

Parts Biographies

Parts Biographies can be written about each part, from Self. These can be compiled into a book, which could become a memoir of sorts. They can be as simple or elaborate as each part would like. Some suggestions you might consider as starting points in writing a part's biography are:

- ❖ How to begin
 - Ask all parts to give space so you can be more in Self (you may opt to do your DPMP prior to writing)
 - Connect with one part a time
 - Review their Parts Catalogue Card (if needed)
 - Invite a dialogue with them and/or partial blend (if needed)

- ❖ Breaking a biography into three sections:
 - 1) description of the part;
 - 2) how the part felt prior to unburdening (what it was like to be blended *only in that part*);
 - 3) how the part feels post-unburdening (what it would be like to be blended *only in that part* now unburdened with reclaimed qualities)
 - Or any way you wish

- ❖ Things to consider including:
 - Name (both part-chosen names and original phrases/aliases)
 - Age (noting if it changed during your inner work or continued meditations)
 - Race
 - Gender, sexual orientation, sexual preference, preferred pronouns, etc.
 - Spiritual beliefs (or world views)
 - Classification (manager, firefighter, or exile)
 - If a part of a part (POP) write who they are most related to
 - Where they were retrieved *from* and *to*
 - How the part showed up in your life prior to unburdening (i.e., burdens – what it was like to be blended *only in that part*)
 - How the part shows up in your life now (i.e., reclaimed qualities – what it would be like to be blended *only in that part* now unburdened)
 - You may capture a critical memory along with the missing experience / do over
 - Anything else that is unique to this part or they want to have included

- ❖ How to preserve your Parts Biographies
 - Write or print them onto the backs of their Parts Catalogue Cards
 - Create a spiral, three-ringed-binder, or other book with only Parts Biographies, listing in either chronological, order of appearance in your IFS work, alphabetically, or other
 - Write a full memoir
 - Make a movie

- ❖ Alternative Parts Biographies (non-written)
 - Dance
 - Music
 - Art