

PARTS THAT NO LONGER HELP

The conditions we live in can cause us to develop characteristics and behaviors that are not truly us. For example, someone who lives with an angry parent may strive to always be perfect as to not upset the parent. This "perfectionist" part develops to protect the person. Later in life, this part may no longer be helpful. It may make them feel like they are never good enough

PART THAT NO LONGER HELPS YOU	WHAT ENVIRONMENT DID IT DEVELOP IN AND HOW WAS IT TRYING TO HELP YOU?	HOW THE PART IMPACTS YOU NOW	WHAT THE PART NEEDS SO IT CAN STEP BACK