Handling a Controlling Reactive Part

Start Processing

Start Orientation
Navigator Orientation - Technical Instructions

Select Your Device

What are you using?

- Mac
- Windows PC
- iPad (iPhone pending)
- Android & Kindle Fire
Navigating on a Mac

- When you see this ⬅️ you can go to previous slide by clicking high on the right-hand scroll bar.
- When you see this ➤️ you can go to the next slide by clicking low on the right-hand scroll bar.
- Also pressing the keyboard DOWN ARROW ↓ advances to the next slide.

- If you get lost, retrace your steps using the BACK ARROW ⬅ in the Javelin Reader Menu Bar in upper left corner of screen.

More Orientation Slides  Start Intervention
Navigating on a Windows PC

- When you see this ← you can go to previous slide by clicking high on the right-hand scroll bar. When you see this → you can go to the next slide by clicking low on the right-hand scroll bar. Also pressing the keyboard DOWN ARROW ↓ advances to the next slide.

- If you get lost, retrace your steps using the BACK ARROW ← in the Javelin Reader Menu Bar in upper left corner of screen.

More Orientation Slides  Start Intervention
Navigator Orientation - Technical Instructions

**Navigating on an iPad** *(iOS universal version with iPhone support pending)*

- When you see this ⇨ you can go to the next slide by swiping right to left. When you see this ← you can go to previous slide by swiping left to right.

- If you get lost, open the **Javelin Reader Menu Bar** by tapping anywhere there is not a link. Retrace your steps by tapping the menu bar **BACK ARROW**.

More Orientation Slides

Start Intervention
Navigator Orientation - Technical Instructions

Navigating on an Android (Phone or Tablet) or Kindle Fire

- When you see this you can go to the next slide by swiping right to left.
- When you see this you can go to previous slide by swiping left to right.

- If you get lost, open the Javelin Reader Menu Bar by tapping anywhere there is not a link. Retrace your steps by tapping the menu bar BACK ARROW.

More Orientation Slides

Start Intervention
Sample text from this Navigator...

So \( \times \) -year-old, do you know you’re in a grown up body now?

*Regardless the answer, say... Look in this mirror. Hand client a mirror.*

Read **bolded text** out loud. *Italicized text* has instructions.
Any text that appears in parentheses may need to be modified or deleted.

- Guide part to see (she) has power now.
- So **CLIENT**, do you get a mental picture of (her)?
- May I speak to the part we worked with (last time)?
- Your brain made a recording of (them) behaving this way.
- What (other) fears or concerns do you have?
Navigator Orientation

Importance of Yellow Banners

Some instructions will appear in a yellow banner, like this...

*Address ALL misunderstandings and concerns held by this part. This could take a few minutes or a whole session.*

The yellow highlight indicates VERY important directions, but without a specific script to follow. Take as long as you need to complete this instruction. Use your best clinical judgement.

NEXT ⇫
Some text will appear in a green box, like this...

*If client has at least one trusted Resource, say to the part...*
*Tell the Resources about that. What do they say?*

Read the script if it applies. If it doesn’t apply, skip it, and go to the next instruction or script on the slide.
Modify Scripts as Necessary

Occasionally you’ll need to modify a script. Use your judgement. For example, if a client has a single Resource, you’d read this script like this...

Tell the Resources about that. What do they say?

Tell the (Spiritual Core) about that. What does she say?

NEXT
If you must stop working with the controlling reactive part before work is complete, click on the Intervention Menu button in the upper right. Then select the Close Incomplete Processing link at the bottom right of the menu slide.
Handling a Controlling Reactive Part

What’s a Controlling Reactive Part?

A Typical Controlling Reactive Part...

- Is angry at you and/or suspicious of you
- Will act like (she’s) in charge
- Doesn’t need the Resources
- Doesn’t need/want to be comforted
- Is defiant, oppositional, controlling
- Often needs/wants to block processing
- Usually aims to control other parts of self

Stop meddling!!!
Handling a Controlling Reactive Part

What's the Status of the Resources?

Which best describes the status of the Resources?
Including one or more of the following:
NAS, PAS, SCS, and/or Provisional Resource(s)

No Resource(s) Mobilized Yet

NOT Connected to Resource(s) Now

Connected to Resource(s) NOW
Handling a Controlling Reactive Part

Connect to Resources – If Not Already Connected

So CLIENT, connect to your Resource(s).

Tell me when you’re connected.

When client says OKAY, START ABS.

Good. Tell me when that’s strengthened all the way.

When client says OKAY, STOP ABS.

If client has trouble connecting to Resources, skip this and go to NEXT.

NEXT
Handling a Controlling Reactive Part

What do you need to do?

- Invite Controlling Part Forward
- Speak to Part That’s HERE But Not Speaking YET
- Speak to Part That’s Speaking to You NOW

Stop meddling!!!
Handling a Controlling Reactive Part

**Invite Controlling Reactive Part Forward**

Modify script as needed.

I’d like to invite forward (to approach the Resources), the part of you that ____________. When you’re ready, tell me what you notice.

If client does not report seeing or sensing a part, ask...

- Do you have a mental picture of (her)?
- **OR** Do you have a felt sense of (her)?

NEXT
Handling a Controlling Reactive Part

Invite Controlling Reactive Part Forward

Modify script as needed.

May I speak to the part that ____________?

If client does not already have a mental picture, ask...

Do you have a mental picture of (her)?
Handling a Controlling Reactive Part

Welcome the Controlling Reactive Part

Be warm, open, and friendly. Smile!!

WELCOME! I’m very glad you’re here!

Have you spoken with this part before?

YES

Not Sure

Have we met before? Have we spoken to each other in the past?

YES

NO

NO

NEXT

NEXT
Handling a Controlling Reactive Part

Welcome the Controlling Reactive Part

I’m very glad to get to meet you.

Pause for a response.

If you don’t know the age, ask the part...

So little one, how old are you?

NEXT
Handling a Controlling Reactive Part

Getting the Controlling Reactive Part’s Age

If a part cannot give you an age (a single age, a range of ages, or non-consecutive ages), narrow it down with this...

Perhaps I can help. Are you most likely more than 10 or less than 10?
  If less than 10... Are you more than 5 or less than 5?
  If more than 10... Are you more than 15 or less than 15?

If a part is just unwilling to reveal (her) age, move on to the next script. Later, when the part is feeling safely connected to the Resources and is largely in present time, ask for (her) age again.

NEXT
Handling a Controlling Reactive Part

**Build Rapport – Listen, Understand, Empathize**

Tell me about yourself. What was happening at age ___?

Ask follow-up questions. When you think you understand, ask...

Are you saying _RESTATE PART’S RELEVANT HISTORY_? Discuss until you understand. Show compassion. Empathize with something like...

I’m really sorry that happened. I imagine it was very painful.

When you understand why part became so controlling, go to NEXT.

NEXT
Handling a Controlling Reactive Part

Build Rapport – Listen, Understand, Empathize

So _x_-year-old, welcome back. How are you doing today?

Follow-up with questions that clarify this part’s frame of mind today. When you think you understand, ask... Are you saying ___ RESTATE PART’S FRAME OF MIND ___? Discuss until you understand. Show empathy and compassion. Be very welcoming. Thanks for sharing that.

When you understand (her) frame of mind today, go to NEXT.
Handling a Controlling Reactive Part

Build Rapport – What’s Part’s Reaction

Which best describes the part’s reaction to your compassion, understanding, and empathy?

- Hostile
- Confused
- Mistrusting
- Open
- Curious
- Welcoming
Handling a Controlling Reactive Part

Build Rapport – Calming Hostility & Mistrust

Use one or more of these scripts and/or make up your own.

Mistrust

(20 -year-old,) I want you to mistrust me as long as you need to. You’ve mistrusted everyone to try to keep yourself safe. Keep doing it. It’s my job to earn your trust.

Fear of Betrayal

(20 -year-old,) you’ve been hurt by people who started out charming and kind, but later betrayed you. It makes perfect sense that you’d be concerned I’d do that to you too. Remain cautious as long as you need to.

State Your Agenda

(20 -year-old,) I’m not here to change you. Stay exactly as you are, as long as that works. I’m guessing you’ve waited a long time for someone who just wanted to listen and understand. I’d like to do that for you now.
Handling a Controlling Reactive Part

Build Rapport

The Navigator includes many more scripts for building rapport.
Handling a Controlling Reactive Part

Build Rapport – Show Support for Part’s Beliefs & Emotions

Use one or more of these scripts and/or make up your own. Modify as necessary.

Holding a Belief

- I fully support you in believing ___ as long as you need to (and the Resources do too). (We’re) NOT here to talk you out of believing that. (We’re) just here to fully support you WHILE you believe it. (We’re) here for you no matter what you believe or how long you believe it.

Attached to an Emotion

- I fully support you in feeling ____ as long as you need to (and the Resources do too). (We’re) NOT here to talk you out of feeling that. (We’re) just here to fully support you WHILE you feel it. (We’re) here for you no matter what you feel or how long you feel it.

More Scripts
Handling a Controlling Reactive Part

**Intervention Menu**

What would you like to do next?

- Build More Rapport
- **Start Developing a Relationship with Resources**
- Orient to Present Time
- Explain the Illusion of Significance
- **Strengthen a Weak Relationship with Resources**
- Address Concerns or Misunderstandings
- Check Overall Progress When it Seems...
  
  ...part has rapport with you, is largely in present time, and is able to be comforted by (available) trusted Resources.

Close Incomplete Processing
Handling a Controlling Reactive Part

Orient to Present Time

Take as long as you need to bring this part into the present.

Guide part to see (she’s) no longer in a painful childhood place/time.

Don’t TELL (her) (she’s) safe now, GUIDE (her) to see for (herself).

Contrast the powerlessness of (her) past with the power of the present.

Use multiple interventions. Each one will help a little bit. Don’t rush!

Present-Time Orientation Scripts

CAUTION

If part is angered or agitated by these questions (not comforted), go back to...

Building Rapport
Handling a Controlling Reactive Part

Orient to Present Time – Sample Scripts

Use scripts here that apply well and/or make up your own.

That painful experience at age ___ had a beginning, a middle, and an end. How many years has it been since it ended?

If WOUNDING PERSON tried to hurt you now, what could you do to protect yourself now, that you could not do back then?

How long has it been since you lived in __CHILDHOOD HOME / TOWN__?

How long has it been since you last saw __WOUNDING PERSON__?

If far away or deceased ask...
Where is __WOUNDING__ PERSON now?
Handling a Controlling Reactive Part

Orient to Present Time

The Navigator includes 7 more slides with scripts for orienting to present time.
Handling a Controlling Reactive Part

Explain the Illusion of Significance

Refer to hurtful person(s) part already told you about.

What hurtful message did ___PERSON(S)___ convey to you back then?

I expect that whenever you sense (their) wounding presence or message, you’re motivated to show up and be on guard. Is that right?

NEXT
Handling a Controlling Reactive Part

Explain the Illusion of Significance

The Navigator includes 2 more slides with scripts for explaining the illusion of significance.
Handling a Controlling Reactive Part

Start Developing a Relationship with the Resources

So _x_-year-old, do you see the Resources?
Do they look good to you?
Would it feel good to get up close?

YES

NO / Not Sure

Has client mobilized a (Spiritual) Core Self?

YES

NO
Handling a Controlling Reactive Part

Start Developing a Relationship with the Resources

The Navigator includes 10 more slides with scripts for this Resource section.
Handling a Controlling Reactive Part

Strengthen a Weak Relationship with the Resources

Modify script as necessary.

**So **x** -year-old, do the Resources understand _______?**

Should answer **YES.**

What’s it like to hear they understand you?

NEXT ➔

Fill in the blank with any behavior, belief, emotion, or concern. **REWORD and REPEAT** as often as you need to.
Handling a Controlling Reactive Part

Strengthen a Weak Relationship with the Resources

The Navigator includes 16 more slides with scripts for this Resource section.
Handling a Controlling Reactive Part

Address Additional Concerns

So x-year-old, what other fears or concerns do you have?

If necessary, ask follow-up questions. When you think you understand, ask...

Are you saying _____ RESTATE CONCERNS OR FEARS _____?

Discuss until you understand. Then validate...

That makes perfect sense considering _____ REFER TO RELEVANT PAST WOUNDED ____.
The Navigator includes 3 more slides with scripts for additional concerns.
Handling a Controlling Reactive Part

Has the Part Been Sufficiently Reassured?

So \( x \)-year-old, when you showed up, you were concerned about ___ Restate part’s reason for being controlling ___?

Are you feeling better now? Are you sufficiently reassured?

YES  \( \rightarrow \)  NO / Maybe
Congratulations. This part's upset has been handled!!

Is it time for this part to **tuck in or step aside**?

**YES**  
NEXT  ↘

**NO**  
*Proceed with what client needs next.*

If part was **blocking** processing, (she) may need to tuck in or step aside so you can return to processing.
Handling a Controlling Reactive Part

Return to Processing – Tuck in or Step Aside

That’s great. So I’ll be returning to NAME THE PROCESSING.

So x-year-old, thanks for talking to me today. (It was great to meet you.) I’d like to help you get totally unstuck at the perfect time. I’m not sure when that will be, hopefully soon. In the meantime, would you like to tuck in with the Resources now, or step aside and watch?
Handling a Controlling Reactive Part

Return to Processing – Tuck in or Step Aside

Wants to TUCK IN

Very good. Is there anything you’d like to say or ask, before you tuck in?

Now find a nice, warm, safe, cozy place to tuck in to. You can tuck in with the Resources (in your _SPECIAL SAFE PLACE_).

Just find a good place to wait, until the next time you’re needed.

_Proceed with what client needs next._

Wants to STEP ASIDE

So _x_-year old, for now just hang out here with your very own set of Resources and watch. I’ll check back in with you later.

_Proceed with what client needs next._

**OR**
Has the Part Been Sufficiently Reassured?

So \( x \)-year-old, do we need to find and switch the dominance of the (introjects) you’re reacting to?

**YES**

*Start Switching the Dominance Protocol*

**NO**

*What do you need now?*

*Intervention Menu*
So x-year old, it was really great to talk to you today. We have more to talk about, so I look forward to our next visit. In the meantime I’m going to invite you to tuck in for now. Is there anything you’d like to say or ask before you tuck in?

Now find a nice, warm, safe, cozy place to tuck in to. (You can tuck in with the Resources in your __SPECIAL SAFE PLACE__) Just find a good place to wait until the next time you’re needed.