

# Focusing with Parts, Body Cards, and the 8 Cs of Self-Leadership

Annette Dubreuil  
MBA, Focusing Trainer



FOCUSING  
ON BORDEN



### Our Vision

We at Focusing on Borden are dedicated to building a community where it is safe to explore embodied connections to deeper places within ourselves and each other. From this grounded place we act to affect positive change in the global community.

[www.focusingonborden.com](http://www.focusingonborden.com)

# OUTLINE

- THEORY
  - Parts in the mind and body
  - Jan Winhall's Felt Sense Experience Model
  - Richard Schwartz's Internal Family Systems, including the 8 Cs
- BODY CARDS
  - Examples of parts
  - My story
- EXPERIENTIALS

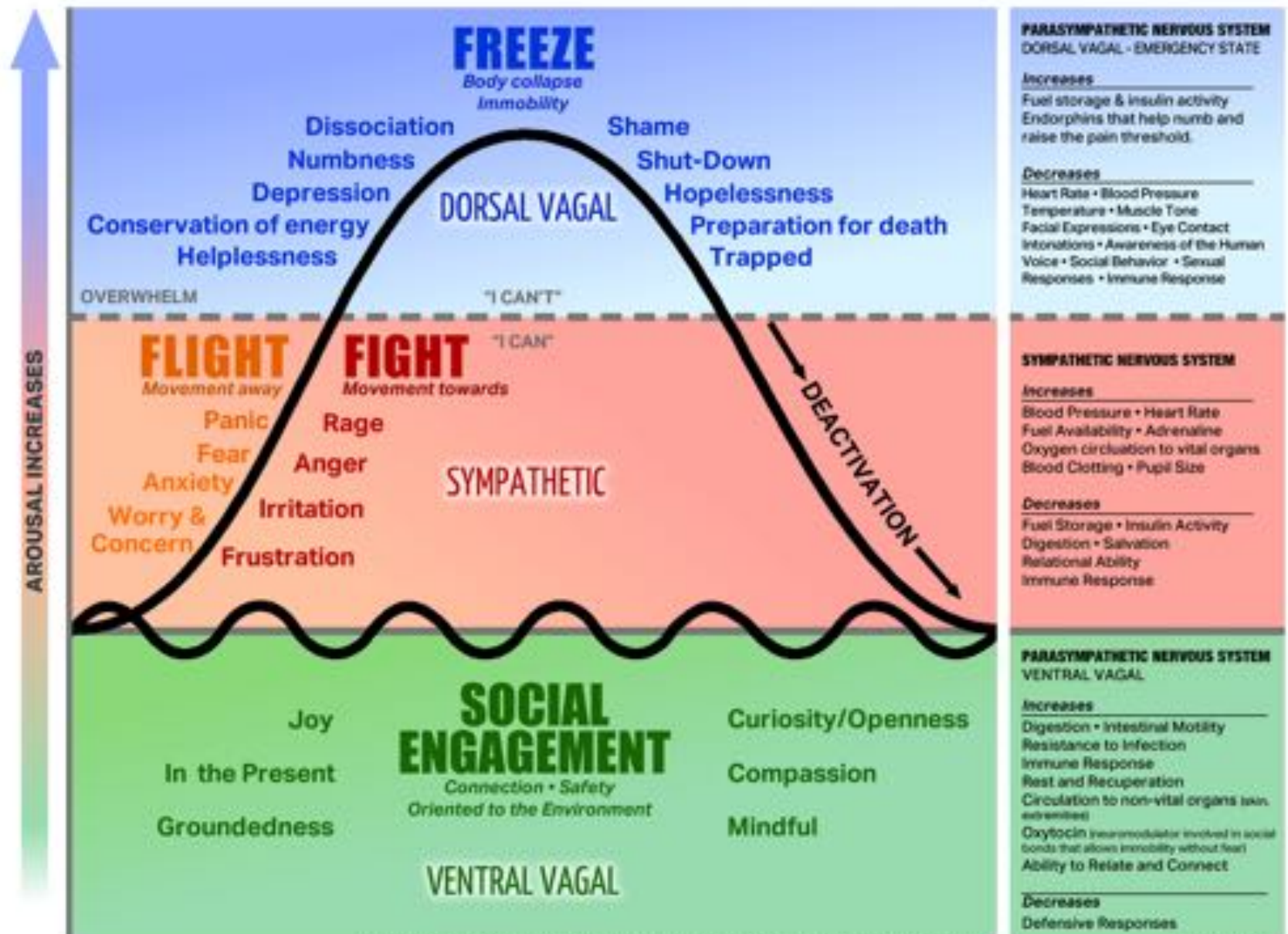


**THEORY**

# Multiplicity of the Mind

- Freud
  - Tripartite model of the id, ego & superego
- Jung on complexes
  - “tendency to form a little personality of itself. It has a sort of body, a certain amount of its own physiology.”
- Full-personality multiplicity
  - Assagioli: We are a collection of subpersonalities
  - Watkins & Watkins: Ego state therapy
  - Gazzaniga: split-brain research that concluded the mind is composed of semiautonomous functioning modules, each of which has a special role

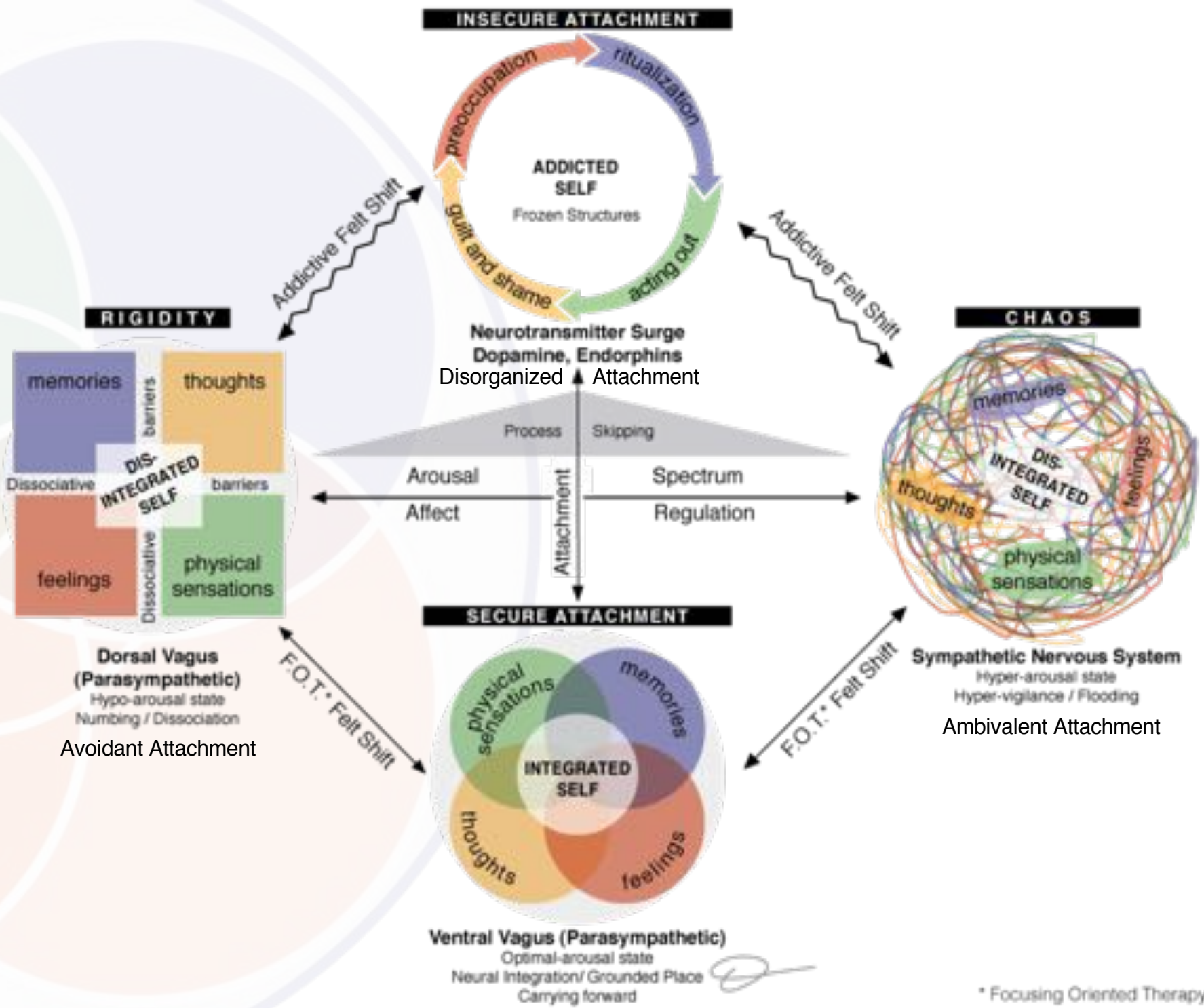
# Polyvagal Theory

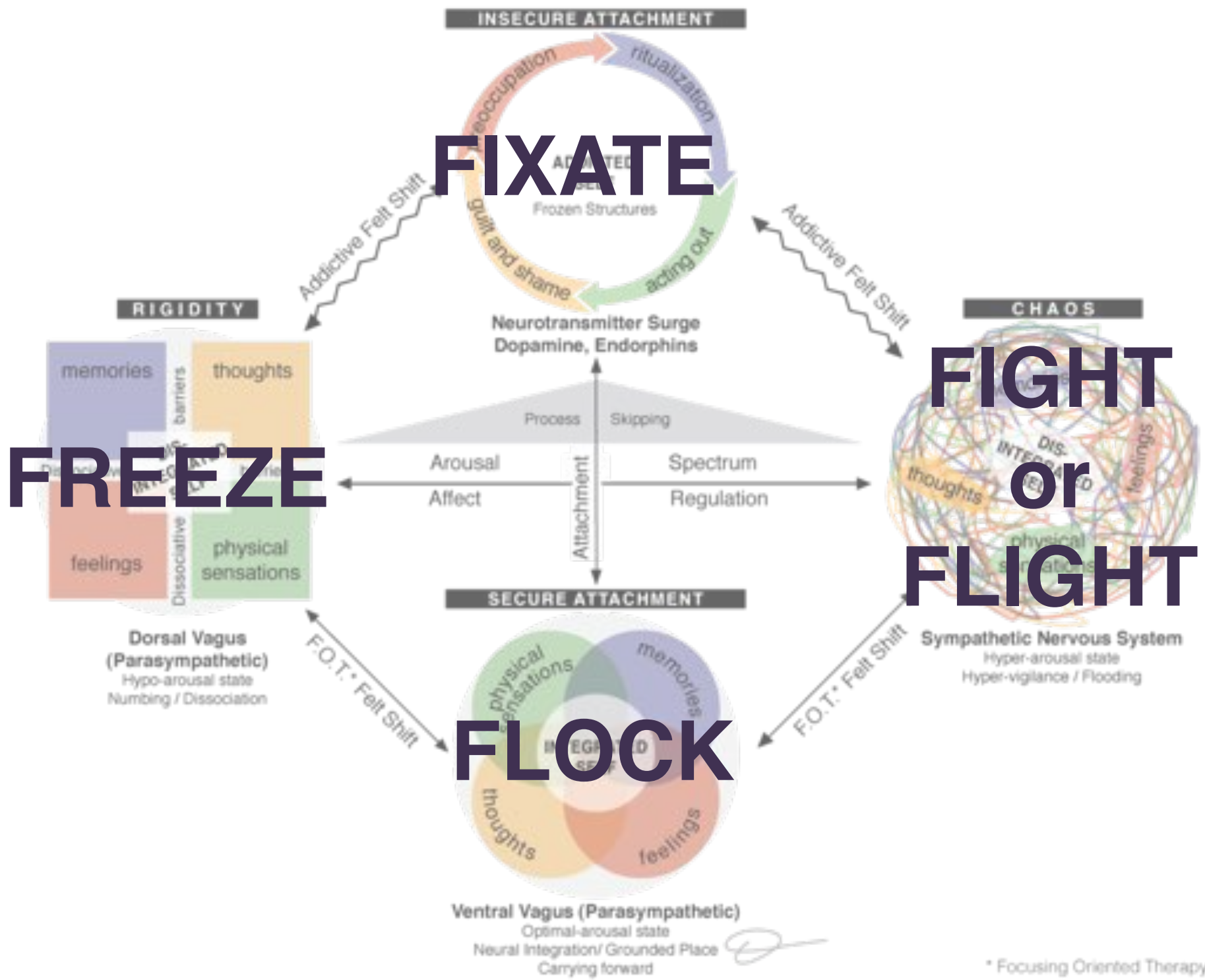


Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

rubyjowalker.com

Felt Sense Experience Model of Emotional Regulation







# Internal Family Systems (IFS)

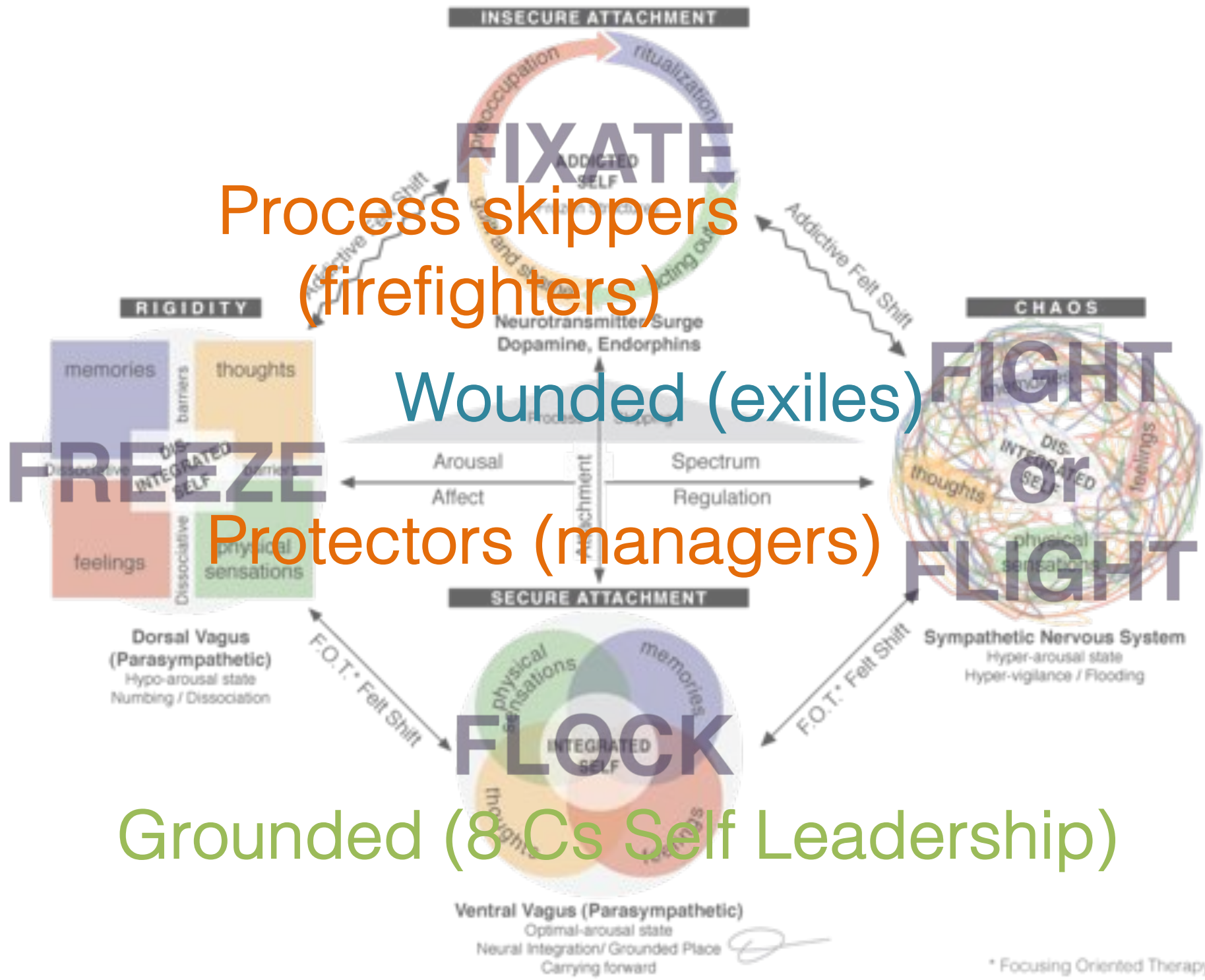
- Richard Schwartz - [selfleadership.org](http://selfleadership.org)
- Model of psychotherapy
- Synthesis of three paradigms:
  - Normal multiplicity of the mind
  - Systems thinking
  - Self leadership

# Parts are valuable

- All parts are innately valuable components of a healthy mind
- Each submind, with its different perspectives, talents and resources, contribute to the a whole inner system
- Trauma doesn't create these parts, but instead forces many of them out of their naturally valuable functions, and healthy states into protective and/or extreme roles
- Goal is not to *eliminate* parts, but to help them relax so they no longer have to be so protective

# IFS Parts

- **Wounded: Exiles**  
hurt, humiliated, frightened, or shamed
- **Protectors**
  - **Managers**  
parts that tried to keep us functional and safe
  - **Firefighters/Process skippers**  
override or dissociate hurt feelings
- **Grounded: The Self**
  - The Self & the eight Cs of self-leadership
  - There when ask other parts to “step back”



**FIXATE**  
Process skippers  
(firefighters)

Wounded (exiles)

Protectors (managers)

**FREEZE**

**FIGHT or FLIGHT**

**FLOCK**

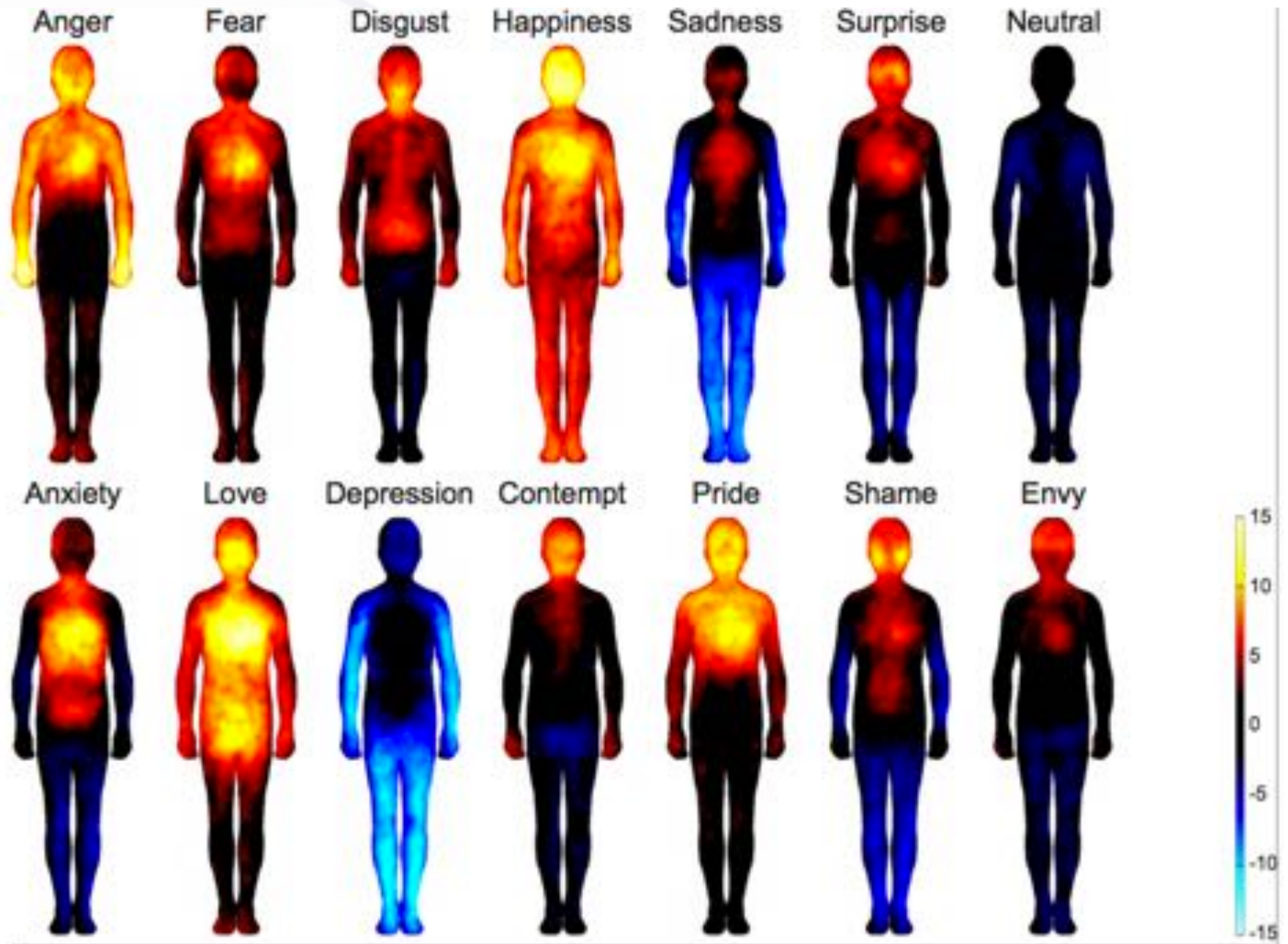
Grounded (8 Cs Self Leadership)

# Eight Cs of Self-Leadership

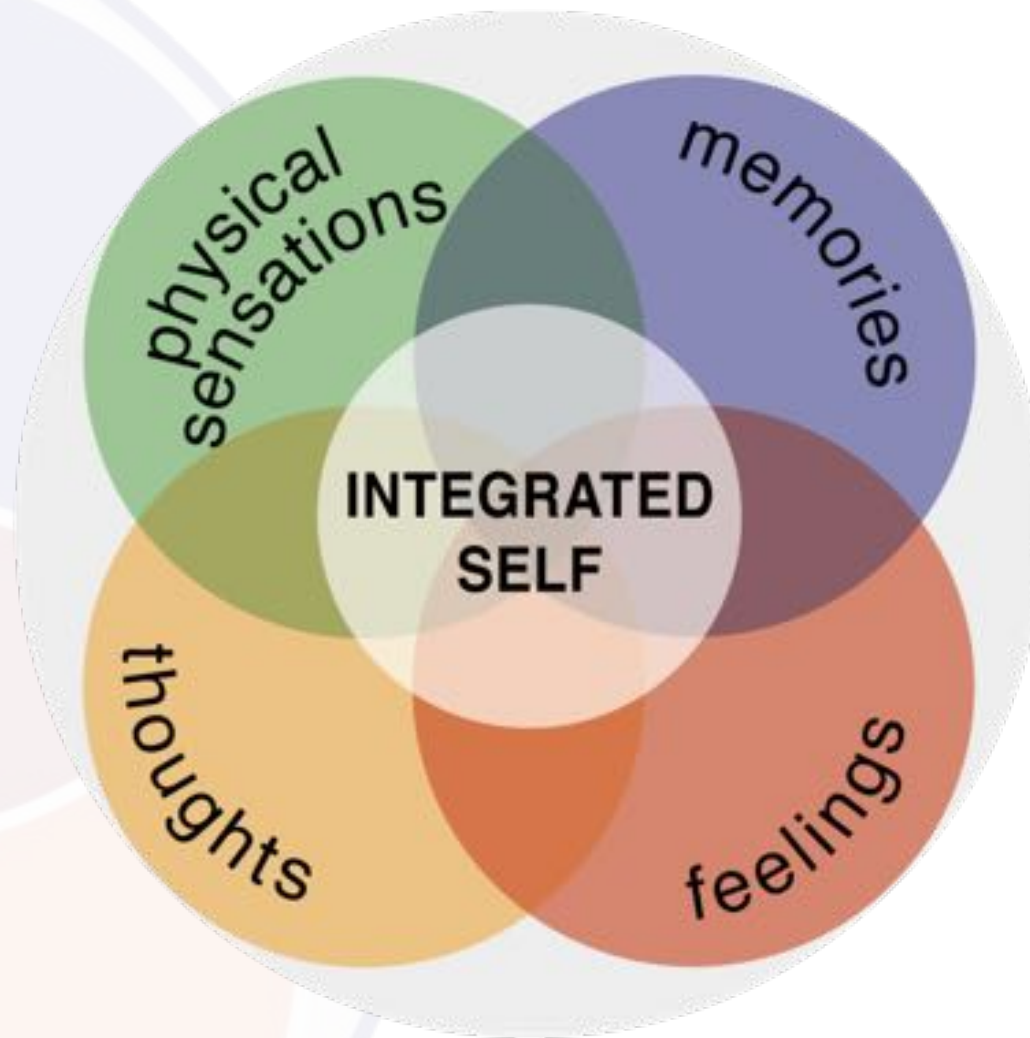
- Focusing skills
  - calmness (grounding)
  - connectedness (ourselves, partner via listening)
  - curiosity (being with the felt sense, asking)
  - clarity (listening to the different parts/felt senses)
- Crossing
  - compassion (for *all* the parts)
  - confidence (that we can change)
  - courage (to change)
- Creativity (naturally flows or carries forward!)



**CROSSING PARTS AND FOCUSING:  
BODY CARDS**



Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). **Bodily maps of emotions.** *Proceedings Of The National Academy Of Sciences Of The United States, (2)*, 646. doi:10.1073/pnas.1321664111



## **Ventral Vagus (Parasympathetic)**

Optimal-arousal state

Neural Integration/ Grounded Place

Carrying forward

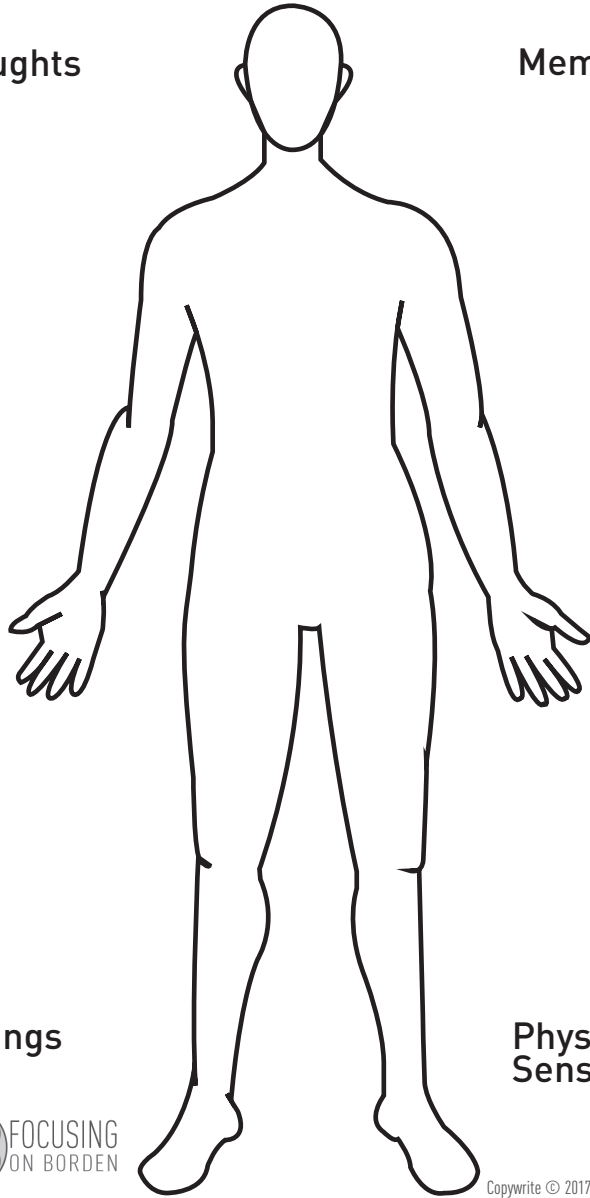




Handle: \_\_\_\_\_

Thoughts

Memories



Feelings

Physical  
Sensations

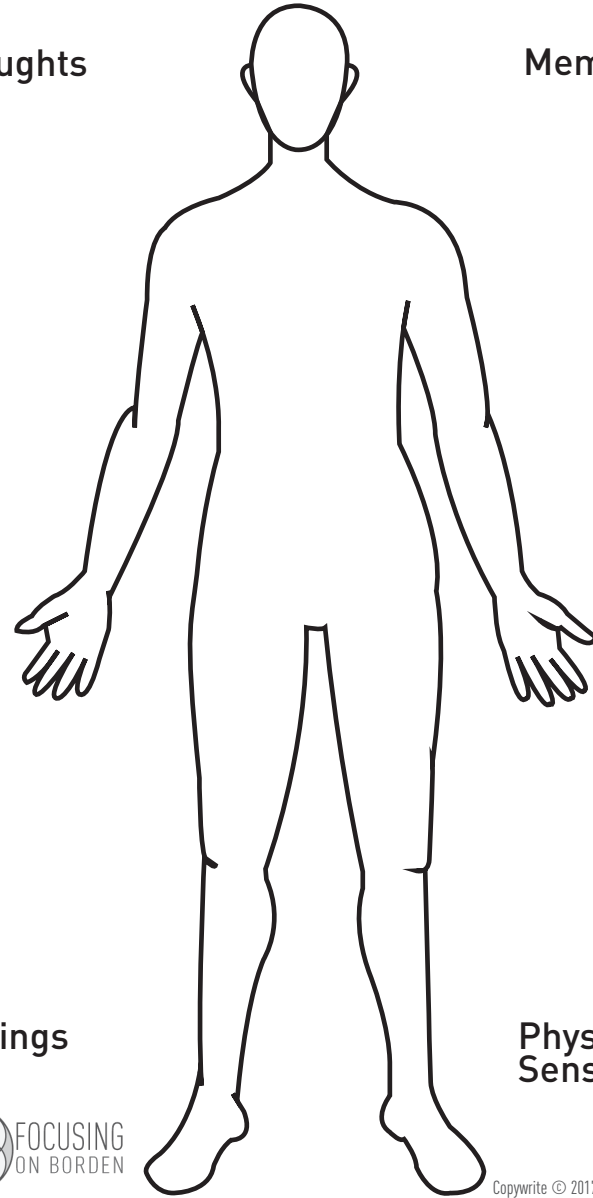


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Handle: \_\_\_\_\_

Thoughts

Memories



Feelings

Physical  
Sensations



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# Exercise: Felt Sense of your Cs

**Purpose:** To touch into all of your Cs briefly, and then to identify the one you're body says you need more of.

## Directions:

- Go through each C. As I name them and rate them quickly, from 1-10 with 1 being low/need much more of this C, and 10 being high/I'm very in touch and have a strong presence of this C in my life:
  - Calm – grounded
  - Connectedness – feeling a part of a group of friends or family
  - Curiosity – when you investigated something
  - Clarity – were really clear on what to do
  - Compassion – having empathy for someone, and wanting to take action
  - Confidence – in your ability to do something
  - Courage – took a risk
  - Creativity – made something
- Look at your ratings. Which one had the lowest score?
- If tied, sit with it and see which one your body wants to focus on.
- With your chosen C, remember a time when you really did have that C. Where were you? Who was there? What did you do? Any sounds or smells?
- Get the felt sense of this C experience. What's the handle...another name?
- Draw a body card of your experience of that C.



**FLOCK: GROUNDED SELF**

**Self-Empathy**  
**Loving**

Thoughts  
- you don't need to feel that way  
- I'm going to take care of you  
- dojo place where I put my hands

Memories  
- dialoging to hand self: con. sum  
- can't do it if I let it slip to shore  
- energy concentrated in the hands in the firm to person being helped

Feelings  
- loving  
- wonderful

Physical Sensations  
- energy concentrated in the hands in the firm to person being helped

**Compassion**

Thoughts  
- Goodness virtue.

Memories  
- Slight blurring  
- need to be remembered.  
- Active helping  
- Jenna (rowing)  
- that person.

Feelings  
WARMTH

Physical Sensations  
Physical STRENGTH  
Accepting / flexible

**Calmness**

Thoughts  
- my focus is great  
- nice enough

Memories  
- years in back school in winter, organizing a play on the side of the hill  
- Supervisor / teacher - making out

Feelings  
- happy  
- content  
- relaxed  
- energy

Physical Sensations  
- good energy  
- alive - subtle  
- movement  
- in stomach  
- sit

**Grounded**  
**At Peace**

**Calmness**

Thoughts  
"I'm good at this!"  
"stop winking!"

Memories  
- board room table, NR  
- winking

Feelings  
- energy grateate from stomach  
- in stomach  
- sit

Physical Sensations  
- energy grateate from stomach  
- in stomach  
- sit

**BABY BLUE**

**Confidence**

Thoughts  
- This is how I see myself  
- sit...  
- You substitute it into achievement activities  
- Quiet mind  
- Pleasure  
- engaged  
- release of feeling

Memories  
- Life Drive  
- The need to create/give (Life drive?)  
- Artmaking  
- Yoga  
- Meditative  
- work  
- Meditation

Feelings  
- pleasure  
- engaged  
- release of feeling

Physical Sensations  
- work  
- Meditation

**Life Drive**  
**Invitation**

**Courage**

Thoughts  
- safe to feel

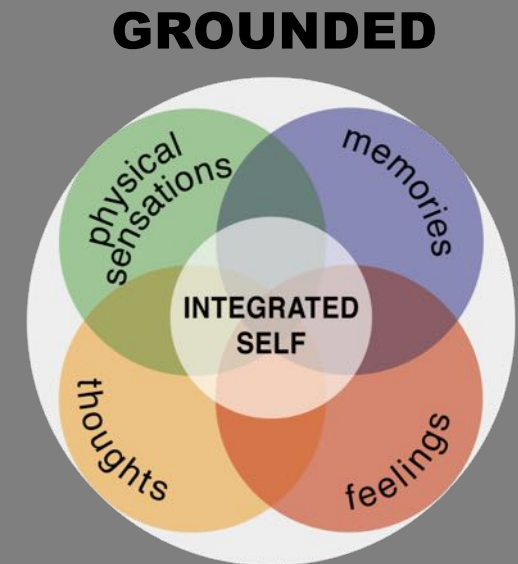
Memories  
- safe to feel

Feelings  
- safe to feel

Physical Sensations  
- safe to feel

**safe to feel**

**Courage**



**Clarity**

Thoughts: moving, steady state

Memories: Algebra good energy

Feelings: [unlabeled]

Physical Sensations: [unlabeled]

**Connectedness**

Thoughts: The Grounded Place

Memories: [unlabeled]

Feelings: [unlabeled]

Physical Sensations: [unlabeled]

**Connectedness**

Thoughts: Divine Feminine

Memories: [unlabeled]

Feelings: [unlabeled]

Physical Sensations: [unlabeled]

**Creativity**

Thoughts: [unlabeled]

Memories: [unlabeled]

Feelings: [unlabeled]

Physical Sensations: [unlabeled]

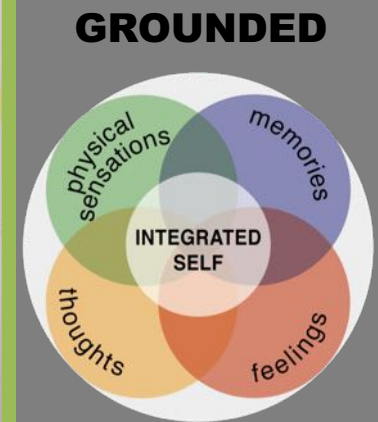
**Curiosity**

Thoughts: [unlabeled]

Memories: [unlabeled]

Feelings: [unlabeled]

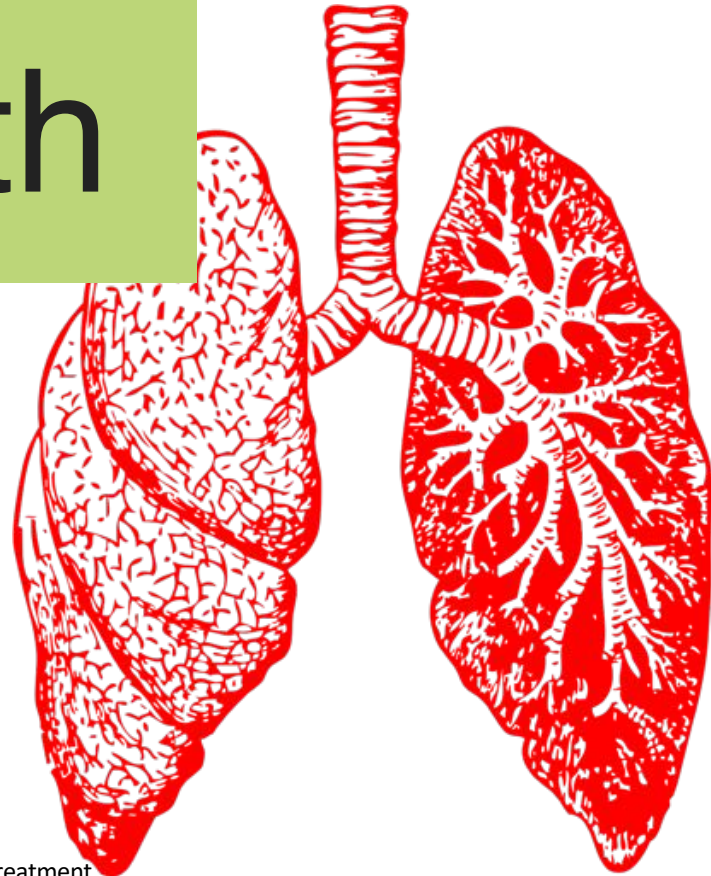
Physical Sensations: [unlabeled]



# Dealing With Hyperarousal

- We have inbuilt self-regulation mechanisms
- 80% of the fibers of the vagus nerve run from the body into the brain
- We can directly train our arousal system by the way we breathe, chant and move. This gives us a measure of control over our emotions

## 4-7-8 Breath



Van der Kolk, B. (2017, April). The Body Keeps The Score: New Frontiers In Trauma Treatment. Powerpoint presentation at the seminar of Leading Edge Seminars, Toronto, ON.



**FIGHT OR FLIGHT**

**Thoughts**

Hurt child/wounded

**Memories**

- abandoned (dependent)
- urban relationship don't work out or when missing Tom-Homie Eric
- All asleep after - emotion overruling and shut down
- I don't have plans - ~~can't~~ feeling disconnected from people

**Feelings**

- I'm lonely
- I'm alone - don't have anyone. Not good things
- myself can be enough - where is my old self-love?
- I'm too alone - I want to not be alone - I want being in
- low energy/motivation
- despair
- lonely
- Overwhelmed
- sad
- fear being alone - solitude

**Physical Sensations**

- solar Plexus is clenched
- pit in stomach / hot under sternum
- go into a hole - ~~feeling~~ ~~spinning~~
- tightness in chest

**Wounded**

# WOUNDED

**Thoughts**

The Wounded Place

**Memories**

- childhood @ work with angry/hurt kids
- childhood working with it indirectly
- childhood - childhood
- childhood - childhood

**Feelings**

- let me control this + shut it down
- autonomy fuck you
- As an adult I have grown to work to control
- FEAR of punishment and
- home to RAGE to AMER
- control my emotions

**Physical Sensations**

- dis-keptic lid or dis-regulation
- grounded
- disoriented
- Physical Sensations

**Thoughts**

Trago

**Memories**

- call me in the morning or don't
- I don't know when will have to change again
- letting him leave in the fall

**Feelings**

- This is not true
- This is not real
- What is it I forgot what or voice sounds like?
- very raw overwhelming

**Physical Sensations**

- legs are tain but chest, cheeks on spine knots, shaky
- tired eyes

# CHAOS/ FLOODING

**Thoughts**

Anxiety

**Memories**

- give myself time - and don't take actions (that analyzer looks)
- arises often
- analyzer - get overwhelmed by it, stop
- they are too big

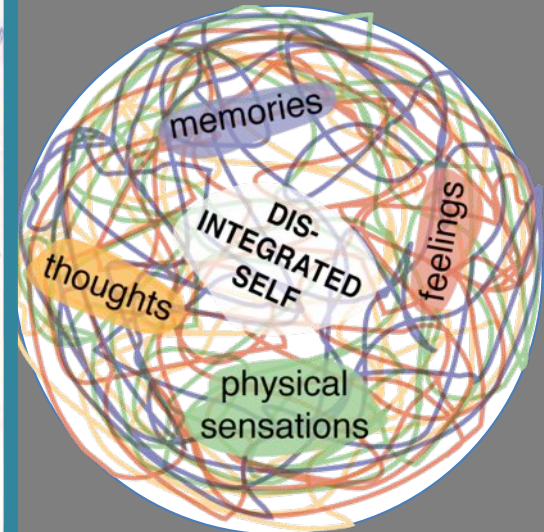
**Feelings**

- afraid to be me
- I am holding myself back
- works to analyze to be a gatekeeper to my heart
- Stop, I experience so much so hard to keep hand in a cage
- scared
- overwhelmed
- fear

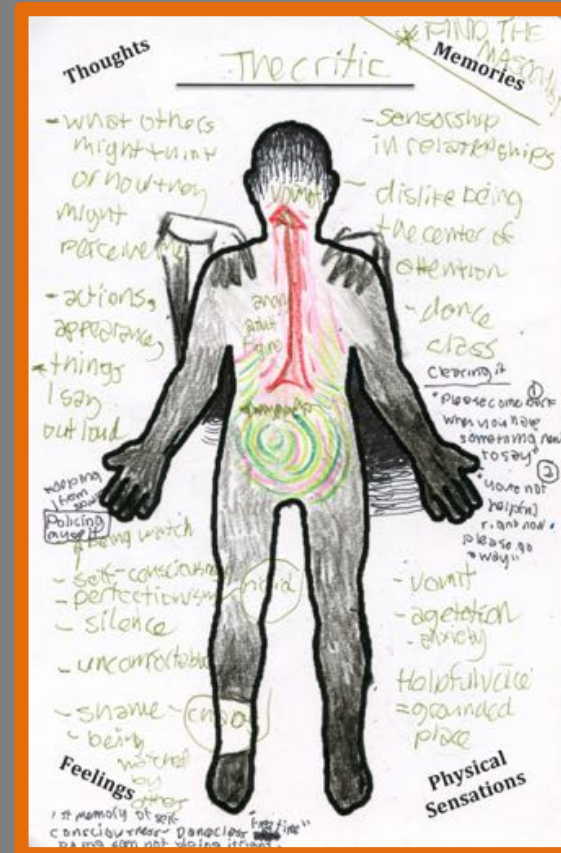
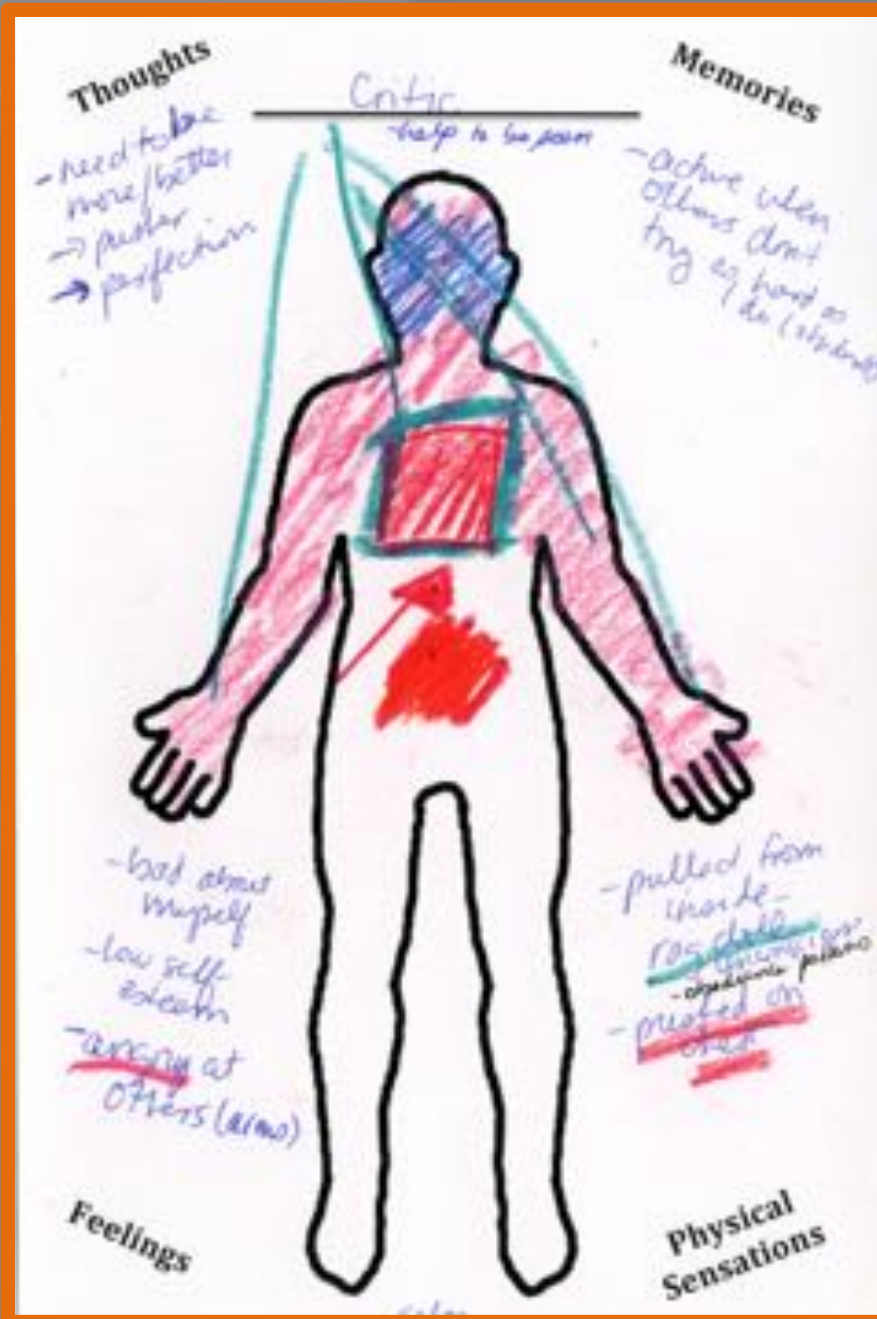
**Physical Sensations**

- empty in stomach - pit

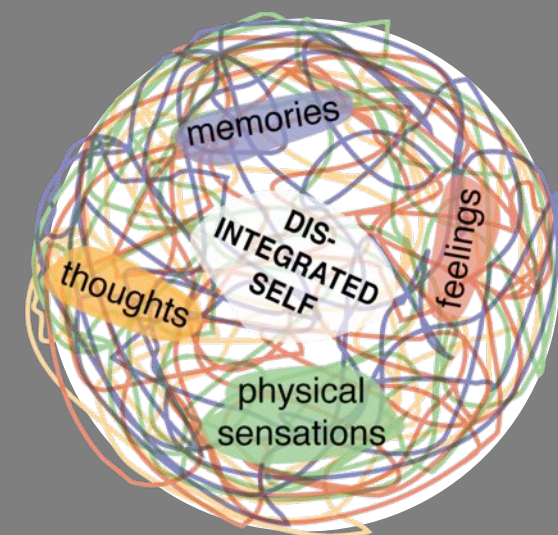
**Conflicted**







**CHAOS/  
FLOODING**

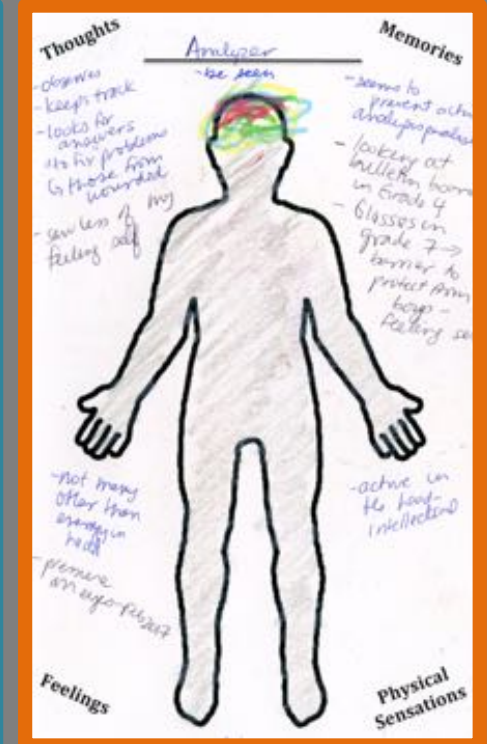
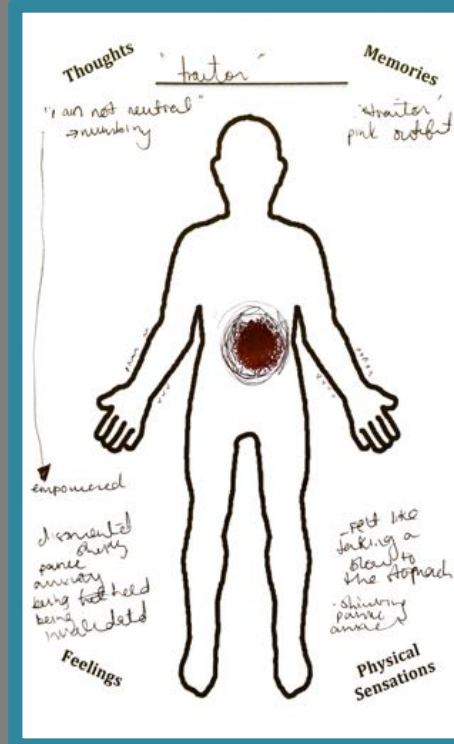
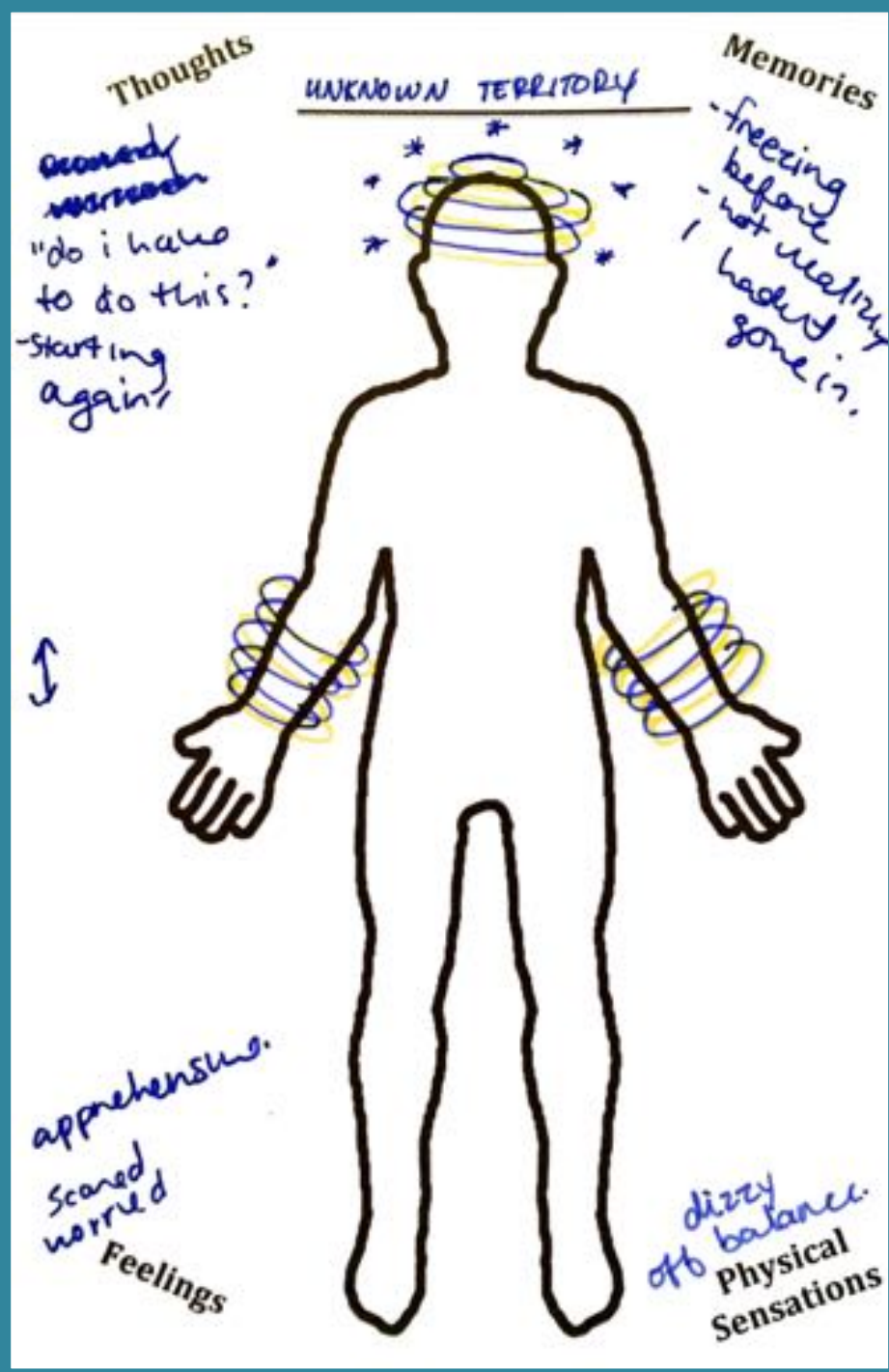


**PROTECTOR: THE CRITIC**

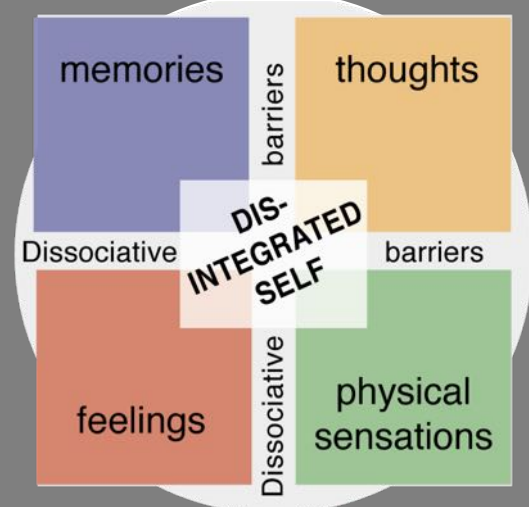


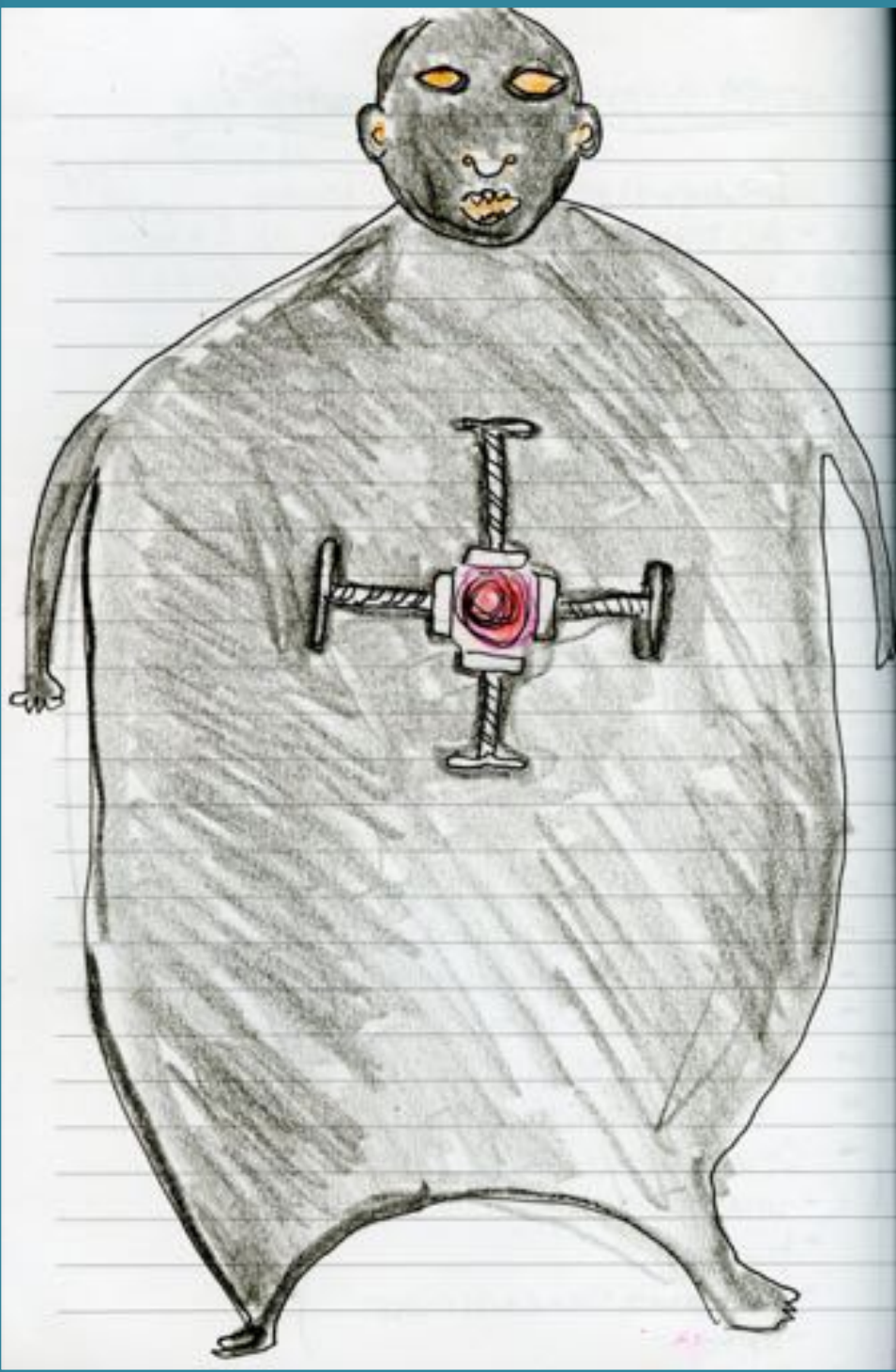
**FREEZE**

Felt Sense Experience Model of Emotional Regulation



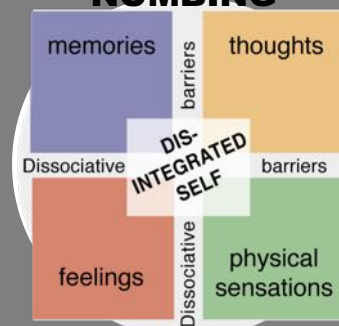
**DISSOCIATION/ NUMBING**





“ This is my childhood self. The red in the center is my feeling and emotional self; it is not safe to let these thing out of my body. Around that center swirl of hot lava are four vice devices which I spend all my energy and concentration keeping engaged to hold my feelings in; as hard as I try some escapes my body through my eyes which frightens me. The rest of my body has little sensation by comparison and I have trouble discerning where my physical self stops and starts. ”  
-JC

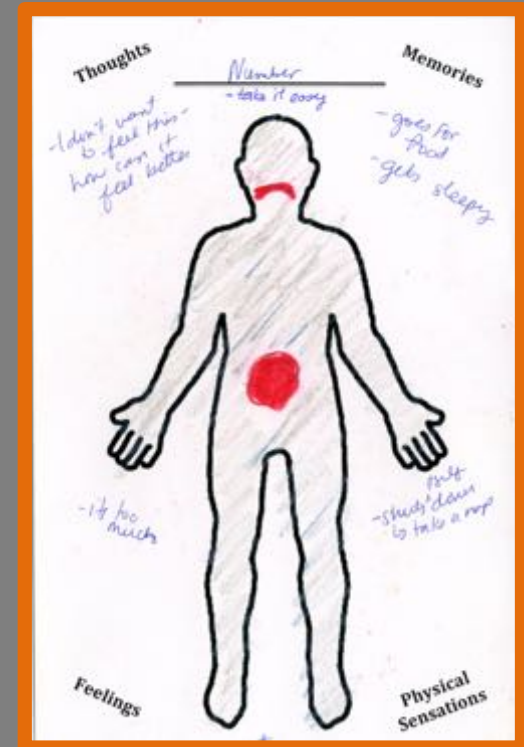
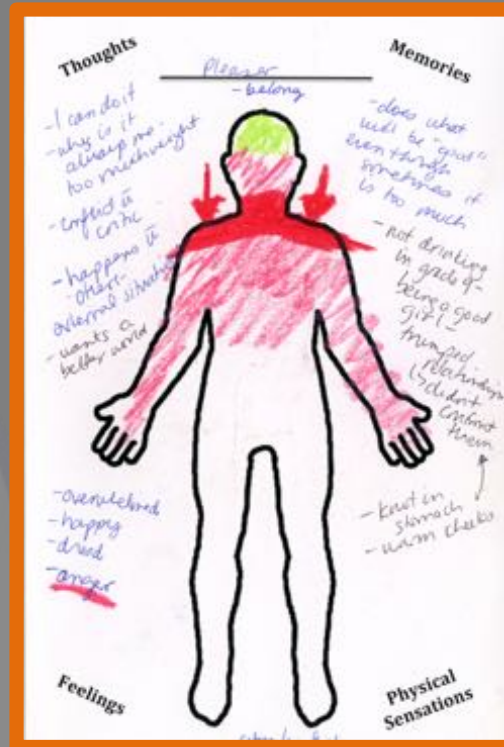
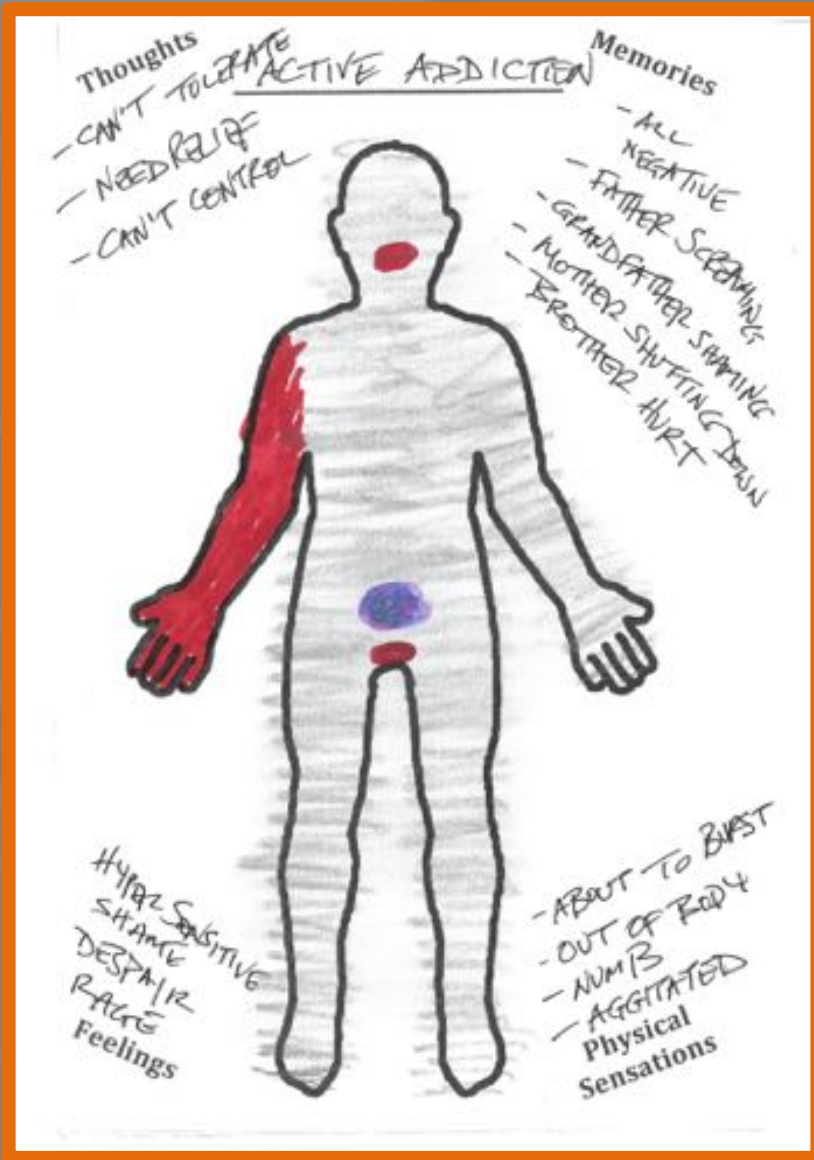
### DISSOCIATION/ NUMBING



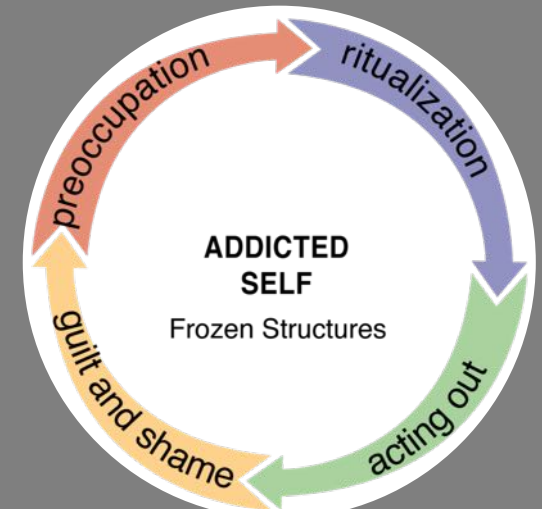


# **FLEE OR FIXATE: PROCESS SKIPPING**

# Felt Sense Experience Model of Emotional Regulation

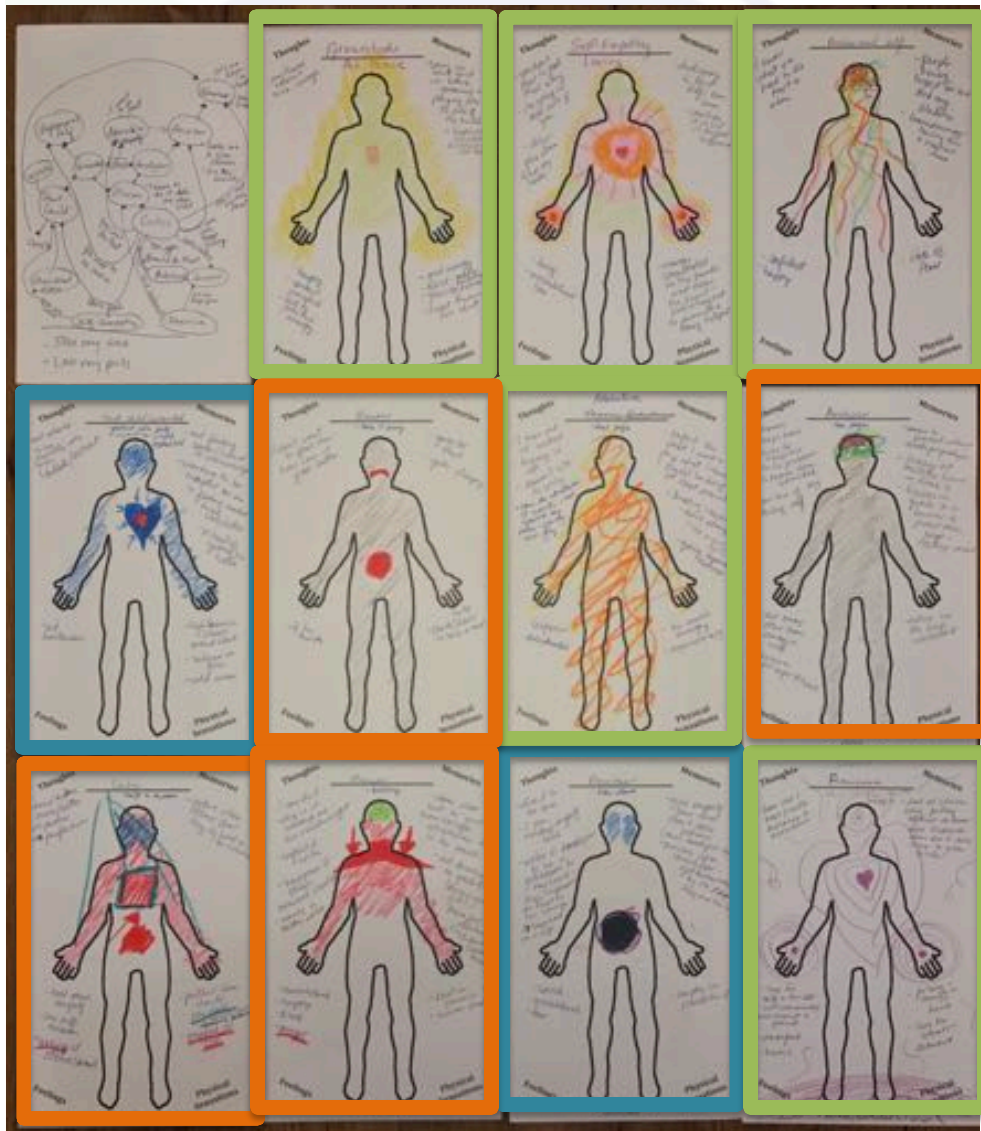


## PROCESS SKIPPING

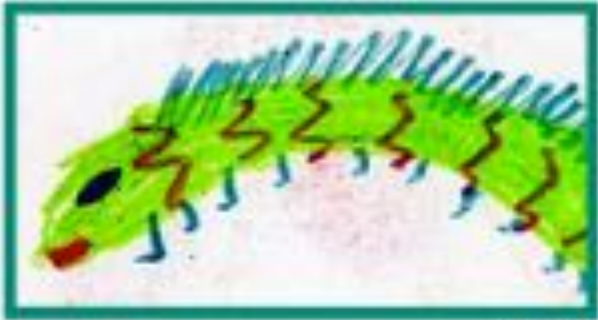




# MY STORY







CHAOS

Anxious, Wounded Protector



GROUND

Algebra



GROUND

Professional Self



PROCESS SKIP

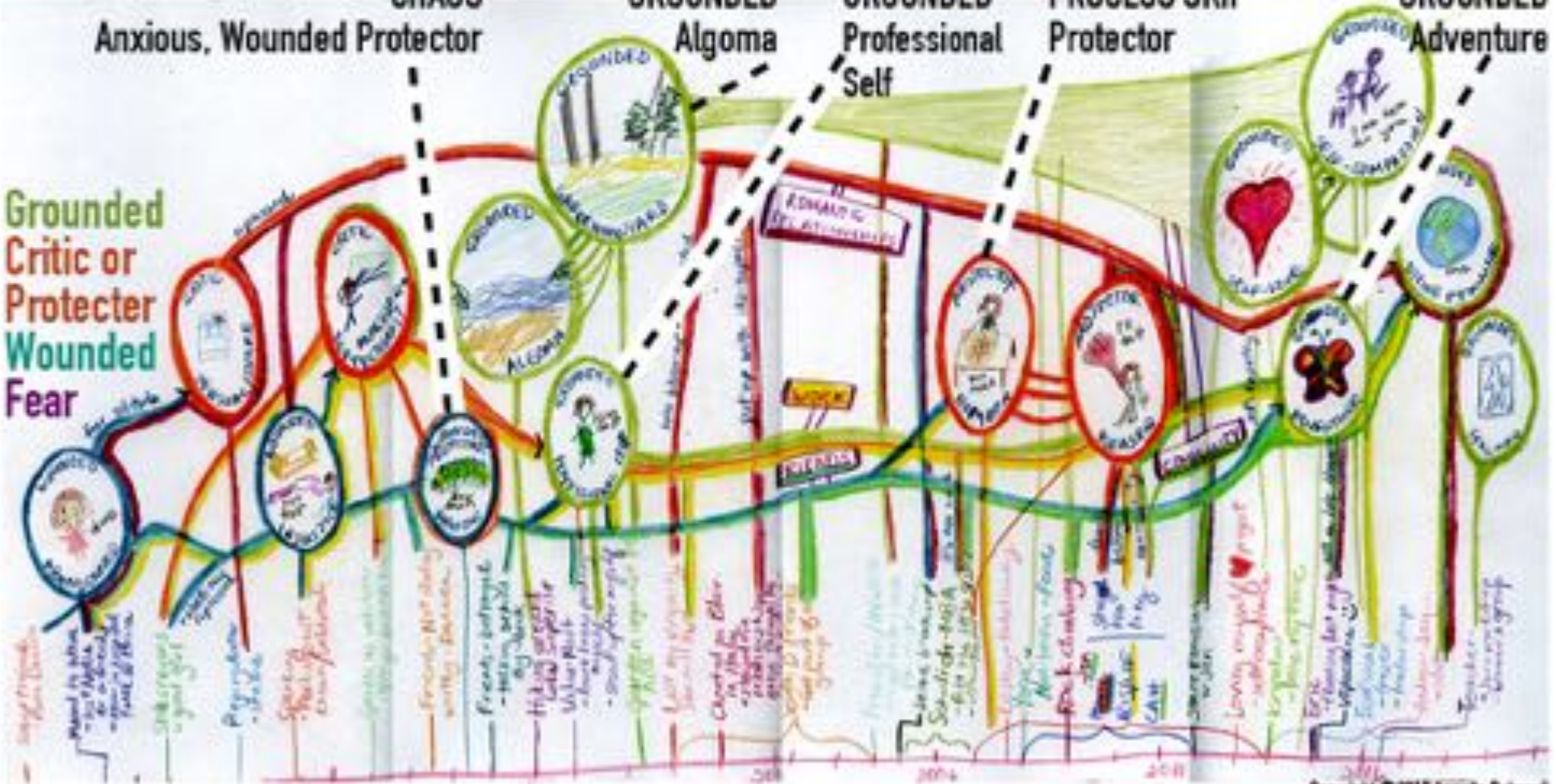
Protector



GROUND

Adventure

Grounded Critic or Protector Wounded Fear



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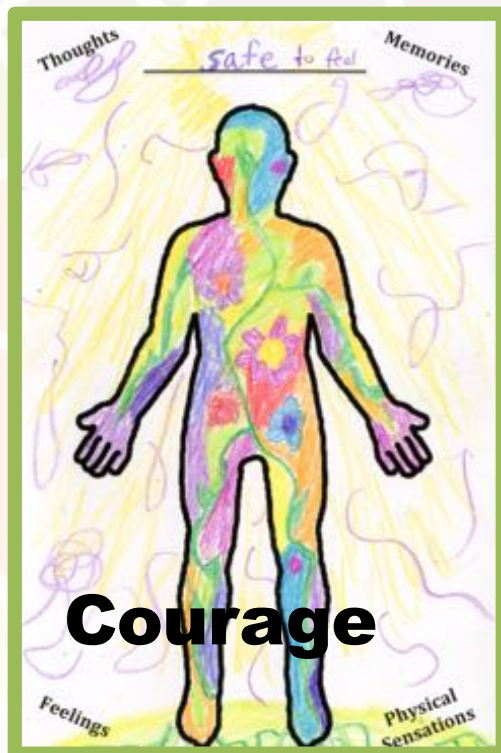
# Using Compassion

- Self-compassion
  - Ability to be there for ourselves, in a nonjudgmental way (focusing attitude +)
- Call this part forward by using our handle for our compassionate part
- Having that part more present, can help us work with the other parts in a more compassionate way



# Using Courage

- To be with the emotion, to sit with it and go through it
- To use Focusing step 5 to identify action steps and then courageously take them!





“

**Insight** involves our ability to shape and tell our story in a way that is both coherent and that maintains emotional contact with its meaning. We are neither overwhelmed by, nor disconnected from, what happened to us, and we have a developing sense of meaning about our pathway through life. Only through integration of the limbic-based memory with the capacities of the middle prefrontal region in both hemispheres does this capacity emerge. ”

(Badenoch, 2008, p.31)

Badenoch, B. (2008). *Being a brain-wise therapist: A practical guide to interpersonal neurobiology*. New York, NY: Norton & Company.



# **EXPERIENTIAL**

# Eight Cs of Self-Leadership & Focusing

- To clear space, and throughout the process
  - calmness (grounding)
  - connectedness (ourselves, partner via listening)
- Identifying the Felt Sense/Issue
  - curiosity (being with the felt sense of the issue)
  - clarity (listening to the different parts/felt senses)
- Transformation & the Shift
  - compassion (for *all* the parts)
  - confidence (that we can change)
- Action
  - courage (to change)
  - creativity (naturally flows or carries forward!)

# Exercise: Crossing a “C” Part with an Issue

**Purpose:** To help you have an experience of crossing one of your Cs with other parts connected to a problem you have, where you feel torn.

- The Cs are: calmness, connectedness, curiosity, clarity, compassion, confidence, courage, and creativity.

## Directions:

- Pick a C you would like to get to know better or feel you need more of in your life. And pick an issue where this C is needed. **Do not pick an issue that you have intense feelings about.** Pick something where you feel torn.
- Bring back the felt sense of that C: Remember a time when you have experienced your chosen C. Who was there, when was it, what happened. Focus on it and find it in your body. Where is it physically. Are there emotions about it. Are there thoughts. Notice how you feel towards all of this. Handle.
- Bring the issue you're dealing with, that needs this C. Pick which one.
- 30 seconds, then drop the storyline to sink into the felt sense—especially in the body. What are the thoughts about it. Do these come from multiple perspectives (parts)? Are these thoughts/parts familiar? Is one too loud? Can ask it to step back.
- Get to know these parts. Are they familiar (memories). What are their felt sense (physical, emotional, memories). Name the parts (handles).
- Dialogue – what does your C say to each of these parts? What do they say back and to each other.



Thanks