

How to play Identify & Liberate

- Identify Plays help you to find all parts of your self.
- When you found some, liberate them one by one and later continue indentifying.
- Always play the full Liberate Play sequence from start to end with one part only.
- If the part resists, cancel and wait for readiness signals.
- First liberate parts, which cause familiar feelings or emotions. Later proceed with background and hidden parts.
- Parts are regularly or in specific situations influencing your life a bit or significantly. Hidden, unknown parts usually act out covertly. Regard hints from them asking for your attention.