

## Exercise

# EMBODYING A PART

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**DIRECTIONS:** First find a protective part to check in with and try direct access on yourself by embodying this protector.

Invite the part to embody and show you what it does for you.

- The part may want to move in a certain way.
- It may want to speak (or sing, shout...).
- It may have a particular posture or facial expression it wants you to notice.
  - Ask the part if you're getting it right.

Ask how long it has helped you in this way.

Ask what would happen if it didn't do this job for you.

Ask the part if you are fully getting its role or is there more.

Ask if you can help the part it protects.