



## Chapter 7

# The “Parts” of Us

*“The good that I wish I do not do, but the bad that I do not wish is what I practice. If, now, what I do not wish is what I do, the one working it out is no longer I, but the sin dwelling in me. I find, then, this law in my case: that when I wish to do what is right, what is bad is present with me . . . I behold in my members another law warring against the law of my mind and leading me captive to sins law that is in my members. Miserable man that I am!”*

—Romans 7:19:24, New World Translation  
of the Holy Scriptures

You have been drawn to this book because you have experienced the inner conflict that we all go through from time to time. To be human is to endure the struggle to want to do what is “right,” but instead do what is “wrong.” We have the innate desire to be a good person for ourselves, our family, our society, our God, or our religion, but we often disappoint ourselves and feel guilty and ashamed.

How do we define what it is to be a good person? What is the standard? It has been set for us by our parents, teachers, religion, Higher Power, ethics, culture, and social environment—all of which have influenced our values and perception of what life is supposed to be. This conditioning trains our subconscious mind to become our conscience. Our conscience is our moral safety device. It imparts pleasure and inflicts pain for our own standard of what we believe is good and bad conduct. Without it, we would be lost and confused. The internal war begins when we want to break out or be different

from our upbringing, our values, a defining moment, or a trauma that affected us. It leads to feelings of uncertainty or self-doubt. This feeling can be healthy because it is THE SIGN that we are overstepping our boundaries of what we personally believe is right or wrong—moral or immoral. Some examples include cheating on your spouse, your taxes, or a test, or lying to someone, not keeping your word, etc.

Conversely, this could also lead to prolonged, intense guilt—the cruel feelings of shame that we are a sinner with no chance of redemption. It can perpetrate the endless cycle of self-loathing and abuse. It triggers fear and traps us in it, so we can't move forward.

At some point, in some aspect of our lives, we are going to act outside of our morality, values, or conscience. That is human. Once we act against our principles, what we want to avoid is repeating the act, which can happen if we label ourselves as a bad person or failure. Labeling ourselves distorts our filter of perceptions to permanently see ourselves in the world this way. Once this occurs, we become a self-fulfilling prophecy and are compelled to become or fight against becoming a bad person or a failure as we move through life.

Where specifically does this “warring against the law of my mind” exist within us? How do we purge ourselves from the torture of the inner judgement that interrupts our lives and robs us of our joy?

As you saw in the filter of perceptions, we experience life through an individual point of view. Since we are survival based, it's normal for the mind to filter out one hundred good memories and hold on to the one that is bad. We hold onto the painful memories and create survival beliefs that become a network of feelings and inner conversations that have their origin at a specific age, in a specific place, at a specific time.

It's as if the traumatic moment or incident is frozen in time like a video clip that exists in our mind; and every time the fear it holds gets triggered in present-day circumstances, it plays out again and again. And as we have learned from Chapter 4 it *is* actually trapped inside of us—in the form of a neural pattern that repeats itself over and over again. That “part” of us, in our mind, is the inner child that is trapped in the timeline of our lives. Since there was more than one defining moment or trauma in our lives, there are MANY children or parts of us now programmed UnderMind. Each inner child or part literally represents THE part of our life that contains our pain, hurt, fear, and

doubt. It is these parts of us that we need to heal in order to stop the cycle of self-sabotage. When you are able to find these parts of you and heal your inner children, the cycle will stop, and you will recognize the strength, confidence, and freedom that have been within you all along. Released from the disappointment or torment of your past, you will discover the innate you who has the power to create a vision and accomplish the life you know you were intended for—a life you passionately dream of.

## Discovering the “Parts” of You

Knowing that within us there is a duality within us of right and wrong, good and bad, you have to determine who is the real you—the conscious rational “part” of you that is the *productive and positive* you or the subconscious *sabotaging and destructive* “part” of you.

We also use the term “parts” because it is as a common expression that people use to describe the inner conflict they feel when facing life’s familiar situations.

For instance:

*A “part” of me feels I am a good person, but a “part” of me truly hates myself.*

*I have a dream, but a “part” of me feels I will never be good enough to achieve it.*

*Others tell me I am smart, but a “part” of me feels I am stupid and always make mistakes.*

*I want to lose weight, but a “part” of me can’t give up my comfort food.*

*I know I need to quit smoking, but there is this “part” of me that wants to rebel.*

*I want to leave this relationship, but a “part” of me still loves this person.*

*Others tell me that I’m beautiful, but a “part” of me feels so ugly and undesirable.*

*A “part” of me feels so responsible for my family, and a “part” of me just wants to run away.*

*A “part” of me wants to open my own business, but a “part” of me is terrified to take the risk.*

*A “part” of me wants to forgive my family and reunite, but a “part” of me is so angry that it doesn’t seem possible.*

*A “part” of me wants to be driven by ambition, and a “part” of me wants to slow down and enjoy life.*

*A “part” of me wants to speak up for myself, but a “part” of me is scared to say anything and “rock the boat.”*

*A “part” of me wants to go to the gym, but a “part” of me really wants to sit on the couch and watch TV.*

*A “part” of me wants to reorganize my house, but a “part” of me just can’t get started.*

*I want to feel sexy and attractive to my husband and enjoy love-making, but a “part” of me is uncomfortable and scared to have sex.*

*A “part” of me would love to be in a relationship, but a “part” of me is scared to get hurt.*

*I want to get outside and enjoy life, but a “part” of me is terrified to be around people.*

*A “part” of me knows I deserve more money, but a “part” of me is scared to ask.*

*A “part” of me wants to be more fun and spontaneous, but a “part” of me feels I need to be serious and perfect. I just can’t let go.*

*A “part” of me wants to pamper myself, but a “part” of me feels guilty for taking the time.*

*A “part” of me wants to go on a fun date with my spouse, but a “part” of me feels uninspired to plan anything.*

*A “part” of me wants to celebrate my accomplishments, but a “part” of me is scared that people will hate me or feel jealous.*



## Exercise Part 2

### Who is the REAL YOU?

Now that you have written these out, the next step is to determine which desire comes from the real, conscious, adult you. Using the statements you gave in Part 1, follow the directions below.

Ask yourself this question: "As a conscious (state your age) \_\_\_\_\_ year old adult (woman or man), which do I want, or who am I really?"

Circle the portion of the statement that determines who is the conscious, adult you. (Not the subconscious sabotaging "part" of you.)

Example:

(A part of me wants to be more fun and spontaneous,) but a part me feels I need to be serious and perfect. I just can't let go.

The portion of your statement that remains un-circled exposes your "part" or the conflicting program that is sabotaging your desires. In the examples above, the "adult you" wants to be more fun and spontaneous. What's stopping you is the responsible, perfectionist, programmed "part" of you that won't let you be carefree and is undermining your joy because you are supposed to be serious. **Note: *Moving forward through this book, we will use the term "part" or "parts" to refer to the subconscious program that is sabotaging you.***



For many of the statements on your list, it will be easy to see or determine which part is the adult you. For others, especially if you could not identify what you consciously wanted and just wrote the negative statement that holds you back, you will experience what we call a state of collapse.

### Collapse

Collapse is a state where the belief in your subconscious programming or part is so strong that it has completely taken you over and you perceive it as the *absolute* truth. Your conscious, adult self cannot

reason or see another possibility or perspective on the matter. You are convinced this is the way things are. Because of this irrational view, you can't create a rational plan to move forward. You are stuck repeating your patterns. You have been completely brainwashed by your limiting belief because it has been chatting to you for so many years and distorting your perception by showing you proof in every situation you experience.

You are now convinced it's right and that you are right for believing it. The conscious you is now indoctrinated into this belief, and it becomes "the truth." You believe without a doubt:

"I *am* really stupid."

"I *am* truly unlovable."

"I *am* fat, and it's never going to change."

"I *am* too old for a relationship."

"It *never* works out for me, and it *never, ever* will."

"I *have* to control everything, or it *will* fall apart."

"I'll *never* have the money for the things I want to do."

"I *don't* deserve good things."

"I *am never* going to get better."

"Women *do* hurt you."

"Men *are* cheaters."

"The world *is* against me."

You have fallen into the "sinkhole" of your part, and you can't get out. The danger of being in this place is that your perception of reality shrinks to only see this point of view, and you cannot create or recognize the opportunity for things to be different. If you find yourself in this situation, it may be difficult to resolve it by yourself. It may require a different approach.

If you were in therapy, the focus would shift from doing subconscious healing work to doing conscious awareness work. Instead

of working to subconsciously rewire the belief or faulty program and move forward, the entire session would now need to focus on helping you get to the conscious place where you can see things in a different way. When you are collapsed in your negative beliefs, there is NO possibility for change. If your conscious mind cannot say something different, but insists on believing this generalized negative view, the powerful creative center of your brain shuts down and is held hostage by self-sabotage.

Whether you are working on this on your own or with a therapist, at this point you'll need to focus on strengthening the cognitive skills of your conscious mind. You will need to create a new perspective by educating yourself with new information from a variety of sources, including books, but also transformational or healing seminars, motivational CDs or videos, and other material focused on helping you get conscious and create a new outlook on your situation. You'll need to push through and find the breakthrough "AHA" moment required for you to turn the corner, shift into a new paradigm, and say, "I can be free of this," instead of feeling like there is no way out.

Sometimes a book, like the one you're reading now, *can* trigger the breakthrough you require. For example, the person who believes they have to control everything and won't give up that belief could read *Codependent No More: How to Stop Controlling Others and Start Taking Care of Yourself* by Melody Beattie. A controlling person requires a whole new way of thinking when it comes to control. He has to see how dysfunctional and unhealthy his behavior has been and what the costs to himself and others have been. Regardless of how good his intentions were, his compulsion to control everything is the source of the exhaustion that he feels, and it is just a matter of time until he is "doing, doing, DONE!" (Look to our [www.pnrt.ca](http://www.pnrt.ca) website for recommended resources on good conscious materials.)

Here's another example in which collapsed thinking requires new education. A person may be collapsed into thinking "There is not enough money," or "There will never be enough money" for what they want to do. If they do some reading or get the right coaching, they'll understand that, by this belief alone, they are shutting down the possibility of new opportunities for an increase in pay or new income because they are living out of the paradigm of "There is no way."

This state of collapse distorts your filter and is so intense that it widens your blind spot to shut out any opportunity that is contrary to your belief. Someone could offer you a million-dollar opportunity, and you wouldn't even believe it, see it, or take it.

This is why reading this book or listening to the Courageous Living workshops is a good way to develop your conscious mind. Your conscious mind is a muscle that you can strengthen to help you gain a healthy, productive view of life from which you can move out of a dysfunctional state (the state that is not working for you) and create and act upon new choices so you can start the subconscious healing.

## **PNRT Therapist Dialogue**

An example of collapsed thinking is the man who is having anxiety attacks. His day-to-day life is riddled with fear which is affecting his work, relationships, health, and finances. His quality of life is compromised, and he experiences little to no joy. It is obvious that there is an UnderMind part of him that is creating the anxiety. However, when asking him in therapy, as a 52-year-old man, if he is scared of the unknown, he answers quickly with a firm "Yes." And even the thought of the question gives him knots in his stomach and makes his heart race. When reminding him of how capable, mature, and powerful he is, and acknowledging him for effectively navigating through many of the unknowns in his life with success until now, he still answers "Yes" to this question: "With everything you have accomplished and your ability to deal with what life brings you, are you fearful of the unknown?" His subconscious part has completely taken over his conscious mind and distorted his perception to only perceive that he is in danger and that he has to worry all the time.

Here's another example that demonstrates a snapshot of a PNRT therapy session where the client's thinking is collapsed.

**Lauren:** Lauren has not been able to get into a relationship for six years and feels unlovable.

**PNRT:** As a 41-year-old woman, are you really unlovable?

**Lauren:** Yes.

**PNRT:** As a 41-year-old woman who has a family that loves her and great friends, are you really unlovable?

**Lauren:** Yes.

**PNRT:** As a 41-year-old woman who is a good person, do your mother and father love you?

**Lauren:** No, not really. I know my mother has never really liked me, and my dad was just never there.

**PNRT:** Do you have any good qualities?

**Lauren:** Not really.

After further attempts to help Lauren connect to the realization that she *is* lovable, we realize that she is collapsed and has to do some conscious work to create a distinction between herself and her belief. Without this distinction, we cannot go forward. Her conscious mind at some point must be able to take command and take charge of the situation to see that her perspective, “I am not loved or lovable,” is not absolute and representative of every aspect of her life. She needs to consciously identify where she is indeed lovable and loved, at least to some degree, in order to gain clarity and begin accessing permanent change. Remember that the subconscious UnderMind can be influenced by the conscious WonderMind. However, the WonderMind must be in a genuine state of believing a new, more productive, and functional belief in order to do the work necessary to rewire the subconscious mind during the therapy. (*More will be discussed in the chapters ahead.*)

Here is another example where the client is in a minor state of collapse and “comes to her senses” with a little bit of prodding.

**Mary:** Mary has a history of over-eating and cannot restrain herself or her impulses to eat when food is in front of her.

**PNRT:** Mary, as a conscious 34-year-old woman, do you want to have a slim, healthy body, or do you want to eat whatever you want?

**Mary:** “I want to eat whatever I want.” The first answer that Mary hears is the subconscious answer. It shoots out of her

mouth significantly faster than her conscious mind is able to *really* think about the question. (Mary is “collapsed” in her belief.)

**PNRT:** Mary, as a conscious 34-year-old woman: Do you want to have the slim, healthy body you dream of, or do you just want to eat whatever you want?

Mary takes a moment to let the question really enter her conscious, rational mind.

She realizes what the therapist is asking and comes to her senses with a firm, clear answer stating:

**Mary:** Yes, of course I would rather have the slim, healthy body. That’s why I spend so much money on trainers, food programs, and books; but I just can’t hold myself back and end up bingeing.

**Mary:** So Mary, as a 34-year-old woman, do you want to have a slim and healthy body?

**Mary:** Yes.

**PNRT:** That’s the REAL adult you. Now we need to focus on that other part of you that just can’t hold herself back and is sabotaging your goal of being healthy and slim.

In contrast to the examples above, is the example of David.

**David:** David is a successful entrepreneur with a full life. He is physically fit and attractive; he has a stable living environment with a great home and even a vacation property. He is ready to settle down, and he dates a lot of women. He is able to start relationships, but he never gets past the attraction stage to commit exclusively. David is not collapsed; he comes to the conclusion that there is a part of him that is scared, and the therapy can go on to deal with it.

**PNRT:** David, as a 47-year-old man, do you want to be in a loving committed relationship?

**David:** Yes.

**PNRT:** Why are you not in a relationship?

**David:** I am picky. Women today are confusing and have a lot of baggage.

**PNRT:** So a part of you feels that women are confusing and have a lot of baggage?

**David:** Yes.

**PNRT:** How do women with baggage affect your life?

**David:** Oh, they really complicate my life. I like things light and simple. I need a woman who is easy-going with no drama. There aren't a lot out there—that's for sure.

**PNRT:** So David, you as a 47-year-old man would like a loving, committed relationship, but a part of you believes that it's not possible or easy to find. Or that "women are too damaged."

**David:** Yes, that's right. My friends even joke that I am a beacon for women with problems. That's why I'm here. I know realistically that not *all* women are damaged, but I notice that there is something in me that only attracts women like that, and I want it to stop.

You can see that the belief that David holds about women distorts his filter of perceptions and widens his blind spot to block out anything that is not in alignment with his belief. David goes through life attracting those very kinds of women, finding proof that he is right and reinforcing his belief.

In his therapy session, David discovers that his part originates from when he was five years old watching his mother yelling at his father and throwing a plate at him at his birthday party. She embarrassed and frightened him, and he subconsciously decided in that moment that women are scary and can cause lots of problems. He decided to stay out of their way.

Your conscious adult self can have a very strong desire to accomplish a specific goal, but there is a part of you that changes the way you see yourself, others, and the world so your goal becomes out of reach.

You can be 75 years old, but the part of you that feels “not good enough” is still 8 years old.

## Your “Parts” Have a Mission

Your subconscious, sabotaging parts can manifest with a very strong personality. All of these parts develop a strong character in order to fulfill their subconscious mission to protect you in some specific way. They can show up with obvious traits or be a combination of the following examples:

- The Doubter
- The Procrastinator/Avoider
- The Controller
- The Perfectionist
- The Judge (and Jury)
- The Pleaser/Helper
- The Loner
- The Victim

These parts of you express themselves mainly through inner chatter, which will be addressed more extensively in the next chapter.

## Listen with Love to Your Body’s Messages

Clients often come in with a complaint that they have tried *everything*, but they cannot get the results that they want. They are not in touch with ANY negative inner chatter that is stopping them. They have a feeling of frustration, uneasiness, or sometimes physical pain in a particular part of their body or even an illness or disease. The PNRT session can start with the client getting in touch with their body and their feelings such as sadness or anger to then find the part of them that is sad or angry.

For instance, a 55-year-old man with an inflamed prostate is worried about getting cancer. In PNRT therapy, he discovers that there is a part of him that is still holding onto the hurt and devastation from finding his wife in bed with another man two years ago, and her

subsequently leaving him a few months later. This even weakened his sense of masculinity. The subconscious part has stored the anger and disappointment in his prostate, causing the inflammation.

Other client examples include the man who is cheating on his wife and has to put the guilt somewhere (in his prostate). Or the man who feels he can't provide financially for his family. There are many different cases that Joanna has observed over the many years of therapy she has practiced with her clients. It just depends on what strategy your subconscious or UnderMind has established as a defence mechanism to protect the whole of you or keep you safe from uncomfortable feelings and emotions. (We will discuss more on patterns in Chapter 9.)

Another example is the woman who is experiencing pain in her uterus from fibroids and has tried everything to become pregnant. In PNRT therapy, she discovers that her womb is sending her messages. It is making her pay by punishing her for having a previous abortion and not allowing her to get pregnant now. As shocking and unbelievable as this sounds, your body will talk to you in this subconscious state, explaining all the reasons why it is protecting you. By not letting her become pregnant again, the womb is making sure another abortion does not reoccur. As you see, even body organs can present themselves as a part of you holding onto beliefs and strategies. It does not have to be an inner child. A part can also be something abstract that represents the subconscious message it is trying to send through pain, tumors, physiological problems, disease, or inner chatter.

You may remember reading in Chapter 4: The Complex Mind, that the subconscious mind controls your autonomic or involuntary body functions. You will further discover, in the chapter on patterns, that the trauma or unresolved hurt is suppressed and stored in parts of your body such as organs or limbs; and when you are ready to heal, your body will send you messages. Neuroscience has proven that pain is a message—just like tumors, cysts, psoriasis, inflammation, eczema, migraines, headaches, acne, and cancer. These are as loud to your body as inner chatter is to your mind. We have been trained to take a pain reliever or simply try to manage our symptoms, but if we took the advice of author Louise Hay who wrote *You Can Heal Your Life* and “listened with love to our body’s messages,” we would soon

discover what that subconscious part of us is trying to communicate and where the true healing needs to begin.

**Note:** None of this is meant to imply that emotional healing will substitute the need for physical healing. If you are experiencing physical symptoms, we do recommend you see a medical professional. However, we also implore you to investigate the source of your symptoms or problem on the emotional level as well as the physical one. Because the subconscious mind controls the body, disease is often rooted in unresolved emotions, fears, and negative belief systems that can manifest physically in the form of pain or disease to get our attention to heal.

## **What Triggers a “Part” of Me?**

Have you ever felt that someone has “pushed your button”? Something they said or did triggers you; and you get into a mood or a state that is either defensive, defeated, sad, embarrassed, hurt, or irritated? It is normal to feel a variety of emotions if someone upsets us, but it’s when the feelings linger and we start obsessing about the situation, going over and over it in our mind, that really affects us. We can’t let it go. It triggers intense feelings that can lead to irrational thinking or reasons for being upset that we can’t clearly explain. It affects our behavior, and we get into an unshakeable mood that drains us of our positive energy and starts affecting other people around us.

Notice that what triggers you may not have triggered another person in the same situation. This proves that our parts are unique to us and reflect our individual subconscious programming or wiring. What triggers you is all about what’s UnderMind.

## **Symptoms or Indications that You are Being Run by a “Part”**

You may experience one or more of these symptoms. You may have a default symptom that is reoccurring like migraines, cold sores, irritability, bladder infections, sadness, procrastination, etc. You may not have any of the following symptoms now, but you may have experienced some of these symptoms in your life at a previous time.



Check all of the symptoms that apply to you:

- You are not getting the results you want or your needs met in your life, even with extreme effort. Nothing is flowing, and it feels that life is resisting you or “against you” and your desires. This applies to any major area of your life including health, relationship, finances, self-esteem, career, and spirituality.
- You are angry, irritated, or fighting with your spouse or partner.
- You become vigilant or rigid in your negative thinking and can’t see the other side. And people tell you that you are acting this way.
- There is constant conflict in your life with people or situations.
- You have the intense desire to escape or constantly wish your life was different.
- You feel depressed.
- You feel constant anxiety.
- You have emotional outburst of anger, crying, and frustration.
- You are overly reactive or defensive about specific subjects and acting out of character.
- You experience incessant inner chatter.
- You have pain or physical symptoms.
- You have patterns of accidents or illness
- You have patterns of numbing out or addiction with with alcohol, TV, Internet surfing, shopping, gambling, sex, drugs, sleep, cleaning

**Exercise:** Now that you have identified your symptoms that indicate you are triggered or being “run” by a part, feel free to add more symptoms that may not be listed here to gain a greater sense of self-awareness.

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We will go deeper with this exercise to create a profound shift in Chapter 9 on Patterns.

If you can master the first step, which is the ability to distinguish when there is a part running you or sabotaging you from achieving your goal, you are finally on the outside looking in. You become the observer of your life rather than the victim of it.

The next stage is to complete the healing process with proven PNRT or build your conscious mind muscle so you can finally take command of your life. You can start functioning as the adult you and no longer be run by your undermining part. You can confidently set and achieve your authentic goals. At last, you become the victor, the creator in your life, and choose your own direction. You are now able to enjoy your life and achieve what you want more effortlessly.