



## ITD for LCP Practitioners

### Explore the parts polarity associated with your client’s Reactive pattern

After your client has some clarity about which reactive pattern is most impacting their leadership, use these steps to explore the part and its polarity opposite.

<p><b>1) Reactive Pattern (Insider Part): Strengths</b></p> <p><i>“Which of your gifts/strengths arises from this part of who you are? How have those gifts served you?”</i></p>	<p><b>3) Outsider Part: Potential gifts</b></p> <p>Briefly describe the opposite part*</p> <p><i>“What would be possible for you if you had more access to this part of yourself?”</i></p>
<p><b>2) Reactive Pattern: Liabilities</b></p> <p><i>“What has been the downside of using those gifts? What are the costs?”</i></p>	<p><b>4) Outsider Part: Perceived liabilities</b></p> <p><i>“If you were to access this part of yourself more, what concerns does this bring up?”</i></p>
<p><b>5) What would it look like if these two aspects of you were in balance? How would you know?</b></p> <p><b>6) What experiment could you create to experiment with this balance?</b></p>	

\*A quick reference guide to these polarities, organized by LCP category, is in your handout. For a deeper exploration, check out the Inner Team Dialogue Guide, [Part of Me](#).