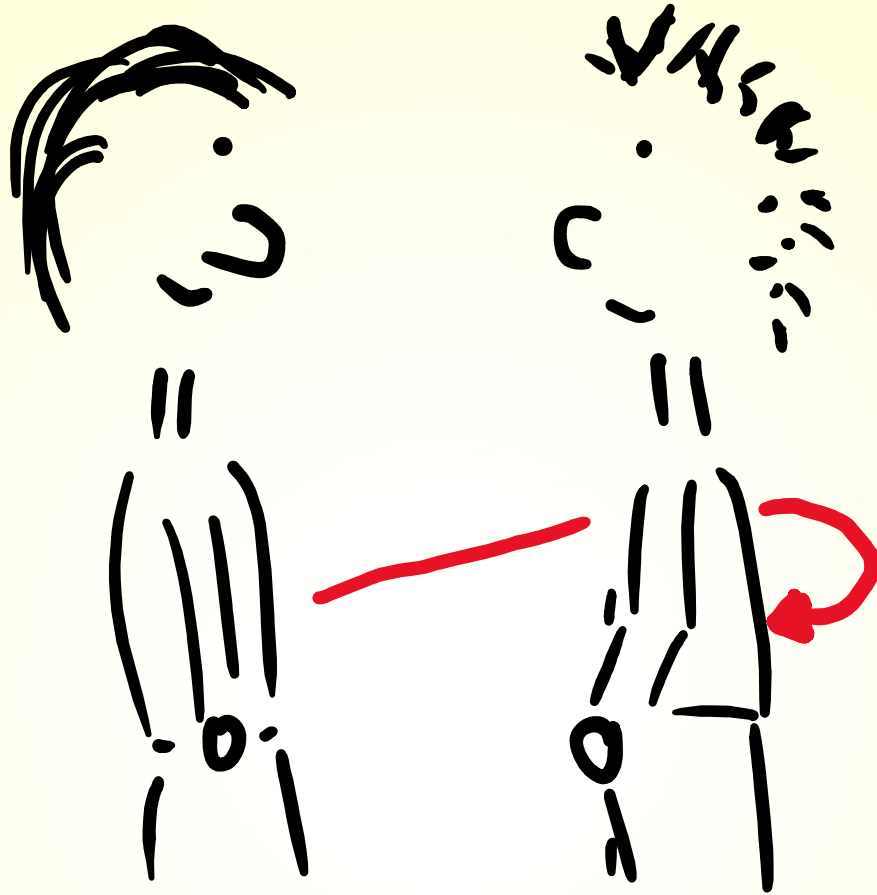


Walk in its "shoes"



Change location and posture and say: "I am part XXX!" . Talk about your actual mood, feelings, intentions, wishes, limitations and if you are ok to proceed.

Walk in its “shoes”

Say “I am XXX”. Pick a name, you like as this part. Change your posture and location to become the part (mentally or better physically e.g., with two chairs). You are the part XXX now. You might even see him/her (the one you usually identify as) standing or sitting in front of you. Feel your body, even if it is a non-human body. Express what feels right for you here and now. Tell him/her all the things, you want to share. When done, check if you feel good to proceed and only then express your consent, stay as the part and play the next play. Otherwise, you cancel here and will indicate in the future, when you like to proceed.

Nice Videos: [Voice Dialogue](#)