

Primary Emotions

Frequent Thoughts/Ideas
and Attitudes

Body Sensations

Attachment injury or trauma that
forced it into extreme role (age)

Recurring, prominent
sensory experiences,
images, songs, odors, etc.

Abilities, Strengths,
Talents

Prominent Memories

Part Name / Age _____

Spirituality /
Religion/ Image of
God/Worldview

Primary Interests

Connection with Self/Core
(internal attachment style)

Polarizations/Alliances
or parts that protect or are
protected by this part

This part's jobs/roles in the self-system

Values, Desires, Goals

Fears or concerns if not doing its job

Part Name: _____

Default God image:

Primary difficulties with God:

Primary ways of the part relates to God (in the default image and three Persons):

Primary ways this part relates to the Blessed Virgin Mary

Spiritual indicators of when this part blends:

Spiritual strengths/weaknesses/vulnerabilities to temptation:

Moral strengths/weaknesses vulnerabilities to temptation:

Theological difficulties/conflicts for this part:

Spiritual insights for the part to hold on to:

Relevant Scripture quotes, quotes from the saints or spiritual readings:

Ongoing spiritual needs:

Helpful prayer styles for this part:

Spiritual resource figures:

Spiritual remedies when this part is distressed: