Many Parts of Me Can Have Different Feelings

Compassionate reflection on internal conflict

It is common to have different feelings about one relationship or decision. You can listen to them without treating any one feeling as the whole truth.

TAKE YOUR TIME Keep this light. If difficult memories or dissociation intensify, stop and return to grounding or work with a clinician.

1. **One part of me wants or hopes for...**

2. **Another part of me worries about...**

3. **What might each feeling be trying to protect or communicate?**

4. **What do I notice when I make space for both perspectives?**

5. **What would a compassionate, steady response to myself sound like?**

6. **What decision can wait until I feel more supported?**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Marlow-MaCoy, A. (2022). Grief and Narcissistic Relationships: Clinical Skills to Process Past, Present and Future Losses. PESI.