

Polarity Integration – Exercise

It's ideal to have support the first time you do this exercise. If you feel activated, threatened or unsafe when connecting with these parts of you, it's important to have the support you need to feel safe. Once you've experienced the exercise the first time, it will be easier to hold space for yourself going forward. Always ask for help when you feel stuck.

1. Start by closing your eyes and tuning into the two parts of you that are in conflict with each other. Sometimes it helps to put your hands out, palm up, and imagine each of these perspectives is resting in one of your hands. You can also bring them into your mind's eye, or simply feel the tension in your being as these two come into your awareness. Tune into how each side is feeling and see if you can identify their unique perspectives. If you're stuck, it can help to talk to someone about what you're experiencing and have them help you identify the two perspectives you're feeling.
2. You'll need a name or description to identify each of them during this conversation. Sometimes a human name or even an archetypal or symbolic name comes to mind, such as "the child" or "the peacekeeper" but more often it's something like "resentment" or "the playful one." There's no right way to name them and their names will change over the course of the process. So, you can keep this simple.
3. Take out a pad of paper and draw a line across the top and down the center. This will look like a two column table with a space at the top. Go ahead and write the names you've chosen, one at the top of each column.
4. Choose one perspective to start with and again close your eyes and tune into the energy of that part. Typically there will be a word or phrase that captures the thoughts, feelings, or perspective of this part. Write these in the column below the name. "Nobody listens to me" or "What's wrong? Everything is fine" or "I didn't sign up for this" or "you don't care what I want!" or "I'm just doing what's best for you," are all common phrases. Write this phrase in the corresponding column.
5. Once you write the perspective of one side of the dialog, the other will usually pipe up and speak it's truth. You'll write this response in the other column. Encourage this dialog to continue and imagine you're the mediator who's job is to listen and understand both sides without judgment. Your ability to stay neutral in this conversation will create

safety and help these parts feel comfortable expressing themselves. Take notes on each side as you go and patterns will begin to emerge.

6. During this conversation, you'll want to learn as much as you can about each perspective. Here's a list of questions that can be very revealing:

1. What do they think and feel?
2. What do they need most?
3. What are their fears?
4. What's most important to them?
5. How do they feel toward each other?
6. What are their roles and responsibilities?

The more curious you are and the more questions you ask the more patterns will become visible and you'll get a sense of how to follow the energy. If you get stuck, you can ask your intuition: what needs to happen here? Listen for a response.

7. There will come a time in the conversation where it will feel like time to make yourself known to them and join the conversation. Your perspective is the missing link to create resolution in this dynamic but it's important to spend time witnessing and understanding their perspectives before you join the conversation. When you're ready, you can make yourself known to them in your mind's eye, tell them who you are and ask if it's OK to share your perspective. If so, share who you are and explain to them who they are (parts of you) and how you all came to be in this situation. Be transparent and honest. Tell them about your life, what you've been through, how you've been feeling, and how their relationship is impacting you. Be gentle but direct. This may take some time. You can also set up a projector and show them a movie of your life, or give them a memoir to read. Any creative way to deliver the information to them that feels right is just fine. Once they've received the information, notice how it impacts them, how they feel and what has changed. Take notes in their respective columns.

8. At this stage, you'll likely notice a change in each of them. They'll have an expanded perspective on their experience and this will cause things to shift in the dynamics between the three of you. Tune in and describe what you see, feel, hear, and notice. Have their roles and responsibilities changed? Do they have different names? What do they want? What qualities do each bring to the table in this partnership? How do they feel about one another now?

9. Resolution is near and it's important to make sure all of their needs have been addressed. What do each of them want and need to move forward together? Now, it's tempting, at this stage, to try to figure out how these two parts are going to work together and how they will reconcile their differences. Remember, integration cannot be forced, so I want you to resist the urge to do this work for them. They alone hold the answers to this resolution, and it's best to allow them to find it in their own time.
10. When it feels right, communicate to them that Integration, or the option to return to a state of oneness is available to them. Invite them to consider this possibility but don't force it. Witness them as they merge in whatever way feels best to them. If that doesn't feel right, what does? What's the best resolution? Where do they belong now? Where in your body would feel like home to them? Facilitate that process and witness the resolution.
11. Now anchor the feeling. When Integration happens there will be an energetic shift in your psyche and you'll feel the change. Most feel a sense of relief but it can also be intense or overwhelming. Tune into the feeling of resolution and connection within you and savor it. Anchor that feeling by lingering on it and experiencing it fully in your body. Take your time to feel complete and open your eyes. Share your experience with someone when you're ready.