



1. Name of the part:
2. What circumstance activated this part?
3. When did you first notice the influence of this part in this circumstance?
4. What do you experience physically when this part is activated?
5. When you think of or imagine this part, what does it look like?
6. What emotions do you feel when this part is activated?
7. What is this part trying to accomplish?
8. How does it go about accomplishing this?
9. Are there other parts that are opposed to this part, that argue with it, or try to counter its influence? (describe)
10. What is this part afraid will happen if it doesn't do what it does?
11. Is the part aware that you are here in this moment asking these questions?
12. What did this part decide was true about this circumstance and what the circumstance proves?
13. What or who does this part try to control or influence?
14. How old is this part?
15. How old does the part think you are?
16. When this part gets activated, what other parts react to support its efforts?
17. Who or what does this part protect?
18. What role does this part play? manager, firefighter, or exile?
19. Does this part feel seen, heard, understood, and appreciated?
20. What else does this part want you to know?
21. Would the part like some help so it doesn't have to work so hard?
22. What agreements have you made with this part?
23. Does this part want a different role?
24. What other observations do you have about this part?