



SHANE LYNCH PSYCHOLOGY

Don't forget:

Parts have good intentions. Issues arise because their delivery of those good intentions are not so good.

Things to Try...

You might like to try what I've come to call the Triple "A" approach to parts work.

A1: Acknowledge - "A part of me feels anxious and another part of me doesn't think that's reasonable."

A2: Appreciate - "I know you don't want anxiety to take over, that's why you're giving me all these reasons anxiety isn't reasonable. Thanks for trying to help with the anxious part."

A3: Ask - "If it's okay, I'd like to talk with anxiety and help it calm down. Would it be okay to press pause on all the reasoning for a few minutes so I can do that?"

About Shane

I'm excited for summer! It seems short at times; one really has to stop and take it in.



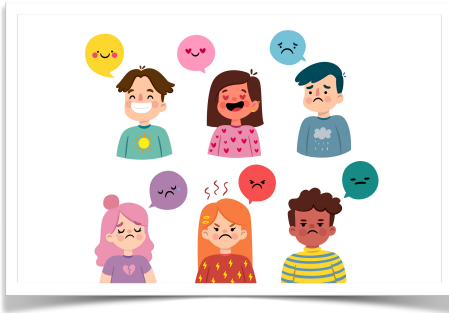
Metaphor for Self

The concept of the Self is often more difficult to fully grasp at the outset. Parts are usually much easier to understand because we let them operate for us every day so they're more easily identified.

Most clients are happy to consider anxiety as a part of them, instead of feeling compelled to say they are anxious. Most clients are also willing and often prefer to take sides with the rational part of them. In fact, they would prefer to be the rational part. What we come to learn is neither part is optimal or afford us the sustainability to manage any and all situations, well.

One metaphor I like to use is from Star Trek. Not everyone knows Star Trek, or perhaps might admit to knowing it (Ha!), but the metaphor works well, I think, to distinguish parts from the Self. So let's go back to the original version with Captain Kirk, Spock, and Dr. McCoy (a.k.a., "Bones").

Quickly, the premise of the show is space exploration and of course that the Federation originating on Earth, explores space



Tips for Dads & Moms

Try acknowledging your kid's parts, too!

"Sounds like a part of you is pretty frustrated right now."

"Sounds like a part of you is really angry right now."

"Sounds like a part of you is having trouble waiting/being patient right now."

Help your kids identify their feelings, thoughts, behaviours, in a way that doesn't apply a general label that can be all-encompassing or overwhelming. While their intensity of thoughts, feelings and behaviours are much higher than our own most of the time, it's more manageable for them (and for you!) if they are not frustration incarnate!



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and, saves other lifeforms, planets, systems etc. Like any ship, the bridge of the Enterprise is comprised of the most important crew for flying, navigating, and protecting the ship and its crew. The top three members are the Captain (Kirk), his First Officer (Spock), and his Chief Medical Officer (McCoy).

Kirk and McCoy are both human, Spock is a Vulcan which is an alien who can't experience emotions and operates purely logically at all times. McCoy is Spock's antithetic shipmate, highly emotional, loud, and intense.

Imagine an episode where the premise is a planet is in danger of being attacked by another alien species. The Enterprise, captained by Kirk is tasked with the job of intervening and protecting the planet from the alien invasion. Unfortunately, there is an asteroid field between the Enterprise and the planet needing to be rescued.

Captain Kirk turns to Spock and suggests they plot in a course to the planet through the asteroid field. Spock, calmly, without emotion, does a mathematical calculation, then tells Kirk the probability of traversing the asteroid field without being destroyed and arriving at the planet in time to protect it is 7,687,916 to 1. This mathematical fact triggers McCoy seated on the other side of Captain Kirk. McCoy angrily and impatiently berates Spock for suggesting, with his mathematical equation, they abandon the planet to its certain demise in an effort to save the Enterprise from what sounds like a certain fate amongst the asteroid field. McCoy is red-faced, spitting, sweating, and yelling. Spock is completely calm, cool, and collected. The more probabilities Spock provides, the more McCoy ramps up his attacks which start to get personal as he begins to now insult Spock, who, unsurprisingly, remains completely calm and unfazed.

Captain Kirk hears both sides, without judgment. Then he stops. From a calm, connected, compassionate, and clear place, he becomes curious about how he could address the dilemma. This gives way to the creativity necessary to come to a novel solution which is delivered with courage and confidence (8 C's).

Kirk's plan allows them to somehow navigate the asteroid field *and* intervene on behalf of the endangered planet, without any loss of life on the Enterprise or the planet in question.

Being in the Self is how you are the captain in your own life.