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Learn to deal congruently with your own stress by fooling around with the [coping stances](#) (pdf)

Cook a palatable meal with Satir's ingredients of an Interaction (this document)

Set all tongues wagging in a [Temperature Reading](#) (pdf)

Respect the individual as well as the system when leading change with the [Satir Change model](#) (webpage)

Then bring it all together in

[Organisational sculpting](#) (pdf)

The purpose of a Parts Party is to integrate different aspect or facets of the personality, hence, "parts". This process can be very light hearted, yet it can be very intense for some people. It is all in

It's Party Time!

the intention. If you are having a "Parts Party" alone, be sure to set your intention for light hearted exploration. Such Inner Parts Parties are related to [Mindful\(ness\) meditation](#).

The goal of any parts party is to discover, understand, integrate, and harmonise parts of self and, if another person or persons are involved, to learn how those parts interact to produce the typical interactions between them. Below on this page is the basic hat-hanger type Parts Party choreography. For controlled folly, we have prepared a typical system in [Ship of Fools](#) as a default, but we can set up any parts party in the moment for a particular known (set of) interaction(s) or situation riddled with polarisations and conflicts.

We regularly freeze the parts party to hear what particular parts have to say, especially those that the star or focal person recognizes. We freeze only those situations that seem to evoke powerful emotions in the star.

Then we bring conflicting pairs together and ask which other parts they would like to assist them in dealing with and resolving the polarisation or conflict. We can even make up new parts for that.

In a circle of parts we then consider feelings and awarenesses, and each part offers him or herself to the focal person, or in the case of the Ship of Fools to the Ship's Pastor, for integration in self.

"I am ... Will you accept me?"

The focal person can negotiate for conditions, or for more resolution before we move to integration. The star is then core for a short integration ritual, preferably self-made, with speeches and every ritual he or she likes. After all, this is a party and the star is the host! And all the parts came to celebrate with the host.

Simplest Choreography/Process

- Write down three
 1. People you admire, and what you admire them for.
 2. People you detest, and what you detest them for.
- Have them party together, either externalized by role play, or in imagination.
- Observe what happens.
- If and when, investigate clashes and conflicts, and the effects on the other parts.
- Resolve [oppositions](#) and [conflicts](#) by reclaiming valued, alienated, extruded, and/or unknown parts, if any. Use all the parts you have in your party for that. You can even "invent" and bring in a new part to the party, if needed.
- Life is to be enjoyed and celebrated, so party on in a more (w)hole way!