

Nine Steps to Save Your Marriage

for Husbands

Step 1: Listen to Your Self-talk

W9-h1



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Step 1: Listen To Your Inner Dialog

Objective:

At the end of this module, you will have identified some of the conflicting “self-talk” that you’re experiencing and will have selected several thoughts that are causing the most “noise.”

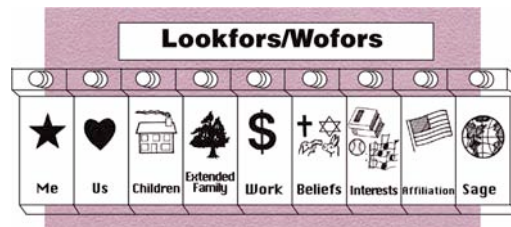
Exercise:

Please read the following information about the nine parts. Write down at least one thought for each of the parts. A full copy of the map is included at the end, if you wish to refer to it.

The Nine Parts

Before we expand on the parts, let’s look quickly at the Lookfors and Wofors.

Lookfors and Wofors



Your parts create *Lookfors* when they need something. Your Me-part creates a Lookfor when it’s hungry. In that case you’ll find yourself screening the outside world, looking for any sign of something to eat. If your Us-part has no SIGO (significant other), then you’ll find yourself ever alert for anyone who could become a possible SIGO for you. If you have a SIGO, but no children, you might find yourself with a Lookfor for any child; a child coming into your space will immediately cause your Children-part to take over and give attention to the child.

Wofers are things your parts have asked you to “watch out for” — things that represent danger or threat. For example, when you’re first in line in your car at a red light, you may look carefully to the left and right when the light turns green, to be sure no one is still entering the intersection. Or, if you’ve had a bad experience with a dog, you might set up a Wofer to watch out for any sign of a dog in your space. If you spot a dog, immediately you’ll begin reacting to the dog, regardless of other needs that may have brought you to that space.

Lookfors and Wofers are the tools your parts use to screen the environment for things they need and things they fear. Lookfors and Wofers are the tools your parts use to gain control when they are needy or are alarmed.

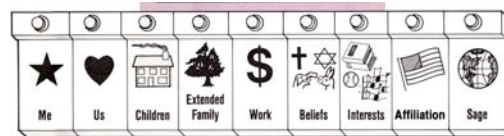
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Your Parts

At least nine separate and distinct human needs have been identified. By the time you reach adulthood, all of your needs have developed. Each need creates tension in you until it is satisfied.

If this is the first time that you're learning about your separate parts, you may feel surprised. That is not unusual. As your conscious mind learns about them, and you become aware of their unique personalities, you'll discover you're really a team of parts. Most people find this to be a delightful revelation.

To understand these needs, it is helpful to think of yourself as having a separate sub-personality for each of your needs. We call these sub personalities "parts." For example, you have a part of you that needs to bond with a significant other. You also have a part that needs to work or contribute to the world in some way. When you're involved in meeting your bonding need, you're using a separate sub-personality from the sub-personality that you use when you're involved in work. The two parts look, talk, and behave differently. They hold different beliefs; they use different strategies; they produce different feelings. Different things satisfy each of them. They may have different levels of okayness; they have different needs for dominance or submission; they may have different levels of motivation. They often come into conflict with each other as they each strive to get what they need.



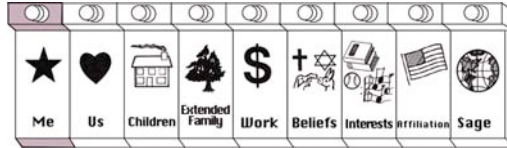
The parts take turns in taking control of your mind, based on the amount of tension (or urgency) they feel, to get their respective needs met. At any instant in time, one part and only one part is in control of your mind and it's processing. Sometimes two or more parts are interested in the same input being processed, and they will switch control from one part to another so fast that the conscious mind cannot keep up.

As long as you aren't aware of the separateness of the parts, each must do what it can to get its needs met. Frequently they must compete with each other to get what they need. For example, there may be times when one part of you wants to do your work, and another part wants to be with your family or significant other. This causes internal conflict and you may feel pulled in two directions at once.

The goal is to get all of your parts working together as a team, in order for you to get all of your needs met and still achieve peace of mind and inner harmony.

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The Me-Part

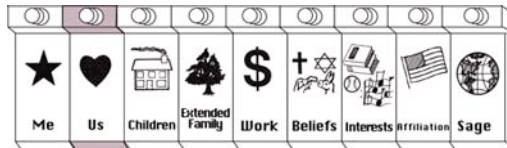


The me-part is the part responsible for you and you alone. It is not concerned about others. It wants what it wants when it wants it. This part has all of your physical needs and appetites to satisfy. It gets hungry, has sexual needs, feels hot or cold, and needs to sleep. It likes to play, and it likes to rest. Your other parts might call the me-part your selfish part, because it is only interested in what it wants.

Whenever you have some physical need, the me-part will take over from the other parts to take care of it. If you don't allow it to get what it wants, it may distract your other parts and could even try to keep other parts from getting what they need.

What is your Me-part saying about your present situation? _____

The Us-Part

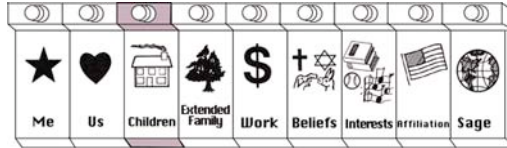


Your Us-part is responsible for attracting, courting, and bonding with a significant other. It cares as much about your partner's needs as your own. The Us-part becomes attracted, feels attractive, gets infatuated, and falls in love.

What is your Us-part saying about your present situation? _____

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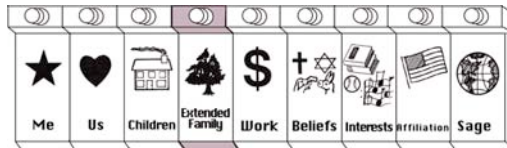
The Children-Part



Your Children-part is the part of you that responds to your need to have and to care for children. The Children-part loves and bonds with children. The Children-part is less concerned with your needs than with the needs of your child or children. You also use this nurturing part in caring for the sick or elderly or those who need your help.

What is your Children-part saying about your present situation? _____

The Extended-Family-Part

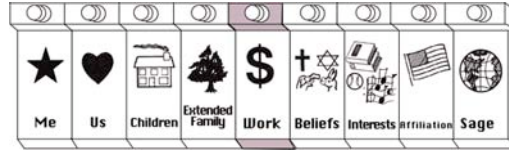


Your Extended-family-part has a special bond with your mother, father, or whomever raised you. It has special caring and bonding with brothers and sisters, aunts, uncles, grandparents, and cousins. It has special loyalties that it reserves for your extended family. Later in life it is this part that feels the need to be a grandparent and has special affection and bonding with grandchildren. Your Extended-family-part is the part that feels that “blood is thicker than water.”

What is your Extended-family-part saying about your present situation? _____

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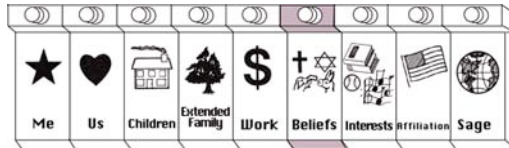
The Work-Part



Your Work-part is the part that works or contributes to society in some way. The Work-part has special needs for achievement, accomplishment, responsibility, recognition, and growth. Your Work-part might get special satisfaction out of the work itself. Your Work-part is willing to put self-interest aside and serve someone else, or serve an organization that serves others.

What is your Work-part saying about your present situation? _____

The Beliefs-Part

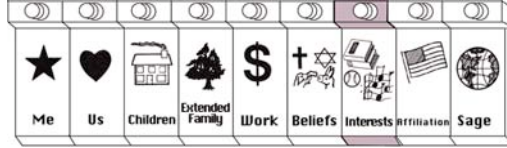


Your Beliefs-part is the part responsible for choosing your beliefs and honoring them. This is the part that takes you to your selected house of worship, and supports others with shared beliefs. This part has political beliefs and opinions. It puts your interests behind those that it believes in. Your Beliefs-part might be willing to join protest marches, write letters to political leaders, and sign petitions. It may make contributions to causes that it believes in. This is the part that people use, for example, if they choose to become missionaries, or to fight holy wars.

What is your Beliefs-part saying about your present situation? _____

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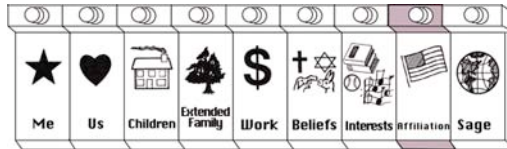
The Interests-Part



Your Interests-part enjoys hobbies or learning. If you're curious about something and eager to learn about it, that is probably your Interests-part. It may collect stamps, study history, read biographies, tour museums, travel to foreign countries, or climb mountains. It may want to watch birds, grow orchids, collect butterflies, and watch public television programming. It has the need to satisfy curiosity and discover the outside world.

What is your Interests-part saying about your present situation? _____

The Affiliation-Part

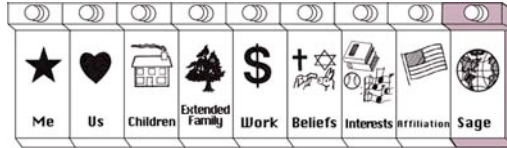


Your Affiliation-part is the part of you that seeks affiliation and has needs to join and be part of packs or groups. It's also concerned with *place* and bonds with others who share that place. Your Affiliation-part creates your sense of home where you live, and the sense of neighborhood around your home. It is patriotic and has a special loyalty that it shares with others from your homeland. It is the part of you that roots for your team (your school, your town, your state, etc). Your Affiliation-part is willing to put all other needs aside and go to war to fight to protect your home, town, state, nation, or pack of nations.

What is your Affiliation-part saying about your present situation? _____

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The Sage-Part



Your Sage-part is that part of you that possesses your innate wisdom. This part has the potential for growing beyond the special interests of your other eight parts. Your Sage-part sees the world as one people. It cares for the future of the earth, and feels responsible for protecting the environment for future generations. The Sage-part is willing, when asked, to become responsible for resolving conflicts between your other eight parts, and resolving those conflicts in such a way that all parts get their needs met. The Sage-part respects and appreciates all beliefs. The Sage-part respects and appreciates all nations and all places. The Sage-part feels family loyalty and love for the widest possible family — all mankind.

What is your Sage-part saying about your present situation? _____

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Exercise 2: Doubts and Arguments

There are many thoughts that may be racing around in your mind. Write some of the “loudest” messages below. If you have some idea of which part each thought represents, write that down. If you’re not sure, don’t worry.

Date: _____

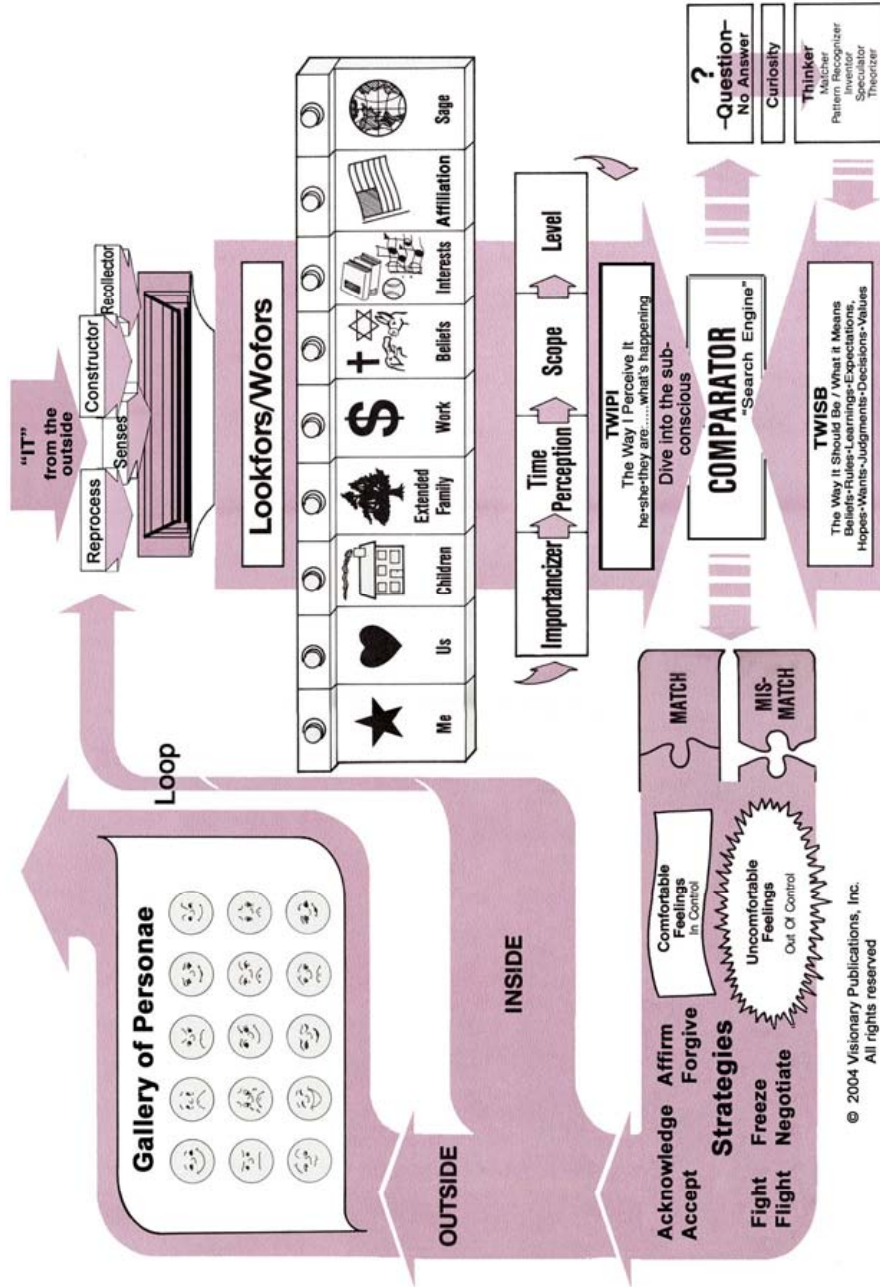
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Exercise 3:

Select the top (loudest) four or five arguments going on in your head (put a check mark next to those). Put a date on this page so that you can come back to it at a future time to check progress.

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Map: The Sage Model



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PLEASE CONTINUE WITH STEP 2: MAKE A FRESH START