



## Worksheet for Masculinity Mastery

*Consideration and Use of Attention for Psychological Integration:  
Jung's Active Imagination and Parts Dialogue*

*We have all had the experience of "inner conflict", in which we engage in an inner struggle or argument with ourselves. Carl Jung pioneered and documented an important method for encountering and integrating our parts that he called "active imagination". His Red Book is the culmination of his personal findings.*

From [http://realitysandwich.com/56857/jungs\\_active\\_imagination/](http://realitysandwich.com/56857/jungs_active_imagination/)  
More abstractly, [active imagination is] a method of consciously entering into a dialogue with the unconscious, which triggers the transcendent function, a vital *shift* in consciousness, brought about through the union of the conscious and unconscious minds. Unexpected insights and self-renewal are some of the results of the transcendent function. It achieves what I call that elusive Goldilocks' condition, the just right' of having the conscious and unconscious minds work together, rather than being at odds.

*Each "part" of our psychology guards and champions an important value. The value might be belonging, achievement, safety, joy, play, self-expression.*

*As part of the process of growing up, we organize our values and parts into sub-personalities. However, most of the time one or more of these sub-personalities are not fully integrated, and they can cause damage if they are over-suppressed and then burst out. This worksheet is intended to help you integrate your parts in a healthy way.*

**Benefits:**

1. *Primarily, to help prevent your “worst moment” actions, your 1% that causes 99% of the pain in your life;*
2. *Also, to regain and express important values that you need, that have been disowned; and*
3. *To live as a more flexible, complete character, with access to all of your capacities, enjoyments and abilities.*

**Procedure:**

First, set yourself up for alone reflective time with your journal.

1. Identify a part of yourself and give him a descriptive name. This is a particular behavior, or voice, the “person” who is still you, but not the whole you. You might meet your Villain, or Hero, or Pimp, or Asshole, or Sleazy Pleazy, or Wimp, or Dance Maniac – you get the idea.
2. “Make friends” with this part, using the following questions, or questions that seem relevant and interesting to you. Start by introducing yourself.
3. Go slowly, write down your questions, and the answers from you part.
4. Example:
  - a. Hi, I’m \_\_\_\_\_. I’ve named you (part name, like Villain). I’d like to get to know you.
  - b. *Write down reply*
  - c. That’s interesting. What is most important to you?
  - d. *Write down reply*
  - e. Etc.
5. Questions you could ask your named part, keeps things interesting:
  - a. What would you most like me to know about you?
  - b. What do you think of the name I gave you?
  - c. What value is really important to you?
  - d. What are your feelings about me?
  - e. What do I do that upsets you?
  - f. What do you really need?
  - g. Etc.
6. Really important: be prepared to NOT KNOW and BE SURPRISED at the answers. Actually *listen* very freely and carefully to this part of yours.

7. Keep up the dialog until you feel complete. Usually there is some emotional release, or sensation, or feeling of happiness, insight and relief.
8. Allow images to come to you – even if they don't make sense. There is a delicate balance in this consideration between too much interference from your dominant mind, but also keeping the thread. This balance is how Jung described active imagination.
9. Allow the conversation and the images to morph and change.
10. Allow all of your feelings into the conversation.