

## Parts and Trailheads to Explore

Use this section to capture the information you have about a part that you notice or a trailhead to explore. Refer to these notes when you are ready to spend some time to get to know a part.

### INSTRUCTIONS

Describe how you discovered the part or trailhead that is to be explored. What do you already know about it, including what activates it and what it does when activated?

Use your notebook or binder or a duplication of the form on the next two pages.

Later, after you have explored this part beginning with the Listen and Learn process on page 94, log all you learned about this part using the Parts Notes questions found on pages 164 and 166.

*For Example:*

Discovery Date	What do you already know about this part or trailhead?	Inquiry Date
<i>May 1</i>	<p><i>Protector, Manager.</i></p> <p><i>Shows up when I get upset with my mother-in-law.</i></p> <p><i>This part helps me by preventing me from lashing out at her when I feel criticized.</i></p>	<i>June 13</i>
<i>May 15</i>	<p><i>Trailhead:</i></p> <p><i>It was time to renew my driver's license. I had the option to use a new, more current photo but chose to keep the old one even though it was from 8 years ago. I'm curious about the part(s) that want me to have younger looking photo on my driver's license.</i></p>	<i>June 3</i>
<i>June 9</i>	<p><i>Trailhead:</i></p> <p><i>My partner insisted that they were listening as I told them about my day. But when I brought it up again later, she didn't remember what I had already told her. A part of me was irritated with her. I'm curious about what activated this part.</i></p>	<i>June 19</i>

Discovery Date	What do you already know about this part or trailhead?	Inquiry Date