

UNDERSTANDING *Our Relationship with a Part*

WHEN A PART OF THE SELF IS IDENTIFIED, IT IS ESSENTIAL TO LEARN ABOUT IT IN GREATER DETAIL AND BETTER UNDERSTAND WHETHER IT IS DOING ITS JOB.

PART:

1. What is its role, and how does it help you manage your life?

2. What is its relationship with other people?

3. What positive intent does it have for you?

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PART:

4. How does it try to protect you?

5. What is it trying to protect you from?

6. Is it happy with its job? Or would it prefer something else? What positive intent does it have for you?