

Getting to know your parts

Have you ever noticed yourself saying, “a part of me feels like _____” and another part of me feels _____”

And whatever you’re feeling - upset, sad, annoyed, happy - you are noticing that you may be feeling a different emotion at the same time.

For example, I might be invited to a party on Saturday night. I also know that I have to catch up on a lot of work as well. So a part of me feels **happy** to be spending time with my friends and another part of me feels **stressed** because I have a work deadline to make. Then I get a phone call and my friend tells me the party has been cancelled. A part of me feels **relief** - now I can focus on my work and another part of me feels **disappointed** because I wanted to hang out with my friends.

Notice that I have all these different parts of myself that can feel different emotions.

Let’s try an exercise that can help you get to know your parts.

Find a quiet space and close your eyes (if that feels comfortable) or keep them open. Even this can be the beginning of getting to know a part.

If you are happy to close your eyes - notice that part of you
If you want to keep your eyes open - notice that part of you

What is the part saying?

- **Find** that part inside of you.
- **Focus** on it
- Notice how you **feel** towards that part
- If it feels ok - ask the part if it wants to share with you
- Ask the part what would happen if it didn’t do its job

There might be a part of you that’s a people pleaser. So if your people pleaser part didn’t do it’s job what might happen. Some common answers are - people wouldn’t like me, I’ve always been a people pleaser.

Choose the prompts that resonate with you. Find that part in yourself and write down whatever comes up for you in relation to that part.



The Over-talker/Over-sharer/Nervous talker



The Secret keeper/Over-tasker/Over-helper



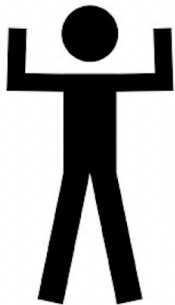
The Avoider/Procrastinator/Escape artist



The Helper/People-pleaser/Do-gooder



The Jokester/Trickster/Playful



The Strong/Confident/Adept



The Shy/Quiet/Introvert

References: No Bad Parts, Richard Schwartz, PHD

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