**Parts Detector Questions (middle section)**

- What do I feel? What else?
- How do I feel towards that part?
- What happened?
- And then what happened?
- What happened after that?

**Sample Deepening Questions (outer section)**

- stay in curiosity

  - Where do I feel that in or around my body?
  - How deep, thick is it?
  - *(See sensations list)*
  - Does it have sounds or words?
  - What does it believe about you, itself, the world, other people?
  - How long has it been with you?
  - Does it have any memories connected to it?
  - How old is it?
  - Do you have an image of it?
  - Does it live in a particular place?
  - What’s its job? What would happen if it wasn’t doing that?
  - What’s its relationship towards other parts?
  - Is it aware you’re observing it?
  - How does it feel towards you?
  - Who does it believe you to be?
  - What does it want?

Info@SabrinaSantaClara.com