

PARTS CHART

Part's Name: _____

What this part of me says/thinks: _____

How this part shows up in my life: _____

How this part has helped me: _____

How I feel towards this part: _____

(note: these may be other parts' feelings)

Information from Meditation:

This part has been trying to help me since: _____

It tries to help me by: _____

It is concerned that if it doesn't do this: _____

It sees me as: _____

Its wish for me is: _____

The burdens it carries are: _____

What it would really like to do is: _____

What this part needs to hear from me: _____