

Worksheet: Get to Know a Part

What brought you to this worksheet today?

- Is there a part you've identified that you want to get to know more?
- Are you feeling a certain emotion that you'd like to sort out?
- Are you thinking about a dilemma or is something running through your mind over and over?
- Does your body feel off or uncomfortable in any way?

Let's start there...

- 1 Focus on that part/emotion/thought/body sensation.
What do you notice about it? (There is no wrong answer!)

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Notice if there are any concerns about continuing to focus on this part/emotion/thought/sensation. Write down those concerns here. (If no concerns, go to step 4 on the next page.)

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- 3 Do the concerns of #2 make sense to you?
 - If so, take a moment to close your eyes and let those concerns know that they make sense. Then see if they are ok enough to give you some room to connect with the part from #1. If so, continue to step four.
 - *If they cannot, you can go to step four to get to know the concerned part(s).* **Do not bypass parts that have concerns.**

Get to Know a Part, continued

- 4** Focus on that part/emotion/thought/body sensation now. Notice what comes up this time. How do you feel toward the part? Jot down what you notice and how you feel.

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If you are open to knowing more, let the part know. What are you curious to know about this part? Send those questions to the part. How does the part respond?

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- 6** Here are some other questions to ask this part. If it doesn't respond, it's totally fine. Parts are great at sharing what they want and holding on to what doesn't feel ok to share yet. It's important to respect that.

What do you want me to know about you?	
How do you help me?	
How long have you been doing what you do?	
What are you afraid will happen if you don't do what you do?	
How old are you?	
How old do you think I am?	

Keep this worksheet to share with your therapist at your next session.