

burdens

what do you
carry?

A burden is a painful belief or
emotion a part holds from the past

When a part carries a burden

it's not just doing a job, it's carrying
pain · it's likely trying to protect you by

working too hard

avoiding things

lashing out

shutting down

overthinking everything

going quiet



They often
come from
things that were
too big, too scary, or
too lonely to face when
they first happened

Experience	Exile	Burden	Protector
Being scolded for small mistakes	Feeling not good enough	If I'm not perfect, I'll be rejected	Inner critic
Facing big emotions with no support	Overwhelm	If I try, I'll fall apart	Avoider
Only valued when being helpful	Fear of disconnection	If I say no, I won't be accepted	People Pleaser

Unburdening

when parts feel seen,
heard, felt & known,
they can begin to heal

What feels heavy or stuck in me today?

Is a part of me carrying this?

What is it afraid of or protecting me from?

What might it feel without this weight?

all parts are
welcome

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