

## Voice Dialogue Process Script

The following script can be used while learning this process, and as it becomes more natural through practice, it can be referred to for guidance and eventually let go of completely. It is helpful to stick with the script for the first few times at least.

Voice Dialogue is an excellent process that can be done with clients when a specific block has been identified by the client that is keeping him or her from moving forward toward his or her vision.

Begin the session with a brief description of what will happen. “During the process I will ask you to get an image of the block or part of you that we will be talking to. Then I will ask you to dialogue with that part of yourself. Then I will ask you to role-play. How does that sound? What we find is that whatever qualities someone needs most to move forward in creating the life they want to live are locked away in the parts of ourselves that we like the least or that we think are the very problems that are holding us back. This will become clear as we move through the process.”

What is the challenge or block that you would like to focus on?

1. Can you give me some examples of how this affects your life?
2. Close your eyes and see if you can identify where in your body the energy of this issue (you can name the energy using the words that the client has used to describe it: anger, despair, confusion, pain, etc.).
3. (If there is more than one place in the body identified . . .) Which place is strongest?
4. Can you go to that place in your body in awareness and tell me what it is like in there . . . what does it look like? What does it feel like?
5. Anything else?
6. Now, allow that energy (name it using the words described by the client) to come out of your body and take form in front of you or somewhere in the room. It could take the form of a personality, an abstract image, an animal, a cartoon character, an inanimate object . . . whatever form it wants to take that represents what it means to you.
7. Tell me what it looks and feels like to you.
8. How do you feel looking at this image?
9. If you were walking down the street and saw this image standing on the sidewalk, what would be your immediate emotional reaction?
10. What do you want to name this part of yourself that expresses what it means to you?

11. Ask \_\_\_\_\_ (say name of subpersonality) this question out loud: "How long have you been with me? And tell me the answer that you hear back if there is one."
12. Ask \_\_\_\_\_ "Why are you still with me now?"
13. Are you willing to role-play as \_\_\_\_\_ (subpersonality)? Could \_\_\_\_\_ (subpersonality) be sitting in another chair or standing? Whatever will make it seem more real for you to role-play as \_\_\_\_\_ (subpersonality) is located?
14. Go to that place.
15. Take on the physiology, posture, and energy of \_\_\_\_\_ (subpersonality). Make it as real as possible.
16. Is it okay if I call you \_\_\_\_\_ (subpersonality)?
17. From your perspective, how do you show up in \_\_\_\_\_ (client's name) life?
18. When do you most often show up?
19. How does \_\_\_\_\_ (client's name) respond to you when you show up?
20. Why do you show up in the way that you do?
21. I sense there is a positive intention behind what you do. What is your intention?
22. I also sense that you must care about (client's name), otherwise you would not have this intention, right?
23. What is your best or highest quality? What do you do well? (If it is a fearful subpersonality, it may be sensitivity or love. If it is an angry, menacing, or sabotaging subpersonality, it may be protection. If it is a critical subpersonality, it may be to inspire growth. In all cases, these subpersonalities have benevolent intentions; they just don't know how to get what they want in an effective way.)
24. I want to honor you for that positive quality (or those positive qualities) \_\_\_\_\_ (name positive qualities) and also for your positive intention.
25. How does it feel to be honored?
26. I sense that you realize that the way you have been showing up is not getting you what you or (client's name) what you want. Is that right?
27. What is it that you need that would make you more whole and complete? What have you not been getting that you need?
28. What would it be like if your \_\_\_\_\_ (name positive quality) and your positive intention to \_\_\_\_\_ (name the positive intention) \_\_\_\_\_ (client's name) were to be channeled or directed in a way that it gets you and (client's name) what you want, and **THAT YOU WOULD BE HONORED FOR YOUR PART IN THE PROCESS?**
29. Can you tell \_\_\_\_\_ (client's name) exactly what you need in order for this to occur? What do you need to be whole, and what do you need to be guided in a new way?

30. How did it feel to say those words?
31. Is there anything else you would like to say to \_\_\_\_\_ (client's name)?
32. Now go to another spot and stand where you can see both \_\_\_\_\_ (subpersonality) and where you were originally sitting. . . . Take on the energy and presence of your highest self centered in Love, Power, and Creativity.
33. How do you, the highest self of \_\_\_\_\_ (client's name), want to respond to \_\_\_\_\_ (subpersonality)?
34. How does \_\_\_\_\_ (subpersonality) seem to be responding to these words?
35. Would it be appropriate to offer a new name to this part of yourself?
36. The next time \_\_\_\_\_ (subpersonality) shows up with its old pattern, what will you say and do to direct it in this new way?
37. What else would like to say to \_\_\_\_\_ (subpersonality)?
38. Is there anything that you want to say to the part of you that was sitting in your original spot? The part that was reacting to \_\_\_\_\_ (subpersonality)?
39. Is there any way that you would like to show your love and appreciation to \_\_\_\_\_ (say name of subpersonality)? Perhaps give a hug? (If yes, offer a pillow, or the option to just wrap their arms around her/himself and imagine hugging the subpersonality.)
40. How do you feel in your body, in the \_\_\_\_\_ (the area that the energy was originally centered in)?

Conclude the exercise by reviewing what has been realized and emphasize that the positive qualities of the subpersonality have now been integrated and will be easily accessible to the client. Also create at least one action step moving forward, including a continued dialogue with the subpersonality or subpersonalities.

# Optional

## Meet a Wise Being for Further Integration

1. (This can be useful if the client has a hard time coming up with strategies or even knowing how to direct the subpersonality.)
2. Close your eyes and receive an image of a radiant being who is perfectly balanced in love, compassion, courage, wisdom, strength, and spiritual power. It can be a historical or spiritual figure, someone you know, or an ethereal or abstract being.
3. Describe this being to me.
4. Ask this being how you can nurture and guide \_\_\_\_\_ (say name of subpersonality) in a healthy and productive way.
5. Now go to a spot where you can stand (it is important that they stand) and see both your subpersonality and yourself and become the wise and radiant being.
6. Speak to \_\_\_\_\_ (say name of client) and give them guidance about how they can work together.
7. Is there anything else you would like to say to either \_\_\_\_\_ (say name of subpersonality) or \_\_\_\_\_ (say name of client)?
8. Now go to where \_\_\_\_\_ (say name of client) is sitting and bring the radiance, wisdom, and love from your radiant being into yourself as you sit down in your place.
9. Know that this wise and radiant being is the truth of who you are and that you can guide all aspects of yourself from this presence. . . . Take a deep breath and open your eyes.

Conclude the exercise by reviewing what has been realized and emphasize that the positive qualities of the subpersonality have now been integrated and will be easily accessible to the client. Also create at least one action step moving forward, including a continued dialogue with the subpersonality or subpersonalities.