

Listening Well To Our Exiles

HOPE FOR HURTING PARTS

Part 2

CHAPTER 4

Q & A

What thoughts come up when you consider the statement, “***If you can’t feel pain, you don’t know when something is wrong***”? What would it look like for you to listen well to your pain?

Out of the list of ways that exiles develop, which ones connect for you?



Moving Toward Our Exiles



Move Toward Method



RENEWING HOW WE DEAL WITH PAIN

We tend to cope with these hurting little exiles by ***shaming them***—“I can’t believe I’m a grown woman/man feeling this way”—or ***shunning them***, or trying our best to ***shut them up*** and ***lock them in*** the basement of our souls.

~excerpts from *All Together You*



- Unlike Jesus, we sometimes try to make the pain of exiles go away by:
- **Locking them up.** (*“I don’t know how I feel.”*)
- **Staying too busy** to have time for them. (*“I’ve got so much on my plate. I can’t slow down to feel.”*)
- **Numbing** them. (*“I need a glass of wine. Or those cute shoes.”*)
- **Locking them** in the basement. (*“I should quit whining; my problems don’t matter. It’s that guy with serious problems who has legitimate pain.”*)
- **Spiritualizing them.** (*“A good Christian wouldn’t feel this way.”*)”

~excerpts from *All Together You*





Embrace



- Not only are these responses heartless, ***they also don't work***. They actually make the pain worse, because now the exiles feel shame for feeling shame.
- ***We can't get rid of parts.***
- When they are healed, they spontaneously transform to bring something wonderful to our internal system. When these wounded parts unburden (“find rest for their souls”), they bring joy, playfulness, tenderness, or spontaneity to our lives.
- But while they carry burdens, ***their positive qualities remain locked away***, inaccessible. That explains why many of us still struggle to play, to be carefree, or to let people in to see who we really are.”
- **Embracing parts is not easy.**



- Then Jesus, in true rebel fashion, shows up and says, **“Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”**
- For our conversation here, we might read Christ’s invitation like this:
 - **Don’t hinder the exiles!**
 - **Don’t lock them in the basement.**
 - **Don’t get in the way of their access to me.**
 - **I want to scoop them up and hold and comfort them, because in my kingdom no one is left out.**



WHAT EXILES DON'T KNOW





WE WANT TO MOVE TOWARD BUT DON'T KNOW HOW

“I want to move toward. But I have no idea what that looks like. How do I respond when an exile floods me and I feel sad, alone, afraid, rejected, or ashamed?”

We should respond to our exiles by running to God.

~excerpts from *All Together You*



Flood or Flooding

Flooding happens when a part takes over and completely prevents our access to the core self, or God Image. When a part floods, the individual feels its feelings, thinks its thoughts, and experiences its physical sensations. It feels as though the person is the part. Flood is the opposite of terms like ***step back, unblend, or relax.***



Letting our exiles run to God means ***inviting all our burdened parts that are afraid of the exile's pain to step back and give our exile access to the divine*** within us: to the God Image at our core.

Running to God doesn't mean allowing a Spiritualizer manager to yell at the exile and tell it not to feel, try to manage it, or to shame it.

~excerpts from *All Together You*



- It's important to know that exiles act just like hurting little children. When they are in pain and see someone (our core God Image) who can help, ***they run to them and try to get all of their attention, to completely take them over.***
- So we tend to get flooded with painful exile emotions as soon as they get triggered.
- What exiles don't realize is that our God Image can't help them if they've taken us over. ***They have to dial their negative emotion back a bit so we have access to God In Here before we can help.*** And once they figure out this is the way to get help, they do just that. You can actually tell them this—and get relief from the negative feelings.





How do we know if we've been flooded by
an exile?

Simple.

We will feel as if we've been taken over by
a negative emotion.

Step Back



- As he was working with clients, Dr. Schwartz identified what he called the undamaged Self by gently inviting the parts that he was meeting to “**step back**” or “**unblend**” from the person.
- After all the parts had finally stepped back, a healthy, positive Self (God Image) emerged.
- Sure enough, the qualities of this Self were consistently what we’d describe as good.



ASK THE FLOODING PART TO STEP BACK

In order to allow your exile access to the divine within you, you have to ask your protector parts to step back and for the intensity of the negative emotion to unblend from your Core Self.

This allows the God Image room to attend to the hurting exile part.



Move Toward



- All our exiles want is to be seen and heard and cared for, and that's what Jesus does. He speaks to this in Matthew 11:28: *“Come to me, all you who are weary and burdened, and I will give you rest.”*
- The exile wants *YOU* to pull up a chair, give them a hug, and tell them they are loved.
- They want to know that they matter in this world. We can show them this, by moving toward them and seeing about their pain.



Q & A

Do you connect with any of the common strategies we use to avoid feeling our pain? How have they worked for you in the short run? In the long run?

When you think about the pain your exiles carry, what is it like for you to consider the reality that “Jesus wept” and was with Mary and Martha in their pain?

If you are aware of any of your exiles, what kind of comfort do you think they might need?”