

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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