

identifying parts

who's in
there?

Discover the inner parts shaping
your thoughts and feelings

01 notice the part

Pause and be mindful of a strong
feeling, thought, or sensation

Remember that
parts always have
a good intention

02 get curious

Turn toward the part with
interest, not judgment

ask yourself

what are you trying to do for me?

notice within

are any other parts showing up?

03 listen & learn

Hear what it says, how it feels, and what it needs

Sometimes where we find one part, we find many - and that's okay

make a parts map

get to know your
resident parts

list parts

name them based on the feeling

group them

are they managers,
firefighters or exiles?

add notes

what are they saying?
how do they feel?
what are they protecting?

all parts are
welcome

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