

Multiplicity of Mind

We all have parts.
All parts have helpful intent.



X-Ray CREW Vision

Spotting the C, R, E, and W parts helps us navigate our workplace and our lives better.

More than 4 Parts

X-ray vision helps us honor and welcome ALL parts.

Neurodiversity

People have different neurotypes and have many parts (CREW and more)

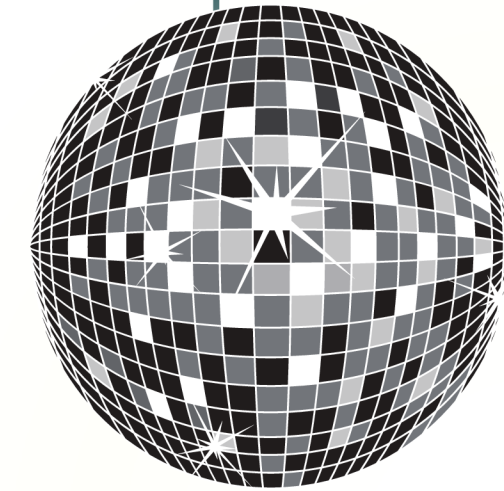
Protective Role Shifts

People also have parts that made helpful/“helpful” tweaks to their roles along the way.



X-Ray Bio Vision

Parts behave differently (helpful/“helpfully”) based on physiological states (G/Y/R).



Omniversal Self

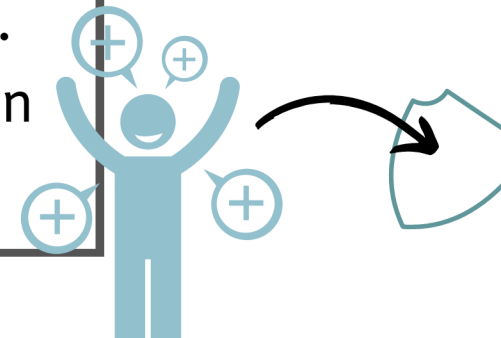
The “part that’s not a part” is our ever-present and bright spark of humanity.

Integrated View

Biology, experience, trauma, culture, etc., all shape how our parts show up to help/“help.”

Productive Shifts

Parts can shift their roles and relationships to each other. Parts can be invited to “open mic” or to take a break.



e.g. trauma physiology