

What might my parts be?

When starting to get to know your inner system, it can be helpful to make note of the recurring thoughts, feelings, and behaviors that happen in your life. Identifying patterns of these things is a clue that it is likely a part. It can help to think about what is not working for you in your life as well as identify what beliefs you have about yourself. Ask yourself: What are the things that I want to change about how I react to the world around me or how I treat myself?

Make a list under each heading of the patterns or recurring things you know about yourself.

Beliefs about myself

Thoughts/Images

Body Sensations

Behavioral Reactions

Feelings

Situations that cause suffering
