

## EXERCISE Identifying the Parts at a Trailhead

Choose a trailhead that you are interested in exploring. If it is not current in your life, take a moment to close your eyes and imagine you are in that situation now. Ask yourself, "What parts are here as I connect with this situation or look at this issue?" List the parts at this trailhead one by one as they arise. For each part, write as much of the following information as you can. Remember, you haven't fully explored these parts, so don't be concerned if you don't know much about them. Just fill in what you know. You can add more information later.

Name of part: \_\_\_\_\_

What the part feels emotionally: \_\_\_\_\_

What it looks like: \_\_\_\_\_

What it feels like in your body and where: \_\_\_\_\_

What the part says: \_\_\_\_\_

How it makes you behave: \_\_\_\_\_

What it wants: \_\_\_\_\_

## SAMPLE Identifying the Parts at a Trailhead

Situation: Someone elbowed me on a bus.

Name of Part 1: Anger

What the part feels emotionally: Disrespected, fiery

What it looks like: Smoky-nosed dragon

What it feels like in your body and where: Face, tight jaw, burning eyes

What the part says: I hate you.

How it makes you behave: Mean and grouchy

What it wants: To protect itself

*Sample continued on next page*

*Sample continued from previous page*

Name of Part 2: Judgment

What the part feels emotionally: Self-righteous

What it looks like: Snarky old man pointing a finger

What it feels like in your body and where: Tension in midsection, raised shoulder

What the part says: You idiot. How could you be so thoughtless? You are so selfish. Pay attention to what you are doing.

How it makes you behave: Shaking my head, scoffing, name-calling

What it wants: The other person to feel small and stupid, and go away

Name of Part 3: Fear

What the part feels emotionally: I am not safe here.

What it looks like: Someone cowering

What it feels like in your body and where: Shivering all over

What the part says: I am not safe here. It is unpredictable. Anything could happen. I could get hurt.

How it makes you behave: Shrinking away, looking around warily

What it wants: Safety, protection, help

Name of Part 4: Physically hurt

What the part feels emotionally: Sad, pained

What it looks like: Child crying

What it feels like in your body and where: Contracted where struck, face contorted

What the part says: Oww, that hurts.

How it makes you behave: Crying and letting it out

What it wants: Someone to comfort it