

Play Based Witnessing a Part

Derived from IFS

Sometimes feelings get so big that they don't feel like us.

Do you ever feel like that?

These are called parts; they are normal, and they want to help us, even when we don't like what they do.

When you think of the part of you that made that big feeling, do you have an idea in your mind of what they look like? Or is there a toy in here that looks like them?

When you look at this part of you, what kind of feelings do you get?

Where do you feel these feelings in your body?

Next I'd like to ask the part some questions. Is this okay with you and the part of you?

This next part is easy: ask the part the question either out loud or in your head, and whatever pops into your head next is their response. Are you ready?

If we were to talk to the part, what name would they like?

What is their job inside you?

What could be the reason they do it? Remember they want to help you, although sometimes you don't like what they do.

Either

- 1) Continue to ask these parts-based questions
 - a) What would happen to the body if you didn't do your job?
 - b) What would you rather do if you if you didn't need to do your job?
 - c) What can the body do, so you can trust them that you can do your new preferred job?

Or

- 2) Ask the part if they would like to play

In play: State the positive intention, along with the body sensation, and apply typical non-directive play therapy skills.