

Parts Notes (for exiles)

Name of the part	
Describe what happened that triggered the part.	
How does the part react when it is triggered?	
How does the part influence you when it is activated?	
Visual/ Image	
What is your earliest memory of this part being activated in this way?	
Is the part aware that you are here noticing it?	
Does the part know who you are and how old you are?	
Describe how you sense and perceive the part. As a feeling in, on or around your body? If so, describe the feeling.	
As thoughts or ideas? What are the thoughts and ideas?	
As energy or emotions? If so, describe the energy or emotions.	

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<p>As an image or scene? If so, describe the image or scene.</p>	
<p>Ask the part what it wants you to know.</p>	
<p>Ask the exile to show you or tell you all about their trauma, their pain, their fears about what happened to them and the meanings they attached to what happened.</p> <p><i>If you begin to feel flooded by the emotions of the exile, ask them to create some space between you, so you can be there for them.</i></p> <p><i>Explain that you can't see or hear them clearly enough to help them when you are blended with them and their distress or emotions.</i></p>	
<p>Ask the part to tell you about the thoughts and feelings it has been holding on to from what happened.</p>	
<p>How old is the part?</p>	

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<p>What did the part need that it didn't get at the time that this happened?</p>	
<p>Are you able to provide now what the part needed then?</p>	
<p>Is there more that the part wants you to know?</p>	
<p>Communicate to the exiled part that you are now going to check in with the rest of the internal family to see how they feel about this conversation. Reassure the exile that you aren't going anywhere and that it is safe with you.</p>	
<p>What part or parts protect this exile?</p>	
<p>Agreements with this part:</p>	
<p>Other observations:</p>	
<p>Thank the part for showing up and check back with it from time to time.</p>	