

Call all parts on stage



You the needy part and all others
enter the stage of the empty
theater and find their places and
postures. How do you feel?

Switch to the full part.

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Start as the needy part, observe the locations, movements and postures of the other parts and yourself while finding a good constellation on the stage. The auditorium is empty, so it is just a parts family gathering without other people. When the constellation has settled, feel how it is as the needy part here. Who looks at you expressing which feelings? What feelings do you have looking at each other? Take your time, then switch to the full part. All others and you change positions and postures. See what changes for you and the others. You can intensify the play by placing real objects on a desk or the floor and standing physically with your finger or full body between them as the part on stage.

Nice Videos: [Systemic Constellations](#)