

# PLURAL SELVES

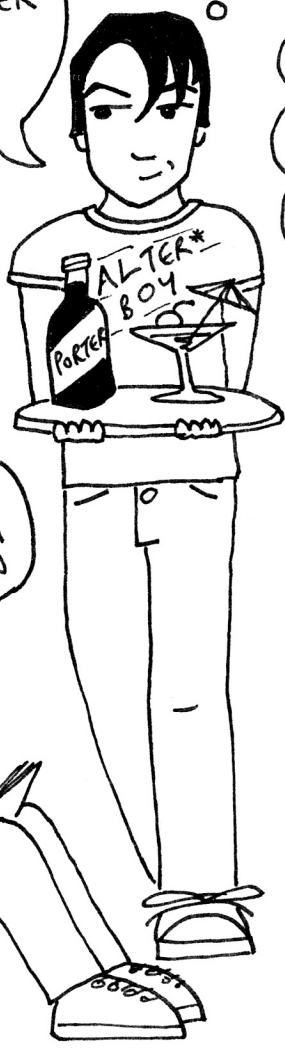
BEFRIENDING  
YOUR  
SELVES



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HEY MAXY, READY TO MAKE ANOTHER ZINE WITH ME ABOUT PLURAL SELVES?



SURE THING ROBIN

ROBIN'S RECIPE FOR SELVES-LOVE INGREDIENTS:

- SOME NUMBER OF SELVES (ADJUST TO TASTE)
- 1 DECENT THERAPIST
- 1 GLOBAL PANDEMIC
- 1 SAFE-ENOUGH SPACE
- SOME GOOD FRIENDS
- SEX TOYS (OPTIONAL)
- TIME...



(THEN CALLED TONY)

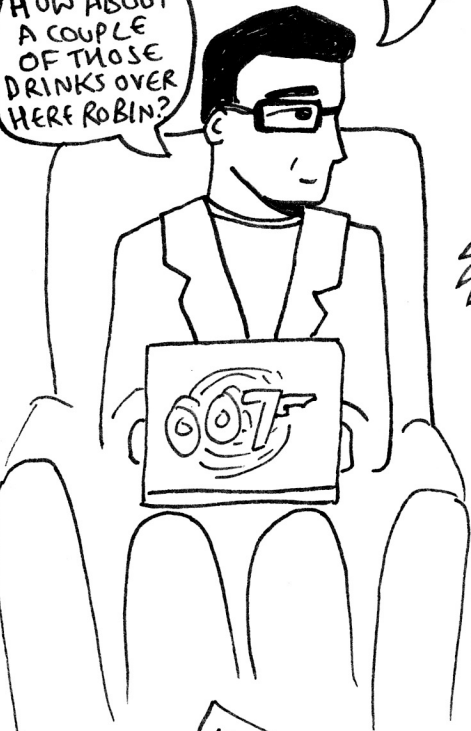
YOU CAN FIND ROBIN & MAX'S ZINE INTRODUCING THE WHOLE IDEA OF PLURAL SELVES & HOW TO IDENTIFY YOURS AT REWRITING-THE-RULES.COM/ ZINES

\* THANKS TO LB LEE'S COMICS FOR THIS!

ACTUALLY GOYS, I THINK YOU'LL FIND IT'S ME AND MORGAN WHO DO MOST OF OUR WORK ON PLURALITY THESE DAYS

TOO RIGHT JAMES. IT SHOULD TOTALLY BE US WRITING THIS

HOW ABOUT A COUPLE OF THOSE DRINKS OVER HERE ROBIN?



- JANINA FISHER
- JOHN ROWAN
- RICHARD SCHWARTZ
- HAL & SIDRA STONE
- MICK COOPER
- SCHOLZ VON THUN
- TOM HOLMES

YOU CAN FIND A WHOLE FREE BOOK OF CONVERSATIONS ABOUT PLURALITY MOSTLY FEATURING JAMES AND/OR MORGAN - BEASTIE AT REWRITING-THE-RULES.COM / PLURAL-WORK

# INTRODUCING FOX!



YOU'RE ALL WRONG

IT'S ME WHO DOES THE DRAWING THESE DAYS  
(ALSO YOU WOULD PUT TOO MANY WORDS AND WORRY TOO MUCH ABOUT 'GETTING IT RIGHT')

OF COURSE YOU SHOULD MAKE THIS ZINE LITTLEST. WHAT D'YOU WANT TO COVER IN IT?



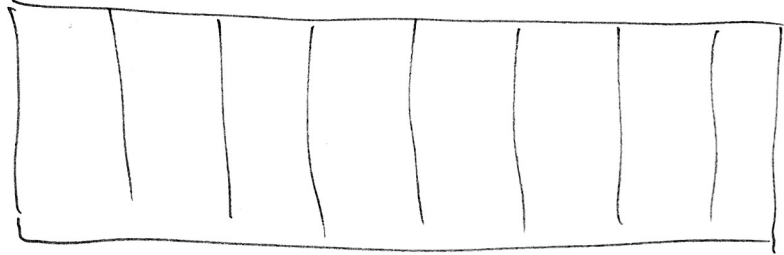
THIS ONE IS ABOUT ALL THE DIFFERENT KINDS OF SELVES-ORPARTS-THAT PEOPLE MIGHT HAVE, BASED ON OUR EXPERIENCE OF PLURALITY. AND IT'S ABOUT HOW THEY MIGHT BEFRIEND THEM. THEN I WANT TO MAKE A ZINE ABOUT HOW WE RELATE BETWEEN OUR SELVES... OH AND I HAVE A HUNDRED OTHER IDEAS!



OUR ARA



ALL IN TIME SWEETY



# GOING SLOW AND CAREFUL

WHAT'RE YOU DOING FOX?

I'M MAKING A ZINE ABOUT US! I'M GONNA DO A PAGE ABOUT EACH OF US AND HOW WE WORK AND THEN A PAGE OF QUESTIONS AND IDEAS ABOUT HOW PEOPLE COULD FIND THEIR OWN SELVES THAT WORK IN SIMILAR WAYS... AND BEFRIEND THEM

♡ OUR ♡  
JONATHAN

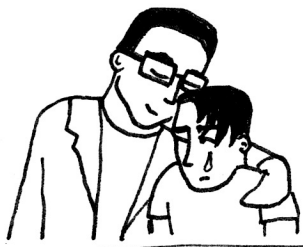


I GUESS I'D WANT TO ENCOURAGE PEOPLE TO GO SLOW AND CAREFUL WITH THIS KIND OF WORK, AND GET ALL THE SUPPORT THEY CAN. IT'S TAKEN US YEARS TO GET TO THIS POINT AND IT'S STILL A WORK IN PROGRESS. AND WE HAVE A GREAT THERAPIST WHO GETS IT, AS WELL AS SOME GOOD FRIENDS WITH SIMILAR EXPERIENCES

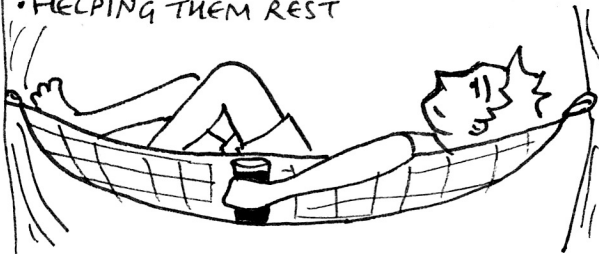
THANKS JONATHAN, THAT'S SO RIGHT. IT CAN BE PLAYFUL AND TENDER, AND IT CAN BE REALLY HARD AND PAINFUL AT TIMES. PEOPLE MIGHT FIND SIMILAR SELVES TO OURS, OR VERY DIFFERENT ONES, AND MORE IN SOME PLACES OR LESS IN OTHERS. IT'S ALL OK. IT'S ABOUT FINDING YOUR WAY, & YOUR TEAM

# WHAT DOES 'BEFRIENDING' MEAN?

- LEARNING HOW TO LOVE ALL YOURSELVES AND KNOW THEM DEEPLY
- DISCOVERING WHAT TYPES OF KINDNESS EACH NEEDS TO COME FORWARD HONESTLY AND FULLY



- HONOURING WHAT THEY'VE BEEN THROUGH
- THANKING THEM FOR ENABLING YOU ALL TO SURVIVE TILL NOW
- HELPING THEM REST



- RELIEVING THEM OF THE BURDENS THEY CARRY
- HELPING THEM TO UNDERSTAND AND FORGIVE THEMSELVES IF THEY HAVE HURT YOU, OR OTHERS



CHEF & GENTLENESS GURU

- FREEING THEM TO BE ALL THEY CAN BE
- SHOWING THEM THEIR CAPACITIES AND HOW VITAL THEY ARE



IT'S ABOUT REASSURING THEM ALL THAT THEY'RE WELCOME HOME NOW, REGARDLESS OF WHETHER THEY TRANSFORM IN SOME WAY, OR HOW LONG THAT TAKES



RADICAL INCLUSIVITY -  
♥ BONNIE BADENOCH ♥

NO PART GETS LEFT BEHIND -  
♥ JANINA FISHER ♥

NO BAD PARTS -  
♥ DICK SCHWARTZ ♥



# PLURAL MODELS

THERE ARE LOADS OF GREAT IDEAS OUT THERE FOR HOW YOU CAN FIGURE OUT YOUR DIFFERENT SELVES - OR PARTS - WE'VE FOUND ALL OF THESE HELPFUL - AND WE'VE ALSO HAD TO FIND OUR OWN WAY BY TUNING IN

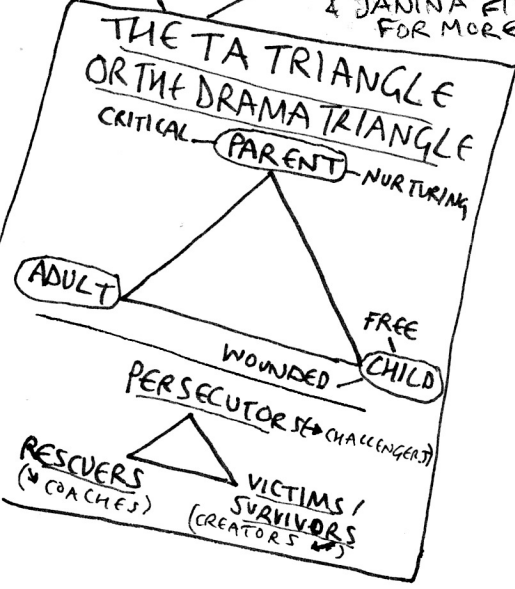


YOU COULD TRY MAPPING YOUR SELVES ONTO...



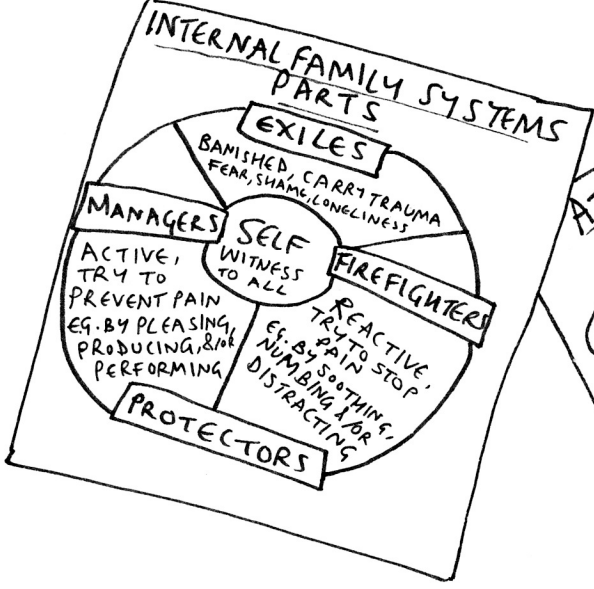
SEE MARGEAUX FELDMAN & JANINA FISHERS' WORK FOR MORE ON THIS

- THE 'F' TRAUMA SURVIVAL STRATEGIES
- FIGHT PARTS
  - FLIGHT PARTS
  - FREEZE PARTS
  - FAWN/SUBMIT/PLEASE PARTS
  - FOLD/FLOP PARTS
  - FASTEN/ATTACH PARTS ETC.



- JUNGIAN ARCHETYPES
- THE SAGE
  - THE MAGICIAN
  - THE INNOCENT
  - THE EXPLORER
  - THE CREATOR
  - THE RULER
  - THE CAREGIVER
  - THE OUTLAW
  - THE HERO
  - THE LOVER
  - THE JOKER
  - THE EVERY-PERSON

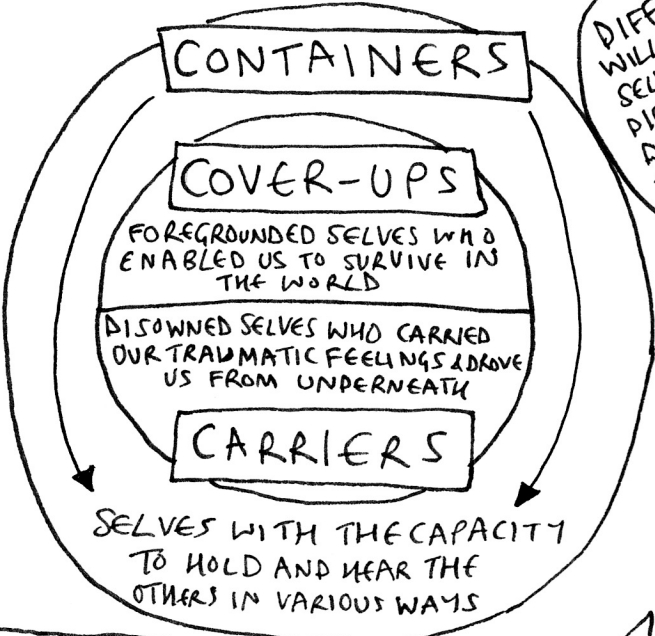
# INTERNAL FAMILY SYSTEMS PARTS



# ATTACHMENT STYLES



# OUR MODEL



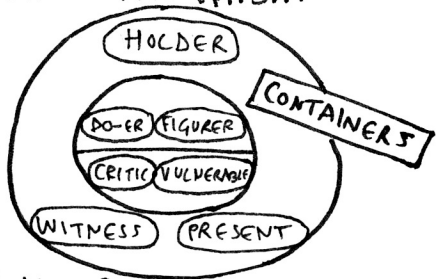
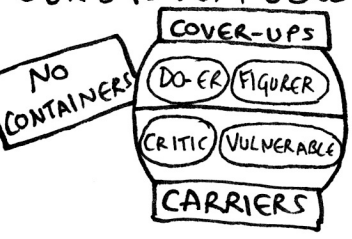
DIFFERENT PEOPLE WILL HAVE DIFFERENT SELVES IN THESE DIFFERENT ROLES DEPENDING ON THEIR EXPERIENCE, CULTURE, ETC.



OUR FIRST PLURAL SELVES ZINE CAN HELP YOU TO TUNE INTO - AND IDENTIFY - YOUR DIFFERENT SELVES

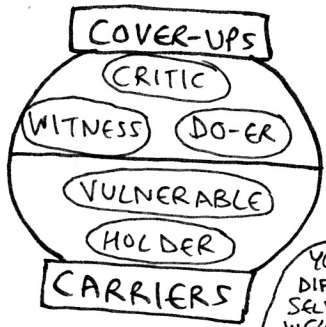
# CONFIGURATIONS

OUR SYSTEM USED TO BE LIKE THIS... AND THEN THIS...

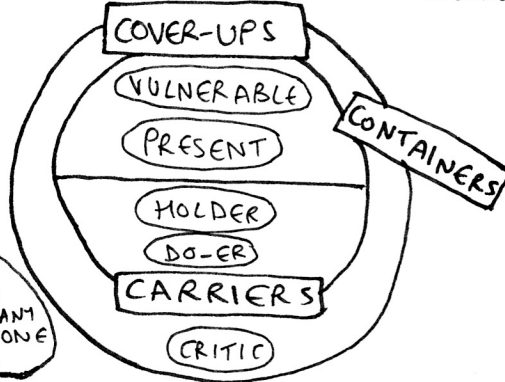


MORE ON WHAT THESE WORDS MEAN SOON!

THIS IS QUITE A COMMON CONFIGURATION IN OUR DOMINANT CULTURE BUT YOURS MAY WELL BE DIFFERENT. WE KNOW PEOPLE WHO ARE MORE LIKE..



OR



YOU MIGHT FIND DIFFERENT KINDS OF SELVES THAN THE ONES WE'VE NAMED HERE, MANY WHERE WE'VE NAMED ONE OR VICE VERSA

DIFFERENT SELVES MIGHT NEED TO DO DIFFERENT KINDS OF WORK, E.G.

COVER-UPS

- LETTING GO OF WHAT THEY'VE DONE FOR SO LONG
- RESTING AND GETTING LOOKED AFTER
- FEELING 'REAL' BECAUSE THEY'VE ALWAYS FELT A BIT FAKE, KNOWING THEY AREN'T THE WHOLE YOU
- REALISING HOW WELL THEY DID TO GET YOU HERE

CARRIERS

- COMING FORWARD AT ALL, AS THE REAL THEM
- FEELING WELCOME & NOT LIKE THEY'LL 'RUIN' THINGS
- SHARING ALL THE PAINFUL STUFF THEY HOLD OPENLY
- RECOGNISING HOW ESSENTIAL THEY ARE

CONTAINERS

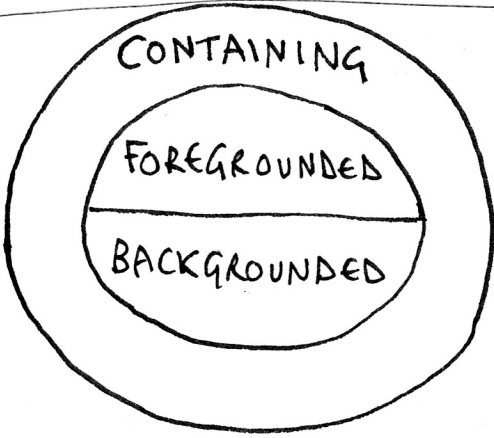
- KNOWING THEY EVEN EXIST
- COMING FULLY INTO YOUR TEAM/SYSTEM/FAMILY & LIFE
- LOOKING AFTER YOU, INSTEAD OF BEING DELEGATED TO LOOK AFTER OTHER PEOPLE, OR LOOKED FOR BY OTHERS

# ALONGSIDE



WE FOUND WE HAD TO WORK WITH ALL THE SELVES ALONGSIDE EACH OTHER. LIKE WE NEEDED TO ENCOURAGE THE CONTAINERS IN MORE FOR THE COVER-UPS TO FEEL ABLE TO STEP BACK, AND THE CARRIERS TO FEEL GRADUALLY SAFE-ENOUGH TO BRING THEMSELVES IN - KNOWING THERE WAS SOME ONE STRONG & TRUSTWORTHY ENOUGH THERE TO HEAR AND HOLD THEM. ALSO, LOOKING AFTER THE CARRIERS SEEMED TO STRENGTHEN THE CONTAINERS ENABLING THEM TO BE AROUND MORE

TOGETHER WE'RE WORKING TOWARDS SOMETHING MORE LIKE THIS...



WHERE ALL OF US CAN MOVE - OR FLOW - BETWEEN DIFFERENT POSITIONS, TAKING TURNS. LIKE RIGHT NOW I'M 'FOREGROUNDING', JAMES IS 'CONTAINING' AND THE REST ARE 'BACKGROUNDING', BUT WE'RE LISTENING CAREFULLY TO THEM, NOT REPRESSING OR OVERRIDING THEM AT ALL

NOW, MORE ABOUT THE SELVES...



SOME SELVES MIGHT BE SUPER FAMILIAR TO YOU ALREADY. SOME YOU MAY ONLY HAVE HAD GLIMPSES OR GLIMMERS OF YOUR WHOLE LIFE - LIKE WHEN A FICTIONAL CHARACTER RESONATES WITH YOU - NO SENSE THEY COULD ACTUALLY BE PART OF YOU YET

# COVER-UPS - THE DO-ER

WE THOUGHT MAX WAS US FOR MOST OF OUR LIFE. HER ROLE IN THE SYSTEM WAS PERFORMING A GOOD, SUCCESSFUL FRONT TO THE WORLD, BEING WHAT WE THOUGHT EVERYONE WANTED US TO BE.



BEFRIENDING MAX-Y INVOLVED HELPING HER TO DROP HER MASKS, SLOW DOWN AND LET GO OF DOING ANYTHING OR HELPING ANYONE - OUT THERE, OR INSIDE US. SHE'S NOW TAKING A WELL-EARNED BREAK. WE DON'T KNOW QUITE WHO SHE'LL BE FOR US IN THE FUTURE ONCE MAX STOPPED DOING AND DISTRACTING, WE REALLY STARTED TO GET TO KNOW THE REST OF US

- DO YOU HAVE ANY SELVES SIMILAR TO OUR DO-ER?
- ARE THEY COVER-UP, CARRIER, OR CONTAINER FOR YOU?

CAN YOU FIND PHOTOS WHERE YOU LOOK LIKE THEM?

HOW WOULD YOU DRAW/COLLAGUE THEM?

WHAT WOULD YOU CALL THEM?

TRY MOVING HOW THEY MOVE

MAKE THEIR MASK

WHEN DID THEY EMERGE IN YOUR LIFE?

WHAT FUNCTIONS DO THEY SERVE FOR YOU?

IN WHICH SITUATIONS/RELATIONSHIPS - DO THEY COME FORWARD? - DO THEY DROP BACK?

WHAT WERE YOU LIKE BEFORE THAT?

# BEFRIENDING YOUR DO-ER/S

TRY A WRITTEN/SPOKEN DIALOGUE WITH THEM

- ASKING THEM
- WHAT THEY WANT
- WHAT THEY NEED
- HOW (THE REST OF) YOU CAN BEST SUPPORT THEM

VISUALISE/IMAGINE THEM AT REST - WHAT'S THAT LIKE?

WHAT ARE THEY PROUD OF? WHAT DO THEY REGRET? FIND WAYS TO HONOUR THIS E.G. RITUALS

TRY OUT SOME OF THE THINGS THAT WOULD SUPPORT THEM OR ENABLE THEM TO LET GO / REST - EVEN IF JUST FOR A FEW MINUTES EACH DAY - WHAT'S THAT LIKE?

\* MOST OF THE QUESTIONS/IDEAS ON THESE PAGES CAN BE ADAPTED FOR ALL SELVES. SEE THE FIRST PLURAL SELVES ZINE FOR MORE IDEAS

# COVER-UPS - THE FIGURER

JONATHAN WAS THE FIRST OTHER SELF WE IDENTIFIED. INITIALLY WE THOUGHT MAYBE WE WERE 'REALLY' THIS SHY, AWKWARD BOY, RATHER THAN MAX. HIS ROLE IN THE SYSTEM WAS TO FIGURE OUT HOW WE COULD DO ALL THE THINGS AND KEEP EVERYONE HAPPY



MY JOB = KEEP OTHERS HAPPY  
 ME (HAPPY) = OTHERS HAPPY  
 ME (SAD) = OTHERS UNHAPPY  
 THEREFORE...

PERSON A (HAPPY) = PERSON B (SAD)  
 PERSON B (HAPPY) = PERSON A (SAD)  
 PERSON A (HAPPY) + PERSON B (HAPPY)  
 = MY JOB  
 = ???

HOW NORMAL PEOPLE TALK:  
 1. SAY 'HI'  
 2. ASK HOW THEY ARE  
 3. SAY YOU'RE GOOD  
 4. ACCEPT  
 5. T...



THERE'S ALWAYS A PROBLEM TO BE SOLVED  
 THERE MUST BE AN ANSWER IF I TRY HARD ENOUGH TO FIND IT  
 SERIOUS

THINKING, THINKING, THINKING, THINKING,  
 MUST GET IT RIGHT  
 WORRYING  
 OBSESSING  
 PLANNING  
 NERVOUS  
 CAN'T SWITCH OFF  
 CAN'T RELAX  
 CAN'T HANDLE PARADOX OR CONTRADICTIONS

ALWAYS  
 - VIGILANT  
 SELF-MONITORING  
 BRACED FOR DISASTER  
 MELTDOWN IF CAN'T SOLVE IT  
 NO FUN, NO JOY, NO LIGHTNESS  
 CAN'T LET GO



BEFRIENDING JONATHAN INVOLVED US BEING UP FOR FEELING THE FEELINGS HE WAS PROTECTING US FROM BY ENDLESSLY TRYING TO SOLVE THE PROBLEM OF HOW TO 'GET IT RIGHT' JONATHAN NOW DOES ALL OUR SHOPPING AND COOKING BECAUSE THOSE ARE SAFER WAYS FOR HIM TO GET TO LOOK AFTER PEOPLE BY FOLLOWING - MUCH SIMPLER - RULES



- DO YOU HAVE ANY SELVES SIMILAR TO OUR FIGURER?
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

WHAT ARE THEY WORRIED MIGHT HAPPEN IF THEY DIDN'T DO WHAT THEY DO? CAN YOU DRAW THAT, WRITE ABOUT IT, OR TALK ABOUT IT WITH A FELLOW FIGURER?

WHICH TV/BOOK/MOVIE/COMIC CHARACTERS REMIND YOU OF THEM?

WHERE / HOW DO YOU IMAGINE THEM BEING? (LIKE OUR CHALKBOARD ROOM)

DO THEY FEEL MORE NEED TO FIGURE IN CERTAIN SITUATIONS? WHICH ONES?

BEFRIENDING YOUR FIGURER/S

WHAT HELP MIGHT THEY NEED TO ESCAPE THAT (AT LEAST SOME OF THE TIME?)

ARE THERE SAFER WAYS FOR THEM TO USE THEIR FIGURING SUPER POWERS IN YOUR LIFE?

CAN YOU DRAW, ROLE-PLAY, OR VISUALISE THAT?

TRY SOME OF THESE OUT - HOW IS THAT?

WHAT OTHER PARTS OF YOU MIGHT BEST SUPPORT THEM?

WHAT MIGHT THEY ENJOY?

\* IT'S SO FINE IF YOU DON'T KNOW THE ANSWERS TO ALL THESE QUESTIONS. JUST WONDER...

# CARRIERS - THE CRITIC



UNDERNEATH THE SURFACE, MORGAN'S ROLE IN OUR SYSTEM WAS TO RAGE AT US ABOUT ALL THE BAD THINGS WE WERE, AND MUSTN'T SHOW, AND TO PUSH DOWN AND HOLD ONTO ANY ANGER WE HAD AT OTHER PEOPLE WHO'D TREATED US BADLY. OFTEN OVERRIDING OUR SELF-CONSENT

WHAT CAN LEAK OUT

Gossip

JUDGEMENT

SUPERIOR

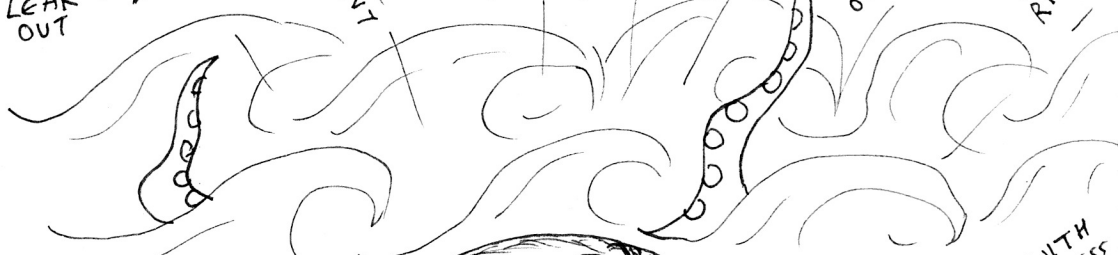
BATTLE

SELF-RIGHTEOUS

STRIDENT

NEED TO IMPOSE OUR IDEAS ON OTHERS

MUST PROVE OURSELVES MUST BE RIGHT



RESENTFUL

TRUST NO-ONE EXPECT BETRAYAL

NEVER ENOUGH CONTROLLING DEMANDING

HATING MAINTAIN BARRIERS AGAINST OTHERS

ENVIOUS RAGE TURNED IN AGAINST US

HURTING SELF

WANTS TO BE ANYONE OR ANYWHERE ELSE

COMPARING

SELF-HATING

FORCING SELF

BEING WITH THE DARKNESS

FIERCE COMPASSION

CLEAR SEEING

PROTECTIVE DISCERNING

BOUNDARIED

PASSIONATE

WHO WE KNOW MORGAN CAN BE

BEFRIENDING MORGAN HAS INVOLVED SLOWLY EARNING HER TRUST - HAVING CAST HER OUT INTO THE DEPTHS FOR SO LONG - AND FINALLY HEARING HER ANGER AND TRUSTING HER SENSE WHEN SOMETHING FEELS OFF

- DO YOU HAVE ANY SELVES SIMILAR TO OUR CRITIC? (18)
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

DO YOU HAVE A SEPARATE 'INNER CRITIC' & 'OUTER CRITIC', OR ARE THEY THE SAME? SELF FOR YOU?

MAKE THEM A PLAYLIST

WHAT/WHO BRINGS THEM OUT, OR DO THEY STAY VERY PUSHED DOWN OR CAST OUT IN YOU?

HOW DO THEY FEEL IN YOUR BODY WHEN THEY'RE AROUND?

WHAT/WHO DO THEIR VOICES SOUND LIKE? DO THEY SEEM TO BE OUTSIDE OR INSIDE YOU?

WHAT MADE THEM?

WHAT FANTASY, MYTH OR FAIRY TALE CREATURES REMIND YOU OF THEM? COLLECT THOSE IMAGES

# BEFRIENDING YOUR CRITIC/S

HOW CAN YOU LOVE THE PARTS OF YOU THAT HATE? AND HELP THEM BE KIND TO THEMSELVES WHEN THEY'RE USED TO DOING THE OPPOSITE? YOU CAN TRY...

REFLECT ON WHAT EXPRESSING THEIR ANGER - OR KEEPING IT INTERNALISED OR BOTTLED UP ENABLED YOU TO SURVIVE

FIND OTHER PARTS OF YOU TO BE THEIR SUPPORTS & ALLIES

MOVE/MAKE NOISE IN ANY WAY THAT HELPS THEM LET OUT THEIR FEELINGS (E.G. ROARING INTO THE WIND, PUNCHING A PILLOW, WILD DANCING)

DO A RITUAL TO LET THEM KNOW HOW WELCOME - & PART OF YOU - THEY ARE NOW - MARK IT WITH AN ORNAMENT, JEWELLERY, TATTOO...

WHAT DO THEY NEED? IMAGINE THAT

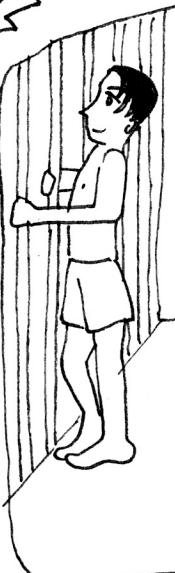
# CARRIERS - THE VULNERABLE



BURIED DEEP DOWN, ROBIN'S ROLE IN OUR SYSTEM WAS TO SHAPESHIFT INTO WHATEVER WE NEEDED TO BE TO GET LOVE AND APPROVAL. AND TO PUSH DOWN AND HOLD ON TO ALL THE FEAR, SHAME AND LONELINESS WHENEVER PEOPLE CRITICISED, ATTACKED OR REJECTED US

WHAT CAN LEAK OUT

- HUMOUR
- COCKY CONFIDENCE
- INAPPROPRIATE
- LEAPS WITHOUT LOOKING
- EROTIC
- 'HIGH' JOY
- KEEPING PEOPLE SWEET
- ANYTHING FOR LOVE



- DESPERATE FOR LOVE & BELONGING
- LONELY
- YEARNING
- LONGS TO BE EXPOSED & LOVED FOR WHO HE IS
- HUNGRY
- CRAVING JILLY
- SELF-SOOTHING

- CAUGHT IN TERROR SPIRAL
- COLLAPSED IN SHAME
- EXPECTS ANNIHILATION
- DEEPLY VULNERABLE
- DREADS BEING EXPOSED & HATED FOR WHO HE IS
- CONSTANT FEAR OF WHAT HAPPENS NEXT
- DOESN'T WANT TO LIVE
- ABJECT
- LOOKS WITHOUT LEAPING



- SENSITIVE
- STEADY TENDERNESS
- DEEP FEELING
- LOVING
- ABLE TO HOLD THE SADNESS AND JOY OF LIFE
- CARING
- HEART FELT

HE FEELS TRAPPED, LIKE HE SIGNED A CONTRACT TO BE WHAT PEOPLE WANT HIM TO BE, & HE BELIEVES HE DESERVES THEIR PUNISHMENT WHEN HE CAN'T MANAGE IT

BEFRIENDING ROBIN HAS INVOLVED SLOWLY SHOWING HIM THAT WE LOVE HIM AND WON'T EVER SEND HIM AWAY - WE WANT HIM TO SHARE THE FEELINGS HE HID FOR SO LONG

WHO WE KNOW ROBIN CAN BE

AT FIRST WE ONLY GOT TO KNOW KIND OF CARICATURE VERSIONS OF ROBIN & MORGAN - WHO WE CALLED TONY & BEASTIE - THE 'GOOD' SIDES OF THEM WHICH WERE ALL THEY FELT SAFE SHOWING US INITIALLY, WHILE THE REST OF THEM REMAINED IN A KIND OF HELL PLACE. WE'VE BROUGHT ALL OF THEM HOME NOW & THEY'RE GETTING A LOT OF HELP WITH THE TRAUMA THEY'VE CARRIED FOR US

- DO YOU HAVE ANY SELVES SIMILAR TO OUR VULNERABLE?
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

ARE THEY FAMILIAR TO YOU, OR WELL-HIDDEN?

DO THEY SHOW UP AS THEMSELVES ANY OR AN ALTER-EGO? DO THOSE FEEL SEPARATE OR THE SAME SELF TO YOU?

IF HIDDEN WHERE DO YOU IMAGINE THEM TO BE? DRAW OR DESCRIBE THAT

WHO IN YOUR LIFE...  
 - REMINDS YOU OF THEM?  
 - BRINGS THEM OUT (SAFELY)?  
 - RISKS BRINGING THEM OUT IN WAYS THAT DON'T FEEL SAFE-ENOUGH?

WHAT KINDS OF DREAMS & OR FANTASIES DO THEY HAVE?

BEFRIENDING YOUR VULNERABLE/S

WHAT TOUGH MEMORIES DO THEY HOLD ONTO? (GET SUPPORT EXPLORING THESE IF POSSIBLE)

THESE SELVES CAN FEEL LIKE THEY RISK/RUIN THINGS FOR YOU WHEN THEY TRY TO GET THEIR NEEDS MET & WHEN THEY SHARE THE UNBEARABLE FEELINGS THEY HAVE WHEN THEY DON'T

HOW CAN YOU REASSURE THEM THAT THEIR FEELINGS ARE VALID?

WHAT KIND OF INTERNAL & EXTERNAL SUPPORT MIGHT THEY NEED NOT TO ACT OUT OF THEIR DESPERATION & TO SHARE THEIR FEELINGS?

WHAT MAKES THEM FEEL SAFE-ENOUGH? EVEN FOR A MOMENT? CAN YOU MAKE TIMES IN YOUR DAY TO RETURN TO THAT? EG. GENTLE READING/WATCHING, TIME IN NATURE, GROUNDING, BODY PRACTICES

HOW MIGHT YOU FIND SAFE-ENOUGH PLACES FOR THEM TO HEAL? EG. TRAUMA THERAPY, SUPPORT GROUPS, SLOW-BUILT TRUSTING FRIENDSHIPS

# CONTAINERS - THE HOLDER

WE PATCHWORKED JAMES TOGETHER FROM OLD DAYDREAMS, FICTIONAL CHARACTERS, MEMORIES OF BEING HELD & LOVED, AND A FEW TIMES WHEN WE'D BEEN THAT COMPETENT, KIND PROTECTOR IN RELATIONSHIPS

JAMES HOLDS A LOT OF OUR EVERYDAY LIFE LIKE DIY, ADMIN, DEALING WITH DIFFICULT STUFF, EVEN WRITING WITH/ FOR US - BUT HE'S NOT VERY ATTACHED TO IT BECAUSE HE'S DOING IT IN SERVICE TO THE REST OF US REALLY

- CAPABLE
- COMPETENT
- CALM
- DETERMINED
- STEADFAST
- ENDURING
- NURTURING
- LOVING

CAN TAKE ALL OUR FEELS

ALWAYS FINDS A WAY THROUGH

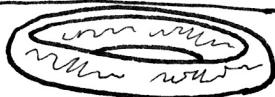
FOND STRONG WARM



HIS MAIN JOB IS HOLDING US, LISTENING TO US & LOVING US WHENEVER WE'RE STRUGGLING & THEN HELPING US DO WHATEVER WE WANT TO DO

IF FOREGROUNDED, COULD BECOME... UNFEELING BORING! OVERRIDING THE REST OF US TO GET THINGS DONE THE 'NEW MAX', FOCUSED ON OTHERS OVER-ESTIMATING WHAT WE'RE CAPABLE OF

WITH CONTAINERS IT'S IMPORTANT TO REMEMBER THEY TOO HAVE THEIR SHADOW SIDES THAT COULD BECOME A PROBLEM IF THEY WERE TOO FOREGROUNDED, OR LOST TOUCH WITH THE REST OF US - WE THINK OF IT LIKE IN 'LORD OF THE RINGS' WHERE ANY CHARACTER WOULD GO BAD WITH THE RING'S POWER



- DO YOU HAVE ANY SELVES SIMILAR TO OUR HOLDER? (2)
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

HAVE THERE BEEN RELATIONSHIPS IN YOUR LIFE WHERE YOU'VE SOMETIMES BEEN THE PROTECTIVE, COMPETENT ONE? (E.G. WITH PARTNERS, KIDS, CLIENTS, FRIENDS, ANIMALS) WHO WERE YOU THEN?

WHAT WOULD MAKE UP YOUR HOLDER PATCHWORK QUILT, FOR EXAMPLE...  
 - MEMORIES OF BEING HELD - EVEN BRIEFLY  
 - FICTIONAL CHARACTERS YOU ADMIRE  
 - LOYAL ANIMALS IN YOUR LIFE OR TOYS  
 - PLACES THAT FELT SAFE

WHAT DO THEY LOOK/SOUND/SMELL/FEEL LIKE?

↓  
 COULD YOU GIVE THAT TO YOURSELF/ES? HOW?

WHAT ARE THEIR QUALITIES?

**BEFRIENDING YOUR HOLDER/S**

WHAT EVERYDAY TASKS COULD THEY HELP WITH? TRY DOING AN EASY ONE AS ANOTHER SELF WITH THEM

WHICH OTHER PARTS OF YOU NEED THEIR HOLDING? CAN YOU MAKE TIME FOR THAT E.G. WRITTEN DIALOGUE, TALKING ALOUD, DRAWING IT, IMAGINING IT

CAN YOU IMAGINE TURNING THE HOLDING ENERGY YOU SOMETIMES GIVE OTHERS TOWARDS YOUR SELF/ES?

TRY PHYSICALLY HOLDING YOURSELF E.G. SELF HUG/STROKING, WEIGHTED BLANKET, RESTORATIVE YOGA, CUSHION FORT, COZY NEST, HOT WATER BOTTLE, BATH

↓  
 CAN YOU FEEL THAT AS ONE PART OF YOU GIVING IT TO ANOTHER PART?

WRITE OR TELL YOU COULD A STORY WHERE THIS SELF RESCUES ANOTHER OF YOUR SELVES

# CONTAINERS - THE WITNESS

WE PATCHWORKED ARA TOGETHER OUT OF OUR SPIRITUAL TEACHER, THREE OF THE WISEST ELDERS WE'VE KNOWN, A LOVING EARLY RELATIONSHIP - BEFORE IT GOT COMPLICATED, MYTHS AND FAIRY TALES, AND EXPERIENCES IN NATURE

EACH OTHER  
RIGHT & WRONG  
RUMI'S FIELD



EQUANIMITY  
PATIENCE  
SLOW  
HOLDS PARADOX  
SACRED/SPIRITUAL  
DEEP COMPASSION  
WISDOM  
BIG PERSPECTIVE

WE FEEL LIKE WE MIGHT MEET ARA FULLY AT THE END OF OUR LIFE MEANWHILE SHE'S WITH US IN SPIRITUAL PRACTICE, AND DAY-TO-DAY OBSERVING THE FLOW OF OTHER SELVES AND HELPING US ALONG

GOOD AT HOLDING SPACE FOR US AND OTHERS  
TEACHER/TEACHER!

IF FOREGROUND, COULD BECOME...  
DANGLING ABOVE  
DISCONNECTED  
OUT OF TOUCH WITH THE REAL WORLD  
SPIRITUAL BYPASSING  
UNABLE TO FEEL FOR OUR/OTHERS' PAIN

WITH CONTAINERS - LIKE ARA & JAMES - IT FEELS LIKE WE SIMULTANEOUSLY CULTIVATED CAPACITIES THAT WERE ALREADY IN US, AND CREATED THE CONTAINERS THAT THE OTHER PARTS OF US MOST NEEDED



- DO YOU HAVE ANY SELVES SIMILAR TO OUR WITNESS? (24)
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

TRY COLLAGING YOUR WITNESS PATCHWORK QUILT, OR MAKING AN IMAGE BOARD OF PICTURES ASSOCIATED WITH THEM

WHAT TIMES IN YOUR LIFE HAVE YOU FELT - EVEN FLEETINGLY - A SENSE OF A KIND WITNESS?

ARE THERE ELDERS IN YOUR FAMILY/COMMUNITY, OR ANCESTORS YOU'RE AWARE OF, WHO COULD REPRESENT THIS FOR YOU?

AND/OR WHAT ABOUT SPIRITUAL, MYTHOLOGICAL, OR FICTIONAL BEINGS OR CHARACTERS?

BEFRIENDING YOUR WITNESSES

LISTEN TO SONGS WHICH FEEL LIKE IT MIGHT FEEL LIKE BE LOVED BY THEM, OR SING THEM IN THEIR VOICE

GO TO PLACES WHERE YOU CAN FEEL A BIT OF THEIR QUALITY, E.G. PARKS, WOODS, BY THE WATER, IN SACRED BUILDINGS

JOURNAL DIALOGUES BETWEEN OTHER PARTS OF YOU AND THIS PART - WHAT KIND OF THINGS DO THEY SAY?

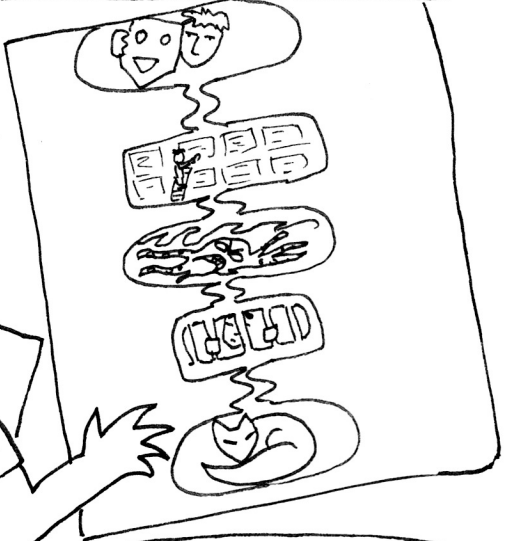
FIND A THERAPIST, MENTOR OR TEACHER WITH THESE KINDS OF QUALITIES - WHO REALLY WANTS THE BEST FOR YOU. CAN YOU INTERNALISE THEIR VOICE A BIT?

COLLECT QUOTES, POEMS, AFFIRMATIONS FOR THIS SELF TO READ TO YOURS

# CONTAINERS - THE PRESENT

WHICH BRINGS US FINALLY TO THE MOST IMPORTANT SELF OF ALL (ONLY JOKING!)

GENTLE  
 FEELINGS PASS THROUGH QUICKLY  
 PLAYFUL  
 CURIOUS  
 CREATIVE  
 MAGICAL  
 TRUSTING  
 IN-THE-MOMENT  
 WONDERING  
 EXHUBERANT  
 EASILY DELIGHTED  
 CHILDLIKE  
 ATTUNED  
 FREE  
 LIKES RITUALS



WE FEEL LIKE I WAS SOME FUNDAMENTAL POTENTIAL IN US WHICH THE OTHERS PROTECTED ALL THESE YEARS WITH THEIR SURVIVAL STRATEGIES

IF FOREGROUNDED, COULD BECOME OVERLY POSITIVE  
 OVERLY TRUSTING - PUT US AT RISK  
 FORGETFUL OF PEOPLE'S BOUNDARIES  
 PAINFUL FOR OTHERS TO BE AROUND IF THEY'RE STRUGGLING

SO ALL OUR LIFE WE ONLY GOT LITTLE GLIMPSES OF ME, LIKE WHEN SEEING AN ANIMAL OR A BEAUTIFUL SKY STOPS US IN OUR TRACKS, OR WHEN WE GET THE GIGGLES AT SOMETHING SILLY, OR JUST HAVE TO HAVE AN ICE-CREAM, OR WHEN WE ALLOW OURSELVES TO DO A FUN CREATIVE PROJECT LIKE THIS ONE. AS WE BEFRIEND THE OTHERS I'M AROUND MORE AND MORE

- DO YOU HAVE ANY SELVES SIMILAR TO OUR PRESENT?
- ARE THEY COVER-UP, CARRIER OR CONTAINER FOR YOU?

WHAT ANIMALS OR FANTASY CREATURES DO YOU RELATE TO?

OTHER PARTS CAN BE NON-HUMAN TOO

WHAT SITUATIONS BRING OUT A CHILDLIKE WONDER FOR YOU - OR COULD, IF IT FELT SAFE - ENOUGH

CAN YOU BRING THINGS YOU LOVED IN CHILDHOOD BACK INTO YOUR LIFE NOW? E.G. TOYS, PLACES, MOVIES, MUSIC, MOVEMENT, OUTFITS

DOES PART OF YOU BELIEVE IN MAGIC? NAME THEM! DRAW THEM! COLLAJE THEM

NOTE DOWN ONE LITTLE MAGIC MOMENT EACH DAY - IF YOU CAN, FOR EXAMPLE, SCENT AFTER BIRD, SEEING THAT PERSON, NOTICING THAT BED COZY IN BED SOUND OF LEAVES

BEFRIENDING YOUR PRESENT/S

WHICH PARTS OF YOU CAN BLOCK YOUR PRESENT/S FROM COMING FORWARD? FOR EXAMPLE  
 • CRITIC - 'IT'S NOT GOOD ENOUGH'  
 • VULNERABLE - 'IT'LL GET US IN TROUBLE'  
 • DO-ER - 'WE SHOULD BE...'  
 • FIGURER - 'WHAT IF...?'

BUILD THEM A LITTLE ALTAR OR PLAY SPACE FULL OF OBJECTS THEY LIKE, E.G. STONES, TOYS, LEAVES

HAVE DIALOGUES ALOUD OR IN WRITING ABOUT THIS S<sup>o</sup> THEY GET TO KNOW EACH OTHER

LET THEM EXPLORE DAILY / WEEKLY / MONTHLY RITUALS TO DO WITH (THE REST OF) YOU - FROM BEDTIME READING / WATCHING TO SPRING CLEANING TO GROUP SHARING

CAN YOU TAKE A SELFIE OF THEM?!

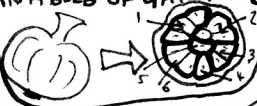
HAVE THEM TAKE YOU ON A WANDER ROUND THE BLOCK - OR IN YOUR IMAGINATION - WHAT DO THEY SEE / HEAR / SMELL / FEEL?

# ONE SELF AND/OR MANY?

IT CAN BE CHALLENGING TO TELL WHEN SOMEONE IS A SEPARATE SELF VS. AN ASPECT OF THE SAME SELF. THERE CAN BE SYSTEMS WITHIN SYSTEMS.

RIGHT, LIKE INITIALLY I FELT I WAS THE COCKY LEAPING-IN ASPECT OF ME, BUT IT BECAME CLEAR I ALSO HELD THE DESPERATE HEARNING NEED, AND THE TERROR & SHAME WHEN THAT WASN'T MET. THAT'S WHY I CHANGED NAME FROM TONY TO ROBIN - TO ENCOMPASS ALL THAT

DICK SCHWARTZ SAYS IT'S LIKE HOW THE CLOVES CLUSTER TOGETHER IN SEGMENTS IN A BULB OF GARLIC



WE CAN ALSO EXPERIENCE THE SAME SELF AT DIFFERENT AGES - LIKE YOUNG, TEENAGE, ADULT & EVEN OLDER VERSIONS OF ME AND MY ANGER PATTERNS. SOMETIMES IT HAS BEEN TRICKY TO TELL WHAT WAS MAX AND WHAT WAS ME - IT ONLY BECAME CLEAR OVER TIME - WHICH IS WHY WE THOUGHT MAX WAS A 'DISOWNED PART' IN OUR FIRST PLURAL SELVES ZINE

IT'S ABOUT LEARNING TO TRUST THE EXPERIENCE. LIKE FOR US THERE'S A DISTINCT FEELING OF ROBIN-NESS & JONATHAN-NESS, EVEN IF THEY'RE SIMILAR SOMETIMES. IT'S ALSO ABOUT BEING OPEN AND FLEXIBLE TO THINGS CHANGING OVER TIME - EVEN TO THE POINT WHERE PARTS OF US COULD MERGE OR MORE MIGHT EMERGE

# ONGOING JOURNEYS

BEFRIENDING OURSELVES ISN'T A ONE-OFF ACT - WE NEED TO CONTINUALLY WELCOME EACH SELF, BRING THEM HOME SAFE, FREE THEM AND SUPPORT THEM TO BECOME ALL THEY CAN BE

IT'S ALSO NOT A LINEAR PATH. WE CAN FEEL LIKE WE'VE DONE IT, WE ARE DOING IT, AND WE STILL NEED TO DO IT, ALL AT THE SAME TIME!

WE'VE DRAWN AND REDRAWN OURSELVES AND OUR SYSTEM MANY TIMES NOW. AND WE STILL LEARNT MORE WHILE MAKING THIS ZINE



WE BOTH INITIALLY TRIED TO HIDE OURSELVES ENTIRELY, THEN ONLY REVEALED THE 'PALATABLE' BITS. WE STRUGGLED TO LET OURSELVES BE WELCOMED HOME, FEARING WE WOULD RUIN EVERYTHING IF WE WERE HERE FULLY WE'RE STILL GETTING USED TO THE IDEA THAT OUR FEELINGS ARE VALID, AND THAT WE MIGHT BE VITAL TO THE TEAM IT'S HARD TO BELIEVE THAT HELPING AND LIBERATING US IS HELPFUL & FREEING FOR EVERYONE - BUT WE TRY TO REMEMBER, AND HOLD ONTO, THAT

# REMINDERS

WHAT'S NEEDED IS OFTEN DIFFERENT FOR DIFFERENT SELVES WHETHER:

- COVER-UPS (FOREGROUNDED)
- CARRIERS (DISOWNED) OR
- CONTAINERS

GET ALL THE SUPPORT YOU CAN FROM FRIENDS WHO GET IT &/OR PRACTITIONERS TRAINED IN APPROACHES THAT UNDERSTAND PLURALITY AND TRAUMA

WHAT YOUR SYSTEM IS LIKE AND WHAT WORKS IS DIFFERENT FOR DIFFERENT PEOPLE & AT DIFFERENT TIMES

GO SLOW AND CAREFUL. IT'S A LIFELONG JOURNEY

WE CAN'T PREDICT WHERE WE'RE GOING NEXT, BUT AT LEAST WE KNOW WE'RE GOING THERE TOGETHER

TRUST THE REALITY OF YOUR EXPERIENCE, AND OPEN TO HOW THINGS MAY CHANGE OVER TIME - INSIDE AND OUT

EACH SELF EVOLVES OVER TIME, AS DO THE RELATIONSHIPS BETWEEN EACH PAIR AND THE WHOLE TEAM (MORE ON THIS IN PLURAL SELVES 3)



# SUPPORT OUR WORK

IF YOU ENJOYED THIS ZINE, AND YOU CAN AFFORD TO, PLEASE CONSIDER SUPPORTING OUR PATREON, OR MAKING A ONE-OFF DONATION TO OUR PAYPAL

- PATREON.COM/MEGJOHNBARKER
- PAYPAL.ME/MEGJOHNBARKER

# FURTHER RESOURCES

• THERE'S A LONG LIST OF ALL THE MATERIALS THAT WE'VE FOUND HELPFUL ABOUT PLURALITY SO FAR AT THE END OF OUR FREE BOOK:

[REWRITING-THE-RULES.COM/PLURAL-WORK\\*](http://REWRITING-THE-RULES.COM/PLURAL-WORK*)

• YOU CAN FIND OUR OTHER ZINES ON PLURALITY, AND RELATED TOPICS HERE:

[REWRITING-THE-RULES.COM/ZINES](http://REWRITING-THE-RULES.COM/ZINES)

\* AND YOU CAN SEARCH THE AUTHORS MENTIONED IN THIS, & OTHER, ZINES