

Part-Selves

If you think that part-selves is a good way to go, the way to do it is not through multidoubles standing behind him in the situation. Cut the situation. Put a few chairs in a row. Have him sit in one chair after another to identify the feelings. They put someone in the chair to represent that particular feeling or role. They feedback to him what he's cued them into. It gives the protagonist the opportunity to take a stance with that part of himself. One option he doesn't have is to throw away the part of himself he doesn't like. The challenge is for him to find a legitimate home for that particular part. He needs it, though not in the way he's been responding to it, or stuffing it, or letting it go at an unrealistic and inappropriate time. Beware. You can cut your dramatic opportunity this way. It tends to be analytic and intellectual, which we don't want in the protagonist, for it lets him (and you) off the hook.