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Dialogue with 'Parts' Work Sheet

We all have Parts. We may be aware of, and in touch, with some of our Parts and be unaware and not in touch with others. Our Parts, as in our external relationships, don't always agree. They may appear to have opposing needs, desires and motivations. Yet, all of our Parts have developed to assist us to navigate our world. In essence, each Part has a positive drive or motivation, even when a behaviour or attitude is also harmful or destructive. Learning to connect with, relate to and develop communication between our Parts leads to greater inner strength, wisdom, resilience and compassion for self and others.

Think about a current issue that is causing some degree of internal conflict i.e. you are experiencing conflicting thoughts, feelings, ideas, beliefs or needs around the matter.

Step 1: Summarize the issue: _____

Step 2: Using your dominant hand, ask yourself a question about the issue:

Step 3: Put the pen in your non-dominant hand and write down whatever answer, thought, feeling comes to mind – don't censor!:

Step 4: Based on the above response, ask a further question or reply to the response:

Continue the dialogue in this way, asking questions, responding to answers and seeking input from other Parts, until it feels like a solution or agreement has been reached, you feel greater clarity or understanding between the conflicted Parts of yourself or you have done as much as you can for the time being (and may come back to it another time).
