

Parts Work Therapy Worksheet

Name	Date
Part Name:	
Describe the part: What does this part look like? How does it feel? What does it do?	
What is the purpose of this part, and function in your internal system? Why do you think this part exists?	
What are the strengths of this part? What positive qualities or behaviors does this part bring to your life?	
What are the challenges or limitations of this part? What negative qualities/behaviors does this part exhibit?	
What is the need behind this part? What underlying need or wound is this part trying to address?	
How does this part interact with other parts in your internal system? Are there any other parts that are in conflict with this part or that it is in conflict with?	
How do you feel about this part? Do you accept this part of yourself? Do you reject it? Why or why not?	
How can this part be transformed or integrated into your internal system in a more healthy way? What changes could you make to improve the functioning of this part?	