

Notes for Parts talk (90422) on Sept 7th for Global

It easy enough to go back to the old status quo without practicing the new learning leading to real integration (Steve Buckbee).

New and important. Screen Share #1

The 3 universal parts and the I AM – the undamaged self – the Divine within us.

There is first the Wounded Child.

Then the Critical Part develops

Then the Wisdom PART.

The I AM – the undamaged self – the Divine within us has been there from the beginning. Becoming aware of the Self/I Am is key to this work I will describe. It is crucial for us to become **real choosers (Virginia Satir's Third Birth)**.

It appears that we are not well develop to access this part till we are older and further along in our cognitive development.

Discuss the evolutionary developmental survival aspect of the Critical Part.

- a) Bessel Von der Kolk is now seeing the developmental survival aspect of the brain coping with Trauma – PTSD memories separated in the right brain
- b) Critical Part as Protector- evolutionary developmental survival aspect – this part provides hope and direction.

Because man is a meaning-giver, from the experience of the wounded child (who has Childlike thinking B/W as well as childhood Narcissism) a child creates a story about themselves and their world based on unmet yearning and expectations. A child cannot view their world objectively. My own experience because the gods (our parents) can't be crazy or have something wrong with them is that story this includes negative self judgements about me - **its My Fault** (that I'm not getting my needs/yearnings and expectations met - **There is something wrong with me** or my parents would treat me differently. Thus, the story develops so that I see myself as **I'm not good enough to be loved. I'm defective and inadequate.** When we hear this, become aware that your client also feels **diminished and less than in relation to others.** *This internal comparison to others* that emendates from the Critical Part also gets in the way of learning and growth.

These clients experience scarcity within themselves (not enough) (vs potential the sense of abundance).

This also goes on to be the internal story about how I am in the world. If my own parents don't love me then how would others in the world love me.

This is a rather depressing story and a hopeless place for a child in their family and the world. It basically **leaves us Helpless.**

Bessel von der Kolk – talks about the Biographical Part of the Brain vs the experiencing Part. The Biographical part of the brain is the Meaning Maker Part which creates the story.

So, the idea that out of this story an **evolutionary survival part develops**. The Critical Part, (my George, the Gremlin JCS, or the Grinch) develops to protect the wounded child from its sense of helplessness and to give it hope.

The Critical Parts story includes the idea that if I could only become the perfect little boy/girl and please everyone then I wouldn't be hurt anymore

and I would get the love and attention I yearn for.
The Critical Parts perspective is more hopeful for the child to go forward into the world.

A therapist may see this in an individual's statements of what we call would of, should of, could of.

John Banmen and I discussed possible reasons for why this part may become the Dominant Internal Voice for some people. It appears that further experience in an environment that is critical and reinforces these beliefs intensifies the Critical Voice's volume. Think old style Catholic School where the feedback is you are "not good enough and you need to be perfect to please us". If this critical voice becomes dominant it can repress the voices of other Parts such as ones Wisdom Part.

Yet, this critical part is a protector, Part. The overall goal is to keep our wounded child from being wounded again and hopeless. *I see it's effort as an attempt to go forward.*

Richard Swartz, who created IFS model see the Wounded Child as an exile and the critical part a manager. (protector)

The Critical Part operates from the story the wounded child created to make sense and give meaning to his/her world.

Both the wounded part and the critical part retain this story and their childlike level of thinking.

There is a problem in that the Critical Parts hopeful efforts to avoid further wounding and to get my yearnings met with this attempt to be perfect and please everyone creates a hazard to my ability to be fully human. It can lead to avoidance and a lack of personal empowerment because I can't:

Say No to others

Stand up for myself

Set and hold personal boundaries

Ask for what I want (seen as selfish)

Or be truly who I am

For if I do assert myself and others become angry and upset at my attempts to assert myself, I have failed at pleasing them. The Critical Part voice will be prompted to reminded me of my failure. (shaming me further). Not being perfect is not safe – so George was always very vigilant.

Without acknowledging that we have parts we are again helpless to our internal cacophony of inner voices. We exist in an enmeshed state not able to separate and differentiate the internal dialogue. Therefore, we can't reach Virginia Third Birth where we can be an individual who choses which part to listen to and which not. It certainly interferes with my gaining **PEACE WITHIN**. Also impeding my peace between and peace among as well.

The early experiences of the wounded child's not getting their yearnings met shape the story and our perceptions about ourselves and the world through this inner story.

We generalize as kids, if my parents don't love me then others in the world won't love me either. This doesn't inhibit my desire/yearning to be loved, seen and appreciated for who I am. However, when someone does act like they love me I might be suspicious that its real or that it will last. That person who acts as if they love me might discover who I really am and reject and leave me. I am wounded again and feel unlovable and abandoned

So, the goal of my parts work with clients is to help them internally separate and differentiate so they can become engaged and empowered as Choosers. **To become aware, access and engage the I am/Self to help one step back see the parts and their messages** so we can make realistic choices of who to listen to. **This permits more internal self-control, allowing one to become more fully human, leads to more peace within.**

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Unfortunately, people get accustomed to functioning with these the internal voices operating within us. (The

old Status Quo. Although I am frustrated when I don't understand or feel in control of our multitude of internal voices and don't feel in control I can easily return to the old status quo because it's my default stance.

There can be therapeutic change that can happen on 2 level.

1) Steve Buckbee talks about change from the Old Status quo. By taking the new learning about Parts, practicing awareness of their identities and messages we can get to Integration. My clinical experience informs me that I have to support my client's practice of this process, allowing for this eventual integration. I support my client's integration by helping them develop an enhanced connection and access the Self/I AM to step back and see this internal process to allow for increased ability to chose what to listen to.

For me this process was greatly facilitated by my increased understand that George's perspective was as younger part, that he was a protective part and why he actually came into existence.

2) Transformation – this involves working with the Wounded Child and his/her memories to change their child perception of their experience to a more positive, realistic adult understanding. (I frequently use EMDR to convert their interpretation of those experiences/memories.) Once the inner child changes the story about being unlovable then the Critical Parts doesn't need to be protective. Its role can be transformed and it can then be a positive recourse.

An example: my Mother had 6 kids. Every time another sibling came along, I lost more of my mother's attention. My childhood interpretation was that I must be unlovable. During that time, I was not able to have a more adult understanding of the difficulties for her caring for and managing 6 children and how each infant required so much of her attention for it to survive. Within my own therapy I was able to reinterpret those experiences and see myself as loveable and no longer needing to be perfect and please everyone. This allowed for the liberation and Transformation not just of the Wounded Little Dickie but also George as well.

An example of how this Critical Part operates in an irrational manner is with sexually abuse clients.

They say to you If I only had done something else (examples). Because the Critical Part expects you to be perfect there can be no mistakes. The critical part becomes **blaming** - you “should have done something different and you didn’t, you should have known better, etc. This leaves the client to be blamed resulting in the shame we see these clients carry. They don’t see their thinking as irrational as they don’t know that this is coming from a much younger Critical Part.