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?

Life post-unburdening:

How did it feel for you to unburden? Where do you spend your time / reside? What new role do you play in my life? What are your reclaimed qualities? How is your life better now that you are healed? How do I know when this part is active in my life today? What is it like for me to be fully blended <i>only in this part</i> with it's reclaimed qualities?	