



## **DIFFERENTIATING, UNDERSTANDING, AND BEFRIENDING PARTS**

The following questions have been constructed in order to assist you in befriending and increasing your understanding of your parts and how they operate independently and as a protective system. **It is encouraged that you answer these questions not by interviewing parts, but instead by building a relationship with them over time to the point that you can answer these questions on your own with little direct consultation with any individual part. This may take a number of interactions between you and an individual part to answer the majority of these questions.**

When engaging in connecting with parts, it is important that you replace judgments with curiosity and self-compassion. Approach each interaction with empathy, attention, and respect. Remember that asking for help from these parts and validating their experiences only serves to build connection and rapport.

What is the name of this part?

How old is it?

Initially, what narrative have you had about this part? Do you see it as a positive or negative force in your life?

What does it see it's job as within the greater system (how does it work to protect you)?

What does it would believe would happen if it stopped doing its job?



What does it want from you?

What are its strengths?

What are its limitations?

What are its interests?

What are its talents?

If you were to write a story in which this part is the hero, what would that story be (only needs to be a few sentences. No novel needed)?

How much effort does it put into maintaining its job?



How long will it persist in order to maintain this job?

What happens when it can no longer perform its identified function or role?

How much stress and anxiety does it experience on a regular basis?

How successful or effective is it at accomplishing its function or role?

How resilient is this part when it is confronted with adversity?

How could this part be better utilized to create a preferred way of experiencing the world?

What other parts would benefit from this part's wisdom, perspective, and experience?

What other parts' wisdom, perspective, and experience would this part benefit from?

With this new understanding of this part, what is your refined narrative about this part?