

# “What’s The Part of You Look Like...?”

Adapted from the work of Katie O’Shea,  
co-creator of the EMDR Early Trauma Protocol “When There Are No Words”

## Sample script:

“What does the part of you look like that’s struggling with \_\_\_\_\_?”

Don’t try, but just notice, easily and effortlessly, whatever comes up. Now, sit with whatever you’re noticing for a moment. Just notice what you notice and know that it’s where you’re at right now and that’s ok.

Now, you might deepen the experience by noticing what emotions arise in you as you sit with this today. Perhaps you feel something in your body. If so, you may put a hand there and just notice.

Can you move towards compassion for that part of yourself? This isn’t always easy. Just notice whatever answer comes. Whatever answer you get, take a moment to sit with this idea of compassion for all parts of yourself, especially parts of you that may struggle at times with \_\_\_\_\_.

Can you thank that part for coming forward today?

As we move to ground ourselves back to the present moment, I invite you to take a few deep breaths. Slowly invite movement back into your body, noticing any areas of stress or tension in your body and taking a moment with those areas. I invite you to slowly open your eyes and notice where you are at right here, right now, in the present moment. When you are ready, return the room.”

## Tip:

Considering what this part may need for repair and healing in order to move forward is an area for further exploration.