



Our subpersonalities

This exercise is designed for you to document your thoughts and explorations when you encounter one of your subpersonalities. Often these will be more noticeable when you find yourself on the negative side of the emotional scale, and feeling dissatisfied, upset, hurt, disappointed etc... Spend the time to get to know the part of you that is showing up in that moment and feeling these feelings by going through the following steps:

1. Give that part of you a name. This can be anything you like!
2. Ask yourself what that part of you is experiencing and feeling. Tap into all your new knowledge about emotions to be as specific as possible.
3. What does that part of you need?
4. What does that part of you want?
5. How is that part of you keeping you safe?
6. How could that part help you grow?

The purpose of this exercise is to get to know yourself better so you want to do this with kindness for yourself. Judgment is never useful, and it certainly has no place in this exercise.

Example:

Name:	<i>Scaredycat</i>
<i>What is this part of me feeling?</i>	<i>Scaredycat feels scared and fearful, doesn't like taking risks and is worried that others will make fun and take advantage.</i>
<i>What does this part of me need?</i>	<i>Scaredycat needs reassurance and needs to feel in control, needs to stay with what is familiar.</i>
<i>What does this part of me want?</i>	<i>Scaredycat wants me to stay right where I am, wants to feel safe and not be put into uncomfortable situations.</i>
<i>How is this part of me keeping me safe?</i>	<i>Scaredycat is looking out for me and protecting me from making poor decisions, bad choices, or also the judgment of others.</i>
<i>How could this part of me help me grow?</i>	<i>Scaredycat can be a useful radar to keep me from jumping into situations unprepared. It can help me identify that I need to carry out my research before I commit.</i>



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(Use as many of these sheets as you need.)

Name:	
What is this part of me feeling?	
What does this part of me need?	
What does this part of me want?	
How is this part of me keeping me safe?	
How could this part of me help me grow?	