

# Parts Notes (for protectors)

Name of the part	
What circumstance triggered this part?	
When did you first notice the influence of this part in this circumstance?	
Physical Sensations associated with the part	
Visual/ Image	
Emotions associated with this part when it is activated:	
Function/ What is this part trying to accomplish? What is its objective?	
How does it go about this?	
Once you have gotten this far, check in with the rest of your system. How do you feel toward this part?	<i>If another part is present, ask it for room to continue with this conversation. The new part may need you to spend a little time with it. Offer reassurance, offer to work with this part. Check again, does Self answer the "feel toward" question or another part? Continue until there is enough Self to continue.</i>
What is this part afraid will happen if it doesn't do what it does?	
First memory of this part acting in this role?	

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Is the part aware that you are there?	
What did this part decide was true?	
Tries to control:	
Age of the part:	
How old does the part think you are?	
Collaborates with:	
Who or what does this part protect?	
Role:	<input type="checkbox"/> Manager <input type="checkbox"/> Firefighter <input type="checkbox"/> Exile
Would this part like some help with the part it is trying to protect?	
Agreements with this part:	
New Role:	
Other observations:	