

Parts Check-In Tool

Purpose

Different parts of you show up for different reasons.
This check-in helps you notice them with respect—without pressure to change anything.

Right Now Check-In

Pause for a moment.

Right now, the part of me that feels most present is:

- The protector
 - The anxious part
 - The tired part
 - The frustrated part
 - The hopeful part
 - Another part: _____
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Name the Role

Every part has a reason for being here.

This part might be trying to help by:

Offer Acknowledgment

Read or say quietly:

"I see you. You're allowed to be here."

What shifts when you acknowledge this part instead of pushing it away?

Carry-Forward Support

No fixing required.

One gentle way I can support this part as I keep moving forward is:

Bridge the Gap Coaching

Parts don't need to be eliminated to be understood.
Awareness creates steadiness. The bridge holds as all parts are allowed.
