



Parts Journal

**prompts to help
you talk to your parts**



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Welcome to your Parts Journal, a new space for you to connect more deeply with the parts of yourself that we've been exploring together in our sessions. You've already done so much incredible work in getting to know these parts—the ones that might feel scared, angry, protective, or even a bit destructive at times. This journal is a chance to continue those conversations at home, at your own pace, and in your own way.

You and I both know that these parts aren't just "bad" or "wrong." They're parts of you that have been trying to help, even if their methods sometimes feel a bit off. By spending time with them here, you're creating an opportunity to listen—really listen—to what each part has to say. Think of this journal as a quiet chat with those inner voices that don't always get heard.

Why does this matter? Well, the more you get to know these parts, the more you can build a relationship of trust with them. They're not just going to disappear, but they can start to change how they show up when they feel understood and safe. And that means more space for you to be in the driver's seat, with all your wisdom and calm.

These prompts are here to guide you through that process. Some days, a part might be eager to speak up; other days, it might be more reserved. That's perfectly okay. The goal isn't to rush or force anything but to simply open up a dialogue. Take your time, breathe, and approach each prompt with curiosity and compassion.

You're doing such brave and important work here, and I'm right beside you, cheering you on. This journal is just one more tool in our toolbox—a way for you to deepen your understanding and continue building those bridges with your parts.

Bring your journal to sessions, we can talk about what you have discovered.

So, grab your journal, find a quiet corner, and let's continue this journey together. Remember, every conversation you have with your parts is a step toward healing and wholeness.

Kellie
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Let's begin by getting to know each part of you a little better. Think of this as an introduction, like meeting a new friend. Each part of you has its own unique personality, feelings, and reasons for being here. By understanding who they are, what they look or sound like, and what they're trying to protect you from, you can start to build a relationship based on curiosity and understanding.

If this part could pick a name for itself, what would it be? What does that name mean to it?

How would this part describe itself? Does it have a particular age, gender, or any other characteristics?

What role or job does this part play in your life? How important does it feel this role is?

Does this part feel more connected to your adult self, or does it feel like a younger version of you?

If the part gives you permission:

What specific memories or experiences does this part hold onto? How do those shape what it does now?



understanding desires and needs

Now that we've started to meet your parts, let's dive deeper into understanding what they want and need. Every part of you has a purpose, trying to help keep you safe or manage things in life. Let's explore what each part is really after.

What does this part really want or need from you right now?

How does this part believe it's helping or protecting you?

If this part could ask for anything from you or other parts, what would it ask for?

Does this part have any unmet needs or wishes from when you were younger? How do those show up now?

How does this part react when it feels ignored or that its needs aren't being met?



exploring control

Some parts might feel like they need to be in control, while others might be more comfortable letting go. This section is all about exploring those dynamics—who feels the need to lead and why, and what might happen if they don't.

What situations or triggers make this part feel like it needs to be in charge?

What is this part worried might happen if it steps back and lets you or another part take over?

How does this part feel about other parts trying to take control? Are they seen as helpful, threatening, or something else?

If this part had more control, what changes would it want to make in your life?

Is there a particular part this one clashes with over control? What do you think is behind that?



building trust

Trust is key when working with your internal parts. Some parts might not fully trust you yet, and that's okay. This section is about figuring out how to build and strengthen that trust over time.

What would help this part feel more noticed, heard, and understood by you?

How does this part feel about you being in charge? Does it trust your judgment?

What would it take for this part to trust other parts more?

Are there past experiences where this part felt let down? How does that affect its trust now?

What small steps can you take to show this part that you're committed to looking out for it?



exploring potential outcomes

Let's explore what could happen from the perspective of your parts. What are they hoping for, and what are they afraid of?

What does this part think might happen if it lets go a little?

If everything went the way this part hopes, what would be different in your life?

What's the worst-case scenario this part is worried about?

How does this part think things could improve if it trusted you or another part more?

What does this part hope you'll understand by thinking about these possible outcomes?



reflections on relationship with self

Here, we're going to reflect on how each part feels about you—the real, present-day you.

How does this part feel about you right now? Does it see you as a friend, a leader, or something else?

What would make this part feel more comfortable or at ease with you?

Does this part believe you're on its side? Why or why not?

How would this part describe its connection with your current self? Is there trust, doubt, or something else?

What can you do to build a better connection with this part?



negotiation and compromise

Sometimes, it's about finding a middle ground. This section helps you explore how you and your parts can work together to find that balance.

What would help this part feel okay with sharing control or stepping back?

What compromises could you both agree on to make things work better?

How can this part's needs be met without going to extremes?

What might a fair solution look like between this part and another part it often disagrees with?

What can you offer this part to help it feel more secure during times of change?



imagining a new role

What if this part didn't have to stick to its current role? Let's imagine some new possibilities together.

If this part could choose a different role, what would it like to do instead?

What strengths or talents does this part have that could be used in a more positive way?

How could this part's energy be redirected to help you in a way that feels good for both of you?

What would this part enjoy doing if it didn't have to worry so much about protecting or controlling?

How can you encourage this part to consider a new role within your internal world?



evaluating progress and change

Let's pause and take a look at what's been happening. This section is all about noticing the changes, big or small, that have occurred so far.

How has this part shifted or changed since you started giving it attention?

What positive changes has this part noticed in how you relate to it and other parts?

What feels different in your internal world since these conversations began?

What is this part proud of achieving or changing within you?

What still feels challenging, and how does this part feel about what's ahead?



preparing for future interactions

As we keep moving forward, it's helpful to think about how you and your parts can interact, especially during tough times. Let's make a plan.

How can this part let you know when it's feeling stressed or unsafe?

What can you do to remind this part that you're working together, even when things get tough?

What plans or agreements would help this part feel more prepared for difficult moments?

How can you keep the lines of communication open, even when things are challenging?

What kind of support does this part need from you during hard times?



exploring relationships between parts

Just like in any group, the parts inside you have their own relationships with each other. Let's explore these connections and understand them better.

Which parts does this one feel close to or trust? Why do you think that is?

Are there any parts this one feels uneasy or distant from? What's the reason behind that?

How do these relationships between parts affect how you feel day-to-day?

What could help this part feel more at ease with parts it doesn't get along with?

How do the connections or conflicts between parts impact your everyday life?



communication and influence

How do your parts talk to each other? Are there clear lines of communication, or do things sometimes get lost in translation? Let's find out.

How does this part usually express its needs or concerns? Does it speak up directly, or does it use actions?

Are there any misunderstandings between this part and others?

How does this part react when another part tries to communicate with it?

What could make communication between this part and others clearer or more effective?

How can you help create better dialogue between parts that might not always understand each other?



curiosity about internal dynamics

Let's get curious about how things work inside. Why do some parts get along while others don't? What's really going on there?

Why do you think some parts seem to click while others don't?

What's behind any tension or clashes between parts?

How does this part see itself fitting into the bigger picture inside you?

What does this part wish could be different about how things work internally?

How does understanding these dynamics help you manage your internal world better?



building bridges and understanding

Let's focus on building connections between your parts, especially those that feel disconnected or are in conflict.

What would this part like to say to another part it feels disconnected from?

How might this part reach out to build a bridge with a part it feels distant from?

What can you do to help facilitate understanding and empathy between conflicting parts?

How does this part feel when it sees cooperation or harmony between other parts?

What steps can you take to encourage more collaboration and unity within your internal system?
