

**Questions to help you get to know your part:**

- What do you do? \_\_\_\_\_
- What is your role in my system? \_\_\_\_\_
- What would you like me to call you? \_\_\_\_\_
- What do you feel? \_\_\_\_\_
- What makes you feel so (feeling)? \_\_\_\_\_
- How do you relate to people? \_\_\_\_\_
- How do you interact with other parts? \_\_\_\_\_
- How do you feel about (an external event or feeling)? \_\_\_\_\_
- What do you want for us? \_\_\_\_\_
- What do you hope to accomplish by (doing your role)? \_\_\_\_\_
- What are you afraid would happen if you didn't (do your role)? \_\_\_\_\_
- What are you afraid we would feel or do if you didn't (do your role)? \_\_\_\_\_
- How long have you been (doing your role)? \_\_\_\_\_
- What caused you to take on this role, and when did you start? \_\_\_\_\_
- How do you feel about your role? \_\_\_\_\_
- What would you like from me? \_\_\_\_\_
- Other question \_\_\_\_\_
- Answer \_\_\_\_\_
- Other question \_\_\_\_\_
- Answer \_\_\_\_\_

**EXERCISE** Helping a Protector to Relax in Real Time

Think of a situation in which a Protector gets triggered that causes you to behave in a problematic way. \_\_\_\_\_

Following Steps P1–P5, do a session with yourself or with a partner in which you get to know the Protector that is causing the difficulty. Use the questions below to help you get to know the Protector and begin to form a trusting relationship with it.

Name of Protector: \_\_\_\_\_

Situation(s) that activate this Protector: \_\_\_\_\_

How it behaves: \_\_\_\_\_

If you were able to act from Self, how would you like to behave in that situation?

\_\_\_\_\_

Do you have the life skills necessary to accomplish the positive behavior you are aiming for? \_\_\_\_\_

If not, what kind of support would you need to be able to act in the way you desire?

\_\_\_\_\_

Once you have unblended from the Protector and your Concerned Parts, and you are in contact with the Protector from Self, ask if it will let you lead the next time you are in a similar situation.

What is its response? \_\_\_\_\_

On the next page, list the Protector's concerns and your thinking from Self about how to handle them.

\_\_\_\_\_