

Summary Of Parts, Blending & Burdens

Three types of parts

Parts are managers who control to avoid pain, firefighters who soothe distress, and exiles, who carry old wounds

01

02

Blending & Unblending

When a part take over your awareness, we are blended · if we can notice a part with kindness and care, without becoming it, we unblend

Old Wounds

When you exile a part in trauma or past experience, it is wounded · when parts are deeply hurt, Protectors form to keep them safe

03

04

Burdens

Burdens are the intense beliefs or feelings parts carry from Old Wounds · they aren't who you are, and can be released as healing begins