

Fill In The Blank Table Of Contents

About You	1
In A World Where You Had Unlimited Confidence:	9
Feelings/Emotions	10
Identifying Triggers	18
Identifying Alters	19
Getting To Know Your System	21

Fill In The Blank

About You

My favorite thing to do when I'm alone is_____.

These are the rules I wish I could relinquish_____

_____.

I define creativity as _____.

I wish I had more time to create_____.

I usually forget this _____ but I really need the reminder.

Being true to myself means_____

_____.

Being true to myself doesn't look like_____

_____.

_____ captures my heart.

This song _____ by _____ always inspires me.

I've carried the story of _____ for way too long.

There is so much I'd like to say about _____. But today, I'll just start with_____

_____.

Right now I'm absolutely obsessed with_____.

I believe in _____ because _____.

I am strong because _____.

When I forget that I am strong, and capable, I will remind myself_____.

If I had to do just one thing for the rest of my life, it would be_____.

If I could stop doing_____,I would enjoy my time.

People often ask me about_____.

When I _____I lose track of time.

Fill In The Blank

I really wish that_____.

If I had the opportunity to do_____over again, I would_____.

Sometimes I think about_____when_____.

What are your areas of strength?_____.

What areas do you need to improve in?_____.

What can you start to do to work on these things?_____.

What are you currently doing that makes your life worse?_____.

Things I like about myself_____.

Things I do not like about myself_____.

If I could change some things about my life it would be_____.

I have trouble sleeping when_____.

I wish I could_____.

Things I hope for others are_____.

When I look in the mirror, I see_____.

My favorite part of the day is _____ because_____.

I'd like to forgive myself for_____.

I need more _____ in my life.

For me success means_____.

I feel most creative when_____.

I like being alive because_____.

Fill In The Blank

When I listen to my body and ask what it needs, it says_____.

I notice that I tend to turn to_____to escape my feelings. From now on, I'll try_____instead.

My favorite memory is_____.

I'm fascinated by how people_____.

To me summer represents _____and _____.

If I were to describe my relationship with myself in a few words, I'd say_____.

When I'm alone, I think a lot about_____.

What situations, activities, people or places are you avoiding?_____.

What have you quit, withdrawn from, dropped out of?_____.

What do you keep "putting off" until later?_____.

What is constructive criticism?_____.

When I dig deep, I realize I'm still grieving the loss of_____.

I want to feel _____ in my home.

Sometimes it's so hard to connect to my feelings around_____.

I feel at peace when_____.

Things that worry me the most_____.

I am the happiest when_____.

When I think about _____ I feel_____.

Fill In The Blank

One activity I will do to deal with loneliness or loss is: _____.

If I weren't afraid, I would _____.

The most important thing to me is _____.

When I'm overwhelmed, I should _____.

My favorite quote is _____.

Right now I need _____.

I'm proud of myself for _____.

I'm frustrated by _____.

I'm truly inspired by _____.

The nicest compliment I ever received was _____.

Physically I'm feeling _____.

I would like to see _____.

I secretly wish I could _____.

I'd like to thank _____.

I feel a close connection to _____.

The craziest thing I ever did was _____.

The bravest thing I ever did was _____.

The kindest thing I ever did was _____.

My biggest weakness is _____.

I wish I could be better at _____.

My biggest achievement is _____.

My mentor/role model is _____.

When I exercise I feel _____.

Fill In The Blank

When I'm angry I_____.

Lately I've been feeling too much_____.

I wish I could feel more_____.

Nobody knows that I_____.

I would describe myself as_____.

Next year I hope to_____.

I'm really good at_____.

I'd like to be remembered for_____.

Today I was challenged by_____.

Today I was grateful for_____.

One word that describes me is_____.

The hardest lesson I've learned is_____.

Something that makes me feel peaceful is_____.

I feel tense when_____.

If I were still a child I would_____.

If I were 90 years old I would_____.

I trust_____.

If I could run away, I'd go to_____.

I want to let go of _____.

The best day for me would be _____.

I feel the most energized by _____.

I cry when _____.

I wish I could control _____.

I know I can always_____.

Fill In The Blank

The best thing that could happen would be_____.

I'm grateful for_____.

I remember when_____.

Once, when I was_____.

I've sometimes thought that_____.

It seems as if_____.

When I was a child..._____.

One of my happiest memories is_____.

The thing I dread most is_____.

I remember when I_____.

My mother/father always_____.

I have never_____.

One day, I would like to go to_____.

I recall a time when all I seemed to need was_____.

At the top of my bucket list is_____.

I wonder if_____.

I hope that_____.

On rainy days_____.

In my neighborhood_____.

I wish I could find out_____.

During my downtime_____.

Looking at nature all around me, I think_____.

Looking at my face in the mirror_____.

I vividly remember_____.

Fill In The Blank

I dream of_____.

It was embarrassing when_____.

There's nothing more_____.

Do you have any enemies?_____.

If my life was a book, what would be the title?_____.

If I could master any skill, what would I choose?_____.

My family is_____.

The future seems_____.

I would never_____.

I thrive when_____.

Men_____.

Women_____.

I failed_____.

I like to help with_____.

I get help from_____.

I get in trouble when_____.

My mom is_____.

I can't_____.

I can_____.

I sometimes find it hard to tell the truth when_____.

My favorite animal is_____.

Write three words that describe how you see yourself. _____

_____.

Fill In The Blank

Write three words that describe how you feel about yourself. _____
_____.

Name three of your good qualities. _____.

List three wishes 1. _____ 2. _____ 3. _____

My biggest problem is _____.

Most adults _____.

A job I would hate is _____ because _____.

My friends think _____.

In A World Where You Had Unlimited Confidence:

How would you behave differently?_____.

How would you talk differently?_____.

How would you treat others differently: your friends, relatives, partner, parents, children
and work colleagues?_____.

How would you treat yourself differently?_____.

How would you treat your body?_____.

How would you talk to yourself?_____.

How would your character change?_____.

What sort of things would you start doing?_____.

What would you stop doing?_____.

What goals would you set and work towards?_____.

What difference would your new-found confidence help you to make in the world?_____
_____.

Here are important things I would stand for_____.

Here are activities I would do more of:_____.

Here are goals I would work towards:_____
_____.

Here are actions I would take to improve my life:_____
_____.

Feelings/Emotions

Identifying Feelings

I feel empty when_____.

I feel sad when _____.

I feel happy when_____.

I feel relaxed when_____.

I feel numb when_____.

I feel angry when_____.

I feel guarded when_____.

I feel sleepy when_____.

I feel joy when_____.

I feel fear when_____.

I feel grief when_____.

I feel content when_____.

I feel anticipation when_____.

I feel distress when_____.

I feel worry when_____.

I feel tense when_____.

I feel terror when_____.

I feel panic when_____.

I feel shock when_____.

I feel insecure when_____.

I feel bitterness when_____.

Fill In The Blank

I feel revulsion when_____.

I feel compassion when_____.

I feel confusion when_____.

I feel envy when_____.

I feel hope when_____.

I feel pride when _____.

I feel hostility when _____.

I feel empathy when_____.

I regret_____.

I feel hate when_____.

I feel love when_____.

I feel confident when_____.

I feel depressed when_____.

I feel excited when_____.

I feel silly when_____.

I hardly ever feel_____.

Feelings and Thoughts

You do not have to fill all of these in. Do as many as you feel comfortable with. You can always come back to this page later.

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

When I feel_____ I have these thoughts_____

Feelings and Behaviours

using the list you completed above, fill in this section. You do not have to fill all of these in. Do as many as you feel comfortable with. You can always come back to this page later.

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

When I felt_____ I did these things_____

Anxiety

What are three things that trigger your anxiety?

I feel anxious when_____

I feel anxious when_____

I feel anxious when_____

What are three physical symptoms that you experience when you feel anxious?

In my body I feel_____when I feel anxious.

In my body I feel_____when I feel anxious.

In my body I feel_____when I feel anxious.

What are three thoughts you tend to have when you feel anxious?

I think_____when I feel anxious.

I think_____when I feel anxious.

I think_____when I feel anxious.

What are three things you do to cope when you are anxious?

I do_____when I feel anxious.

I do_____when I feel anxious.

I do_____when I feel anxious.

Fill In The Blank

Anger

What are three things that trigger your anger?

I feel angry when_____.

I feel angry when_____.

I feel angry when_____.

What are three physical symptoms that you experience when you feel anger?

In my body I feel_____when I feel angry.

In my body I feel_____when I feel angry.

In my body I feel_____when I feel angry.

What are three thoughts you tend to have when you feel anger?

I think_____when I feel angry.

I think_____when I feel angry.

I think_____when I feel angry.

What are three things you do to cope when you are angry?

I do_____when I feel angry.

I do_____when I feel angry.

I do_____when I feel angry.

Shame

What are three things that trigger your Shame?

I feel shame when_____.

I feel shame when_____.

I feel shame when_____.

What are three physical symptoms that you experience when you feel shame?

In my body I feel_____when I feel shame.

In my body I feel_____when I feel shame.

In my body I feel_____when I feel shame.

What are three thoughts you tend to have when you feel shame?

I think_____when I feel shame.

I think_____when I feel shame.

I think_____when I feel shame.

What are three things you do to cope when you are ashamed?

I do_____when I feel ashamed.

I do_____when I feel ashamed.

I do_____when I feel ashamed.

Fear

What are three things that trigger your fear?

I feel fear when_____.

I feel fear when_____.

I feel fear when_____.

What are three physical symptoms that you experience when you feel fear?

In my body I feel_____when I feel fear.

In my body I feel_____when I feel fear.

In my body I feel_____when I feel fear.

What are three thoughts you tend to have when you feel fear?

I think_____when I feel fear.

I think_____when I feel fear.

I think_____when I feel fear.

What are three things you do to cope when you are afraid?

I do_____when I feel afraid.

I do_____when I feel afraid.

I do_____when I feel afraid.

Identifying Triggers

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

When I am triggered by_____I feel_____I have these thoughts
_____I respond by_____.
I can respond in the future by_____.

Fill In The Blank

Identifying Alters

Who needs your attention right now?_____. Date_____.

How old are they?_____.

What is the reason_____needs your attention?_____
_____.

Where do they live?_____.

Who are the alters connected with them?_____.

How do they relate to them?_____.

Are there alters that dislike or oppose them?_____.

Are there alters protecting or managing access to this part?_____.

What things trigger this alter?_____.

What is their job? _____.

What would happen if_____stopped doing their job?_____.

How are they helping you manage your life and the world?_____.

What's_____ positive intent for you?_____.

How do you feel towards this part?_____.

Who do you think they are protecting?_____.

How do they protect you?_____.

What does_____want from you?_____.

What does_____need from you?_____.

How can you do these in a healthy manner?_____
_____.

How do they relate to other people?_____.

How do other people relate to them?_____.

Fill In The Blank

This Alter...

_____ takes care of _____ when I'm _____.

_____ takes care of _____ when I'm _____.

_____ takes care of _____ when I'm _____.

_____ takes care of _____ when I'm _____.

_____ takes care of _____ when I'm _____.

_____ will _____ when I feel _____.

_____ will _____ when I feel _____.

_____ will _____ when I feel _____.

_____ will _____ when I feel _____.

_____ will _____ when I feel _____.

_____ will do _____ if I don't _____.

_____ will do _____ if I don't _____.

_____ will do _____ if I don't _____.

_____ will do _____ if I don't _____.

_____ will do _____ if I don't _____.

_____ will do _____ if I do _____.

_____ will do _____ if I do _____.

_____ will do _____ if I do _____.

_____ will do _____ if I do _____.

_____ will do _____ if I do _____.

Getting To Know Your System

_____, _____, _____ are angry.

_____, _____, _____ have a great sense of humor.

_____, _____, _____ are shy.

_____, _____, _____ sexualised.

These parts know their way around the system _____, _____, _____.

_____, _____, _____ like to eat.

_____, _____, _____ don't like to eat.

_____, _____, _____ don't want to talk about the past because _____

_____, _____, _____ do want to talk about the past because _____

_____, _____, _____ have the most power.

_____, _____, _____ have the least power.

_____, _____ fight/argue the most about _____.

_____, _____ fight/argue the most about _____.

_____ get along the best.

_____, _____, _____ don't want to live.

They do want to live _____, _____, _____.

_____, _____, _____ live in the scariest part of the system.

They live in the safest part of the system _____, _____, _____.

_____, _____, _____ will hurt the body.

They will protect the body _____, _____, _____.

The most social are _____, _____, _____.

Fill In The Blank

_____, _____, _____ are adventurous.

The most machevious are _____, _____, _____.

_____, _____, _____ don't speak because_____.

_____ thinks the world is_____

_____ thinks the world is_____

_____ thinks the world is_____

_____ thinks the world is_____

_____, _____, _____ are the peacemakers.

_____, _____, _____ are most active at night.

They are most active during the day_____, _____, _____.

_____, _____, _____ are afraid of the dark.

_____, _____, _____ desire connection.

_____, _____, _____ are calm.

_____ think they deserve_____

_____ think they deserve_____

_____ think they deserve_____

_____ think they deserve_____

_____, _____, _____ are the most motivated.

_____, _____, _____ are afraid of_____

_____, _____, _____ are afraid of_____

_____, _____, _____ are afraid of_____

They are the most encouraging _____, _____, _____.

_____, _____, _____ have false beliefs about_____

_____.

Fill In The Blank

These alters protect family members _____, _____, _____

_____, _____, _____ try to bring everyone together.

They try to keep everyone apart _____, _____, _____.

_____, _____, _____ believe in love.

These alters have hope _____, _____, _____.

_____, _____, _____ trust others.

Fill In The Blank

Write Down At Least One Positive Statement About Each Alter/Part.

[illegible]