Selves come together. This felt sense of the whole situation will naturally transform as you symbolize it.

Treasure in Past Addictions

Even if the addictive behavior has already been stopped, treasure can still be found. You can use the Powers with past addictions, working with the Partial-Self that smoked, for example, even if you have stopped smoking.

❖ THE PIT – DEPRESSION, DESPAIR, CHRONIC BAD FEELING

What it seems to be about:

The issue seems to be about who we are: being worthy, enough, okay.

Our definition of Pit

The Pit is a process in which feelings of depression, heaviness, darkness, numbness, and/or despair persist to a degree that interferes with our ability to function in the world.

The War

In the Pit (Depression) the war is between:

- a Defending Partial-Self that feels 'bad'
 - *Rebellious form:* "Don't try to cheer me up!"
 - *Collapsed form:* "I'm no good. I'm worthless."
- a Protecting Partial-Self that wants (you) to make those bad feelings go away
 - *Attacking form:* "What's wrong with you?"
 - *Helpful form:* "Cheer up! Call a friend! Count your blessings!"
 - *Enabling form:* "Have a drink." "Stay in bed."

Self-soothing is a very important and positive ability. Finding ways of increasing our positive outlook and capacities is important. Nurturing our ability for happiness is important. Developing our strengths is important. However, when we chronically ignore feelings of distress, denying and suppressing them, we fall into the Pit.

A Defending Partial-Self that holds onto Feeling Bad

This Defending Partial-Self knows that *something* is not OK about the way things are.

- It can hold onto 'bad' feelings with an astonishing tenacity.
- It rebels against the lie that everything is OK when it isn't. It can become very angry with people who seem to be 'fake sunshine.'
- It is in touch with the feelings of a Compromised Partial-Self and it wants to keep faith with it. And the way that it keeps faith is by feeling bad.
- Paradoxically, it also uses 'bad' feelings to keep us away from directly experiencing the feelings of a Compromised Partial-Self.

A Defending Partial-Self that collapses into Feeling Bad

This Defending Partial-Self is paired with the Attacking Form of the Protecting Partial-Self. It is afraid that the truth about you is that you are worthless, unworthy, flawed, messed up, irredeemable...

A Protecting Partial-Self Wants to Make the Bad Feelings Go Away

When we feel 'bad,' a *Protecting Partial-Self* often tries to make us feel better. It is as if this Partial-Self is trying to push us out of the Pit.

In its Attacking mode, it can sound like this:

- “There’s something deeply flawed about you.”

In its Helpful mode, it can sound like this:

- “OK, that’s enough moping around. Pull yourself together! Go to a movie, read a book, go for a walk, phone a friend.”

In its Eabling mode, it can sound like this:

- “You just need to take it easy. You’ve had a rough time. Life is too hard.”

Patterns of Merging and Exile

Oscillation

Being merged with a *Partial-Self that Holds onto Feeling Bad* is usually what we mean by being depressed. At first we might be merged with it and then along comes a *Partial-Self that Wants to Make Those Bad Feelings Go Away* telling us what we should do to feel better. But even if we manage to cheer up for awhile, nothing has been resolved so the cycle reasserts itself.

Overwhelm

Sometimes a Compromised Partial-Self may leak into awareness, drowning you in its intensely painful emotions. You feel flooded, overwhelmed, swept away, but when the emotions subside, nothing has fundamentally changed.

Using your Powers in the Pit

The Power of Self-in-Presence

If the Pit is a familiar place, it can be a challenge to not slide right down into a morass of well-known feelings. You will need all your capacities of being Self-in-Presence to create a safe, caring place for a Partial-Self that holds onto the ‘bad’ feelings and even more so for a Compromised Partial-Self that has been exiled from awareness. These ‘bad’ feelings need to be acknowledged exactly as they are and symbolized in order that they can be transformed.

It can also be a challenge to not merge with Protecting Partial-Selves that are often very afraid that you will feel bad for the rest of your life if you turn towards the Compromised Partial-Self.

The Power of And

Acknowledging both or all Partial-Selves that are there will be important in being able to hold a space of listening acceptance for the Compromised Partial-Self in the Pit.

The Power of Deep Empathy

Not-Wanting

Hearing and understanding the *Not-Wanting* of both a Protecting Partial-Self and a Defending Partial-Self in the Pit allows the compassion of Self-in-Presence to enter the system. A Protecting Partial-Self is often Not Wanting you to lose your ability to function, to be lost, drowned, taken over. It is Not Wanting the Compromised Partial-Self to emerge, and is especially afraid of other people seeing that it is there.

A Defending Partial-Self is often Not Wanting you to lose your integrity and authenticity, to be false, to deny what feels real and true. It 'knows' that something vitally important would be betrayed if you just 'cheered up'. It knows that it would tear deep into the fabric of your being to abandon the Compromised Partial-Self.

Wanting

Experiencing the positive feeling that each Partial-Self wants you to be able to feel will bring a new access to the life energy bound at the bottom of the Pit.

A Protecting Partial-Self is often Wanting you to have your life back, to live like other people, to be accepted by others and connected with others, and to feel the qualities of warmth and aliveness that can bubble up from this.

A Defending Partial-Self is often Wanting you to have a deeply felt quality of genuineness, the capacity to be who you really are and have your own truth and your own feelings, and to feel the grounded aliveness that can come when that happens.

Being what was missing

When the Protecting Partial-Self and the Defending Partial-Self trust that you can hold steady as Self-in-Presence and you have the strength to contain the distress of the Compromised Partial-Self, they will allow contact with the Compromised Partial-Self.

The Compromised Partial-Self in the Pit needs to be sensed as fully and accurately as possible. This sense of it needs to be symbolized. This can take a considerable time – sometimes hours or even days. Holding it and sensing for all of it is an essential aspect of this process.

As Self-in-Presence you provide what was originally missing: strong, stable, caring, empathic attention that trusts the essential health and wellness of the Compromised Partial-Self. When you are able to provide this kind of attention for a Compromised Partial-Self, there is often a cathartic release of emotion that feels hugely relieving. Insights and memories often emerge at this time which bring understanding and a feeling of release. There is a sense of completion and a readiness to move on.

The Power of Holding it All

And there is something even beyond the healing of a Compromised One. The ability to sense the whole situation as it now is from the widest possible perspective is also key to living forward in the present.

❖ THE MOUNTAIN TOP – OBSESSIVE DESIRE

What it seems to be about:

The issue seems to be about what is possible for us: what is appropriate, what we are worthy to receive and enjoy, what can happen.

Our definition of Obsessive Desire

The Mountain Top is about the ‘impossible dream.’

Obsessive Desire is persistent longing for something that you seemingly cannot have. It might be having a relationship in which you are completely accepted for who you are, or having a child, or having a satisfying career. It might be having physical health, or the return of a loved one who is gone.

Whether the dream is really impossible is a question at the heart of the Mountain Top. More than any other of the Territories, the Mountain Top is about the nature of reality itself – and on the Mountain reality gets very slippery.

The resolution of Mountain Top situations doesn’t necessarily come with getting what has been desired. It comes when the whole situation carries forward – and we cannot predict what that will be.

The War on the Mountain Top

In the Mountain Top (Obsessive Desire) the war is between:

- a Defending Partial-Self that holds onto or pursues the desire
 - *Rebellious form:* “I don’t care what anyone says. I’m going to make it happen.”
 - *Collapsed form:* “I want too much.”
- a Protecting Partial-Self that wants (you) to stop feeling the desire
 - *Attacking form:* “You’re living in a fantasy land. You don’t deserve it. It’s impossible.” “You are just too picky!”
 - *Helpful form:* “Want something smaller.” “Just visualize the positive outcome.” “Maybe you need to concentrate on what’s really important.” “You just need to move on.”
 - *Enabling form:* “Go for it! You can have it all. Don’t be small, be big! You deserve it! Yes, the world is such a place you can have this. Don’t let anybody tell you different.”

A Defending Partial-Self hangs onto longing

A Defending Partial-Self hangs onto the desire no matter how discouraging or illogical or impossible having what is desired seems to be.

There can be a lot of energy and excitement when you are merged with a Defending Partial-Self on the Mountain. It can be very difficult not to be biased towards this side.

It can be harder to see how the collapsed form of this Defending Partial-Self is holding onto longing if it says, “I want too much.” Even though it is agreeing with a Protecting Partial-Self that it is needy or greedy, *it doesn’t stop longing*. And that needs to be acknowledged just as it is.

A Protecting Partial-Self wants you to stop the suffering of longing

There are three kinds of Protecting Partial-Self on the Mountain Top. One tries to discourage you from pursuing what is desired (Attacking). Another tries to be helpful and supportive in your quest by suggesting that you change what you want to something more “reasonable” or “possible” (Helpful). And a third kind (Enabling) supports the Rebellious Defending Partial-Self in going for what it wants. They all want the suffering of longing to stop.

A Discouraging Protecting Partial-Self is afraid:

- that you would be out of touch with ‘reality’
- that you would make a fool of yourself
- that you would be wasting your time
- that you would be devastated by disappointment...

To protect you from these unwanted experiences, it says things like:

- “You don’t deserve it.”
- “Face reality.”
- “Don’t get your hopes up.”
- “It isn’t possible.”
- “Forget it.”

A Helpful Protecting Partial Self on the Mountain Top:

- tries to persuade you to find a substitute for the desired outcome – advising you to settle for something else
- it can encourage you to earnestly visualize a positive outcome

It says things like:

- “You just need to be more realistic in what you want!”
- “You just need to want less.”

An Enabling Protecting Partial Self on the Mountain Top:

- tries to help you get what is wanted
- finds reasons why you should not give up

It says things like:

- “You just need to think positively!”
- “You just need to trust the universe.”
- “You just have to believe in yourself.”
- “You just need to trust your heart.”

The clue to knowing that it is a Protecting Partial-Self are those tell-tale words: “*You just...*”.

Protecting Partial-Selves on the Mountain Top prematurely stop you from sensing more deeply into the whole situation. They close down your options when what is true is: “You don’t know what the future holds.”

Patterns of Merging and Exile

Merging

With a Defending Partial-Self:

- It can seem as if you have taken leave of your senses. You eat, breathe and sleep with at least part of your awareness returning again and again to what you desire.
- You seek confirmation that what you hope for is possible, *will* happen – in the stars, in the gestures and words of the one you desire, in statistics, from your friends, etc.
- You can only see and hear what this Partial-Self wants to see or hear.
- You are alert for what this Partial-Self most dreads: the destruction of your longings. Your heart races with terror, your stomach churns when this destruction seems to loom.

With a Protecting Partial-Self:

- the desire seems impossible
- the desire is surrounded by disgust and shame
- you feel an overwhelming need to hide it from others
- you feel critical of other people who have a similar desire
- you tell yourself that you don't really need or want what is desired
- you strategize ways of getting what you desire
- you defend your desire – declaring that it will happen or that it is happening
- you look for others to agree with you that it is okay to have the desire

Exile

When the Defending Partial-Self is in exile:

- from time to time you might feel the desire
- you find yourself daydreaming about what is desired

When a Protecting Partial-Self is exiled:

- the thwarting or undermining of your desire seems to come at you from outer circumstances or the opinions of others

Using your Powers on the Mountain

The Power of Self-in-Presence

Obsessive desire isn't as weighty as Depression or as shameful as having an Addiction, but in our experience it is, in its own way, the most difficult of all the Entangled Territories, because it is so hard to stay in Self-in-Presence.

You will need to notice if you are able to tolerate the unpredictable, unforeseeable nature of the situation. When you are Self-in-Presence, you know that you truly don't know what will happen and you are okay with that. When you are Self-in-Presence you have no agenda for the outcome.

The Power of And

On the Mountain this means staying with uncertainty. The balance point is: "Part of me wants it and part of me has a hard time not knowing if I'll get it." These two conditions are the reality at this moment, and it is from

staying with reality that you will be able to sense more fully what is here, and ultimately find the living-forward steps of your whole being.

- Falling off the balance point into identifying with one side usually feels like: “It will never happen. I don’t really want it anyway.”
- In the other direction we typically fall off into, “I’m sure to get it.” or “I can make it happen, all by myself.” or even “It is already so.”

Falling off in either direction is falling into certainty, and it’s important to acknowledge how attractive certainty can be. Over and over again you will need to notice if you are remaining unbiased.

The Power of Deep Empathy

Not-Wanting

The Protecting Partial-Self will probably have lots to say about what it doesn’t want, and that needs to be fully heard and acknowledged.

You may be so caught up in the feeling of desire that it may seem strange to sense for what *The Partial-Self that hangs onto longing* is Not-Wanting. Yet this is an essential step in the process. For example, if I am wanting to be fully met in a relationship, there is a Not Wanting to be only partially met – and it is possible to feel that in the body. This can be the key to directly sensing what the longing is attempting to fill in (the Compromised Self).

Wanting

Sensing for the Wanting of both the Protecting Partial-Self and Defending Partial-Self can help the living forward of this whole thing to be sensed.

The Compromised Partial-Self on the Mountain is the stopped forward living of that area of your life. You can sense it through sensing for the Wanting that is implicit in it.

The Power of Holding it All

You will need to hold the felt sense of the whole thing: its unfulfilled nature and of the whole situation in order for it to be felt fully, directly and symbolized accurately.

❖ FREQUENTLY USED WORDS AND PHRASES

And (Power of): The ability to have more than one Partial-Self in awareness without becoming identified with any of them. This ability also allows the possibility of sensing multiple aspects of a situation simultaneously.

Body is much more than the physical material delimited by our skin. It is body as bodily felt, which includes the sense of here and now, there and then, and future. It is body as interaction with its environment. It is body as sensed from the inside.

Carrying forward is a transforming of the interactional context (the situation) as a whole, bringing further new steps of living, and creating a new implying. The exact nature of that next step cannot be predetermined but ‘fulfills’ the situation’s implying. It changes it in a way which brings greater order and possibilities, interactional complexity, flexibility and creativity.

Complex situations have three dimensions.

- Dynamically complex – you cannot know what caused what
- Generatively complex – you cannot use past experiences to predict what will happen next
- Socially complex – those involved have very different points of view - usually conflicting

Environment is the interactional field of body and what the body lives in. It is more than what is immediately present and external to the physical body. It includes our symbolizations of situations that are not currently present.

Exiling is a process of dissociation in which aspects of Self process are excluded from Self-experience, and thus are experienced as “other” (e.g. monstrous, demonic, inanimate, outside, belonging to someone else, etc.) or may operate completely outside conscious awareness.

Felt Sense: “A felt sense is the wholistic, implicit, bodily sense of a complex situation.” (Gendlin) “A felt sense comes. It isn’t just there waiting. We have to let it form and come. A felt sense is something with a life of its own. If we attend to our bodies, in the middle of the body it comes, and then it is in an odd space of its own. It brings its own space.” (Gendlin 1993)

Holding it All supports sensing the situation and all Partial-Selves (already known or not) simultaneously from Self-in-Presence. This facilitates the forming of a felt sense (direct referent), symbolizing and resonating (classic Focusing).

Identification (merging) is narrowing of awareness to the point of view of a Partial Self. When we are not Self-in-Presence, we are identified with a Partial Self. Technically, being Self-in-Presence is also identification – as Self-in-Presence – but we do not usually call this identification.

Implying is a living body’s readiness for (leaning toward) the next possibilities for living (speaking, acting, knowing, feeling) that bring fuller life.

Gendlin: “Bodily sentience always implies a next move. Inhaling brings an implied exhaling. Each bit of life process is always also a further implying.”

Implicit: What is consciously experienced but not yet symbolized, not yet explicitly formed. ‘Consists of a multitude of unseparated possibilities.

Missing: At a stoppage there is a missing. What is missing is what would carry forward the (organism, situation, body ...). What is missing is implied. From the felt-sense of what’s missing comes the knowing of what’s implied. What is implied is what ‘needs’ to happen. This is not a specific, single occurring. So it’s not that what was originally missing still needs to happen literally, but whatever brings carrying forward now is what ‘was’ missing. We experience this as wanting or longing.

Not-Wanting and Wanting is a protocol of invitations into what a Partial Self is not-wanting to have happen to the whole being, how it is not wanting the whole being to feel, and what it is wanting the whole being to feel. This assists in sensing for the implying that a Partial-Self has been striving to realize. It also provides the depth of compassionate attention that was longed for and not

available at the time of the initial stoppage, thus the Focuser is able to provide the manner of relating that was missing at the time. This also contributes to the strengthening of Self-in-Presence.

Partial selves: Repetitive and habitual reaction sequences that have become individually identifiable as they persist over time. Any chronically blocked situation involves a complex, conflictual relationship between Partial-Selves. Partial-Selves arise at a stoppage. They are attempts by the organism to live past the stoppage; i.e. carry forward.

A Compromised Partial-Self (Small One) is a kind of Partial-Self process that has become frozen around a persistent and serious stoppage in the absence of Self-in-Presence anywhere in the situation. This part-type is often experienced as being wounded, in pain, small, helpless, grieving, enraged, believing that it is unable to be as it is without rejection or failure.

A Defending Partial-Self (Defender) is a kind of Partial-Self process in which a habitual reaction sequence has become identifiable as impulsive, compulsive, overwhelmed, emotional, rebellious, adolescent, disconnected, depressed, embarrassed, ashamed, self-doubting, energetic, driven, always on the go ... Defending Partial-Selves have agency (can act in the world).

A Protecting Partial-Self (Protector) is a kind of Partial-Self process in which a habitual reaction sequence has become identifiable as blaming, critical, anxious, restrictive and/or pushing, hyper-alert and worried about future consequences. Protecting Partial-Selves have no agency (cannot act in the world) alone. They can only persuade other Partial Selves to act.

Presence is a state of being. It is the state that occurs when the capacity for interaction is unimpeded.

Self-in-Presence: When our Self is in a state of Presence, we are capable of acting with flow, sensing the whole situation (given the limits of what we can be aware of), connecting with here-and-now experience, and interacting freely with our environment. Self-in-Presence is not an object within ourselves that we have to find. As we look out of our eyes, as we act in the world, embodied, calm, appropriately friendly, assertive, and curious, we could say we are Self-in-Presence. As we experience ourselves from the inside, as we sense the intricacy of our situations, as we create a safe inner environment for those aspects of our being that need rehabilitation, we could say we are Self-in-Presence.

Self is our capacity for interaction, our ability to meet (if not master) the challenges of the world. The state of our capacity for interaction is always in flux, determined by many factors. A person can experience Self as confident, clear, having a large perspective, flowing, empowered, peaceful, calm. In this case the capacity for interaction is (high, open, wide, unimpeded, free...). Or a person can experience Self as being on the verge of overwhelm or paralysis, at the mercy of others or of outer circumstances, small, vulnerable, fragile, wounded; the capacity for interaction is (low, constrained, narrow, limited...).

Situation is an interactional context which has an implying of its next steps. Your situations include you and whatever you are interacting with. The whole situation includes all the relevant factors: the people, the physical environment, the social/cultural environment, and so on.

Stoppage occurs when the interactional possibilities in a situation become constrained. What is implied doesn't occur and therefore the implying of that situation remains unchanged. Much else occurs but none of that carries forward the situation as a whole. Discomfort is the bodily experience of stoppage. Unhappiness, frustration, anger, sadness... are the emotional experience of stoppage.

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When we encountered Schwartz's work in 2004, we were astonished at how similar it is to ours. We learned a lot from his system. There are still important differences – he doesn't have Focusing, and tends to treat parts as permanent – but we are enormously grateful to him for identifying the part he calls the Firefighter, that we now call the Defending Partial-Self, and for understanding more about how Managers (Protectors) work, and for insights into the source of the Exile (Small One). He also brought us the key notion of Self, which we are calling Self-in-Presence, and how parts take extreme roles when the Self's resources are overwhelmed.

Millan, Cesar.

Cesar's Way: The Natural, Everyday Guide to Understanding and Correcting Common Dog Problems. Three Rivers Press, 2007. www.cesarmillaninc.com

How "calm, assertive" energy from the pack leader enables "unstable" (obsessed, anxious, aggressive) dogs to become calm and stable.

Dweck, Carol.

Mindset: The New Psychology of Success. Ballantine Books, 2006

Carol Dweck's understanding of the difference between a fixed and growth mindset has huge implications for learning, healing and transformational change.

❖ A REQUEST

This is very much a work in progress and so we need to protect it in some ways.

- We would ask you not to copy the handouts and give them to anyone (even your best friends). It is fine to show them to others but you might think twice about lending them out (we really don't supply reprints).
- When you talk about the material contained in Treasure Maps, we would like to be credited as the source of the material.
- If you are a therapist you might want to incorporate aspects of this work into what you do. This, of course, is fine.
- If you have a Focusing partner, you might want to share what you've learned with them. This is also fine.

Please do not give Treasure Maps sessions (advertised as such) professionally unless you are:

- our Treasure Maps trainees* under certain agreed circumstances
- our certified Treasure Maps practitioners*

The only people we want teaching Treasure Maps to the Soul are:

- ourselves
- our trainees under certain agreed circumstances
- our certified Treasure Maps teachers*

Thank you

Ann and Barbara

**There are not any of these at the moment.*