

Parts Biographies Prompts

Description of part:

Who are you? What important characteristics do you want to be remembered by? What makes *you*, you (*just this one part of you*)? How are you uniquely different than other parts?

Life prior to unburdening:

What role did you have / what did you do for me? What burdens did you carry? How did you feel back then? What did you believe back then? What were some of your critical memories? What was it like for me to be fully blended *only in this part* when it was burdened? What was it like to be without me?
