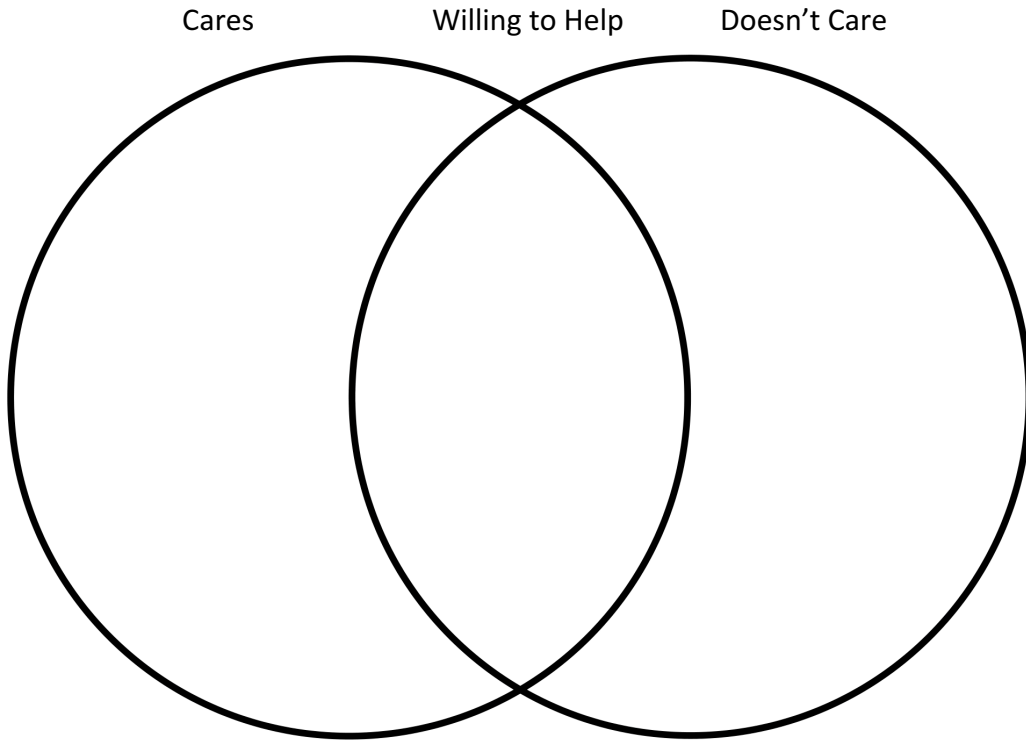
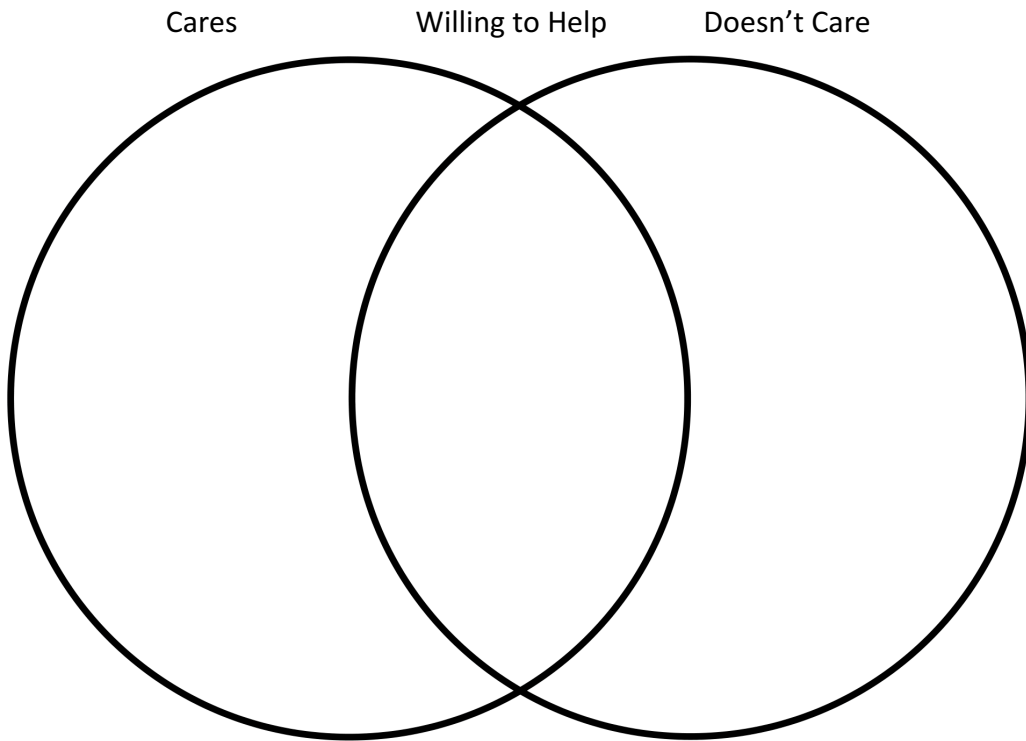


Parts and Specific Aspects of My Life

Aspect _____



Aspect _____



Parts and Specific Aspects of My Life

- Think of different aspects (or people, etc.) of your life.
- During your DPMP – inquire with parts which aspects they care about and don't care about, or are willing to help, if needed, or are indifferent. Also see what qualities or skills they lend to that.
- Place parts in the left circle that care about that aspect or person.
- Place parts in the right circle that do not care about that aspect or person.
- Place parts in the center circle that are willing to help, if needed or are indifferent.
- You can also write the reclaimed (and/or natural) qualities of those parts that do care and can be utilized on the left of the circles or by their names inside.
- You can use this with any big decisions in your life (new job, marriage/divorce, health decisions, etc.)

Aspect _____

