

Identity Exploration Handout

Saturday, March 18, 2023

10:30 am – 12:00 pm Pacific Time

Led by Barbara F & Cindy L

Fellowship & Lunch Noon – 1:00 pm (In Person and on Zoom)

ACA Sharing Meeting 1:00 – 2:00 pm (In Person Only)



Welcome All Parts!

What's your hope, fear, or expectations for today's workshop, in a short phrase?

Loving Parent
Wise Mind
Observer
True Self
Higher Self
Self-Energy

Calm, Connected, Compassionate, Curious,
Courageous, Creative, Clarity, Openness,
Spaciousness, Accepting, Non-Judgmental, Loving,
Kind, Patient, Wise One, Coach, Cheerleader, Truth
Seeker, Freedom Fighter, Comforter, Superhero,
Interested Part, Guide



Inner Critic
Critical Parent
Manager
Controller

Self-Critical, Judgmental, Controller, Striver, Planner, Caretaker, Drill
Sergeant, Perfectionist, Taskmaster, Fear and Shame Based, Slave
Driver, Bossy, Multi-Tasker, Fixer, Underminer, Guilt Tripper

Inner Teen
Firefighter
Defender
Distractor

Compulsive, Impulsive, Dissociative, Obsessive, Rebellious, Destroyer, Reactive,
Angry, Resentful, Shut Down, Drug Pusher, Adrenalizer, Addict, Rescuer, Protector,
Acting Out, Exciter, Numbs Out with Substances Social Media, etc.

Healthy Inner Teen – Authentic, Direct, Brave, Defender

Inner Child
Exiled Part
Frozen Part
Vulnerable Part
Wounded Child
Hidden Child

Sad, Scared, Isolated, Abandoned, Rejected, Worried, In Shame, Neglected, Hidden,
Banished, Cast Out, Survivor, Orphans, Left Behind, Dissociated, Banned,
Displaced, Locked Away, False Self

Healthy Inner Child – Spontaneous, Playful, Creative, Love, Sensitive,
Full Of Wonder

What Part(s) did you become aware of during the meditation?

What Part or Parts do you want to give attention to today?

WRITE or DRAW or MOVE

Thoughts, feelings, words images or gestures that your Part(s) might want to express. Does that Part want to do a body movement or gesture?

I'm 5
I'm Scared
people will
Not like
me.
Leave me
alone!



I don't
want to
come out.
Go away.
Stomachache

Roar!



What's
wrong with
you?
Just do it!
You're a
cry baby!

Frustration!

DIGGING DEEPER - For **EACH** Part that you drew ask:

- Where is this Part or energy in your body?
- How do you feel towards the Part? Note: if you feel judgmental or rejecting toward the Part, that is another Part coming up, maybe a judge Part, or inner critic. Let that other Part know you hear it and see if it's ok with stepping back. If not, you can process new Part coming up. But if it's ok with relaxing, go back to the original Part where you started.
- If possible, from your Loving Parent, or calm/connected/compassionate/curious self, ask the Part what does it want to express or need? It's ok if you don't know.
- How does this Part try to help you? It's ok if you don't know.
- How does it relate to other Parts? It's ok if you don't know.
- What does it need from you going forward? It's ok if you don't know.
- After processing each part, describe how the parts feel toward each other? Do they feel protective, angry, frustrated, sad, dependent on, polarized, in conflict with, allied with, friendly, accepting, etc?

How can you accept/befriend/integrate/transform parts, give problematic parts a new job?
It's ok if you don't know.

Refer to pages 14 -15 in the ACA Loving Parent Guidebook for more help.

Beautiful Prayer- **God, Help Me to Believe the Truth About Myself, No Matter How Beautiful it is!**

*The suggested donation for this workshop is \$20 to raise funds for ACA Women's Retreat scholarships.
Please send your donation via ZELLE to acawomensretreat@gmail.com*