

Basic Parts Process

Step 0 - Tapping the whole time

- Give instructions to tap on next point with each new question or piece of information

Step 1 - Have them tune into an action you want to take

Step 2 - Notice where the resistance shows up when you are trying to take action. This is going to be our part. We are now going to treat the part as if it is completely independent.

- A physical sensation such as tightness, heaviness, heat, or other (butterflies)
- Thoughts chattering in the brain
- Something outside the body
 - Pressing on us
 - Holding us back
 - Tying us down
 - Standing next to us scolding us

Step 3 - Ask questions to find what is motivating the part

- How is it keeping us safe?
- What is it afraid will go wrong OR what danger does it perceive?
- What proof does it have that could happen?

Step 4 - Thank the part

- For wanting us to be safe
- For working so hard

Step 5 - Solve the problem for the part the way you help an employee

- Give it information it is missing
 - The problem isn't as big as it thinks
 - The consequences aren't as big as it thinks
 - The problem is no longer a problem
- Give it skills it needs
- Give it access to other parts that are also working on the problem
- Ask if it what it needs to solve the problem

Step 6 - Imagine take the action again

- If there is no resistance to taking the action move to step 7
- If there is resistance return to step 3 with either the same part or a new part

Step 7 - Thank the part

For working so hard
For being open to change