

Identify Your Protectors



1 EVENT: Recall a Triggering Event or an Awesome Event.
Take a moment to recall what happened?

2 FEELINGS: Write down the feelings I felt as a result of the event. Circle the most intense

3 ACTIONS: Write down what actions you took as a result of the event. What are your thoughts about these actions?

4 IDENTIFY: What part came forward during this event? (i.e. Anger, Frustration,) Does it have another name? How old are they? How would you describe them?

Next, record on your Parts Map ➡