

# Rediscovering Yourself with Parts Work

## Step 1: Identify Your Parts

Start by finding a quiet space where you can sit comfortably and reflect. Take a few deep breaths and ask yourself:

- What are the different voices or feelings I notice within myself?
- Which part of me feels excited about this new chapter?
- Which part of me feels sad, lonely, or unsure?

Write down the different parts that come to mind. For example, you might identify a "Nurturer" part that misses the daily routines of parenting, a "Seeker" part that is eager for new adventures, and a "Worrier" part that is concerned about the future.

Use the space below to list your parts:

*My Parts:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## Step 2: Dialogue with Your Parts

Once you've identified your parts, spend some time engaging in a dialogue with them. You can do this by journaling or simply having a mental conversation. Ask each part:

- What are you feeling right now?
- What do you need from me?
- How can we work together to make this transition smoother?

As you listen to each part, offer them compassion and understanding. Remember, each part has its own reasons for feeling the way it does, and by acknowledging these feelings, you can begin to create a more balanced and integrated sense of self.

Use the space below to write your dialogue with each part:

*Dialogue with My Parts:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

### **Step 3: Integrate and Set Intentions**

After you've had a dialogue with your parts, think about how you can honor their needs and desires as you move forward. For example:

- How can you respect the part of you that misses caregiving while also embracing the part that's excited about new opportunities?
- What new activities or goals can you pursue that satisfy both your emotional needs and your desire for growth?

Set one or two intentions based on what you've learned from this exercise. These could be small steps, like starting a new hobby that excites you, or larger goals, like planning a solo trip or exploring a new career path.

Use the space below to write your intentions:

*My Intentions:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_