

# Parts Work Therapy Worksheet

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