



IDENTIFYING THE “PART” – A DEEPER LOOK

As you listen to the story follow these guidelines in identifying the part the attendee will work on.

The Part can be a False Self or a Regression:

- The False Self – This is the part which is attempting to protect or provide for the person in ways which draw them away from their truest self. Fear is the driving force behind the development of these false selves which were typically “created” at an early age.
- Regression – This is the part which developed as a result of a key relationship from the distant past, typically during childhood. The regressed part represents the impact and messages internalized by this relationship.
- It is possible to see the part as an emotion such as fear or shame. However, this may not be as clear or as deep if you stay with just the emotion. To go deeper you can ask the attendee: *“When did this _____ (fear/shame) develop in your life?”* (The idea is to try to discern if it comes from a regression or from a false self.

You can also ask: *“How do you do _____ (fear, shame)? How does it show up in your life?”* This will reveal a false self which may be a clearer way for the attendee to identify their block.

The Part can be an “Attachment.”

This is a more nuanced approach to finding the part which a seasoned facilitator may identify as the block within the attendee.

Examples: When a person is holding on tightly to an identity (being a mother, father, pastor, missionary, successful....)

It is the “attachment” to the identity which is the block when a person is holding on so tightly that they can’t let go and trust or move forward. There may be feelings of anger, shame, guilt, fear, sadness.

This could be a power or connection process depending on the energy of the attendee. Power Process: Do they need to use their inner strength and voice to cut off the negative messages connected to the attachment?

Connection Process: Do they need to surrender the guilt/shame/sadness by entrusting it to God? (Conversation with God for example)

What the Part Conveys:

- The part is WITHIN the attendee. The block is always within the person. It is never external – whether another person or a situation.

Consider this: if you focus on an external person or situation (spouse, job, friend, etc.) then you are now attempting to deal with something over which the attendee has no control.

Rock Work is about helping the person deal with what they have the ability to address – their own inner being and how they show up in the world. Always explore what is present within the attendee that creates the block.

- The part represents a block which manifests itself through a way of being (the false self) and/or negative messages, typically driven by fear or shame.
- The clearest expression of negative messages will have to do with IDENTITY, touching on their worth, value, significance, ability, and safety.
- Emotions such as fear, shame, sadness, or anger are present with the part. They will help guide you as to what type of process you will choose for the attendee.

The Only Time when the Part is a person: When it is a Regressed Part

- The ONLY time that you are pulling out a part which represents a current person in the attendee’s life is when it is a “**regression.**” That is, whenever the attendee is dealing with a person (mom, dad, sibling, etc.) surrounding their experience in the distant past, usually childhood. In this case, the regressed part is communicating negative messages that the attendee internalized when they were young.

This regressed part is related to a person (who may still be alive – mom, dad, ...) but it is actually an expression of the child’s internalized negative messages from a parent or someone significant AT THAT TIME in their life. So, if you pull out “mom” you are actually not pulling out MOM, but rather you are pulling out the attendee’s experience of mom – which may or may not be a 100% accurate representation of mom. It is what the child “internalized” from mom at that time. This is “the part” we are dealing with.

All Role Players do not represent the Part the attendee is working on:

It is common to pull out different people relevant to the attendee’s story, such as a spouse, friend, child, or a boss, to mention a few. However, these role players are not the “part” or block.

The purpose of the role player is to bring to life (visually and verbally) to the attendee’s story. These role players could be the spouse, a child, or key people in the attendee’s life. The most common way we use role players who are NOT the attendee’s “part” is when we are “showing” the attendee the impact of their “part” on their life or on others.

The Role Player may represent or communicate:

- Actual or perceived messages from a person.
- The needs of a person
- The impact the attendee's "part" (via negative messages and actions) is having on that person

Common Confusion when dealing with an Attendee whose story revolves around their Spouse:

How do you deal with someone who expresses deep pain and hurt by their spouse's behavior?

- Hold space for their story.
- Do not get caught up in "aligning" with the attendee in a "us against him/her" mentality.
- The spouse is NOT the "part" that the attendee needs to deal with. While his/her actions impact the attendee, the block is not the spouse but rather the way in which the attendee is dealing with the spouse. We want to help the attendee to identify the block within them so that they are able to let go and receive support or change, leading to freedom and to their truest self.

How to help the attendee direct their attention WITHIN as opposed to the spouse:

Communicate to the attendee: (Expressing empathy and giving guidance by asking one or more of the following questions)

- *"I hear how hard this is for you. We know that _____ (the spouse) is not here right now and we cannot change them, right?"*
- *In that light, what is the part of you that is struggling with _____? (the spouse)*
- *How are you showing up in reaction to _____?*
- *What is taking place within you that is keeping you from being free?*
- *This is where God wants to meet you. This is where you have an opportunity for growth, freedom, love..."*
- Option: *Where is God in this for you?*

We are looking for false selves, the ways in which they are showing up in response to the difficulties with their spouse. For example: the bitter one, the judge, the unforgiving one, the invisible one. Or, they could be connecting to grief or loss.

Determine if it is a power or connection process. If it is a power process, they are most likely dealing with laying aside the negative messages that they have believed which inspire their false selves. Choose a power process that fits the metaphor that they give.

If it is a connection process, consider "Conversation with God" where they can connect with God and entrust something to Him (their spouse, their needs, the loss....).

If the person has a hard time shifting to their own internal work and they are still stuck on focusing on the spouse:

- This is a defended state with deep judgments about the other person. (*If only they would change. They are the problem.*) When we are defended, we are covering up something – pain, hurt, unmet needs. (You don't tell them they are defended. This is something for you to be aware of.)
- Deal with this instead of trying to get them to take their attention off of their spouse.
- Express empathy and help them to connect to the deeper issue within.
- *"I see how hard this is for you. Tell us more about what this has felt like for you."*
- We are looking for them to connect to the anger, sadness or the pain of the wound.
- *"If _____ had a color, what color would it be?"*
- *"Where is God in this?"*
- *"Would you be willing to have a conversation with God about it?"*
- Lead them in the Conversation with God process, having them tell God what it has been like, and telling God what they want, going over Cost and Impact, etc.

The reason for going in this direction is that we are hoping that this will give the person an opportunity to release what is in their heart to God and to risk hearing what God wants for them, what He can give them (healing, hope, a new way of seeing their spouse, etc.)

At the end of the conversation with God you could have the person pull out their spouse and have them talk to their spouse from this new perspective, having connected with God. You can do this if they have had a breakthrough and let go of their judgments, etc.