



Remaking the Truce

When the truce that you made with your Body, Emotional Self, and Intellect is broken and the voices return – as they will – you can recognize what has happened and choose to remake the truce.

1. Let each aspect (Emotional Self, Intellect, and Body) say whatever is bothering it. Speak out loud, if you can. It's not necessary to yell, but you can if you feel like it. Or you can write it out. The important thing is to get the complaints and feelings out in words so you know what is going on within you.
2. As one aspect is talking (or writing), the other aspects need to listen and validate the experiences of the aspect that is speaking.
3. Identify whatever patterns are contributing to the upset, the breaking of the truce. Keep speaking or writing until these patterns become clear.
4. Remake the truce by agreeing to work together in collaboration. Write down the truce, and be as specific as possible.
5. Take any newly identified patterns through the Cycle of Transformation.