

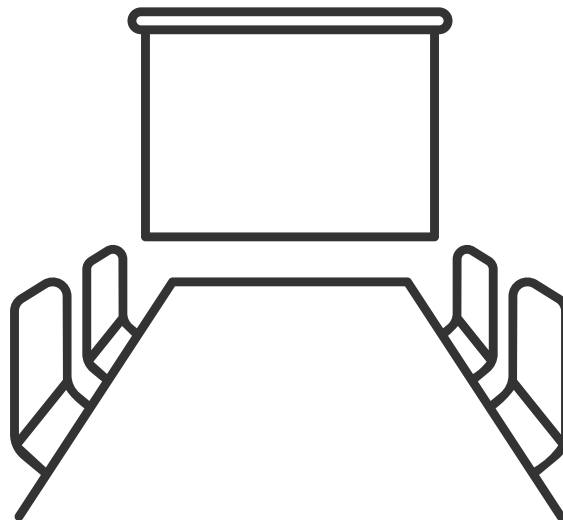


## Parts Dating Inventory



Your parts are always present in your dating life, and they might have something to share with you. What would they say about your previous (and current) partners, your fears and hopes, your attractions and longings, and your general approach to dating if given the chance? This worksheet will help you bring all your parts to the table. Find some quiet time to sit with yourself and tune into the conversation.

### The Inventory



Begin by imagining a conference room table. What does the room look like? Perhaps you'll want to write the purpose of the gathering on the board, or place it at the center of the table.

Now invite your parts into the room and invite them to take a seat. With gentle curiosity and attuned listening, notice who enters the space. What do these parts of you look like? How are they feeling as they sit at the table? Allow them to settle in.

Next, get to know each a little better and write a brief description, one by one: Does your part have a name? If not, what would it like to be called? What's this part's role—is it wanting to help you by protectively managing some aspect of your inner or outer world? Or is it in some firefighter role, trying to distract, comfort, or somehow react when you're feeling

vulnerable? Perhaps other parts are feeling more sensitive and tender, seeking connection to get deeper needs met—parts that in life are sometimes exiled or disallowed?

One by one, simply acknowledge who's shown up before the meeting begins. You can even draw the parts sitting around the conference table above, if that helps you to visualize and connect with them. Listen to what each wants for you with regard to intimacy in your life, whether you're currently dating or not.

Part _____ Description _____ _____ _____	Part _____ Description _____ _____ _____
Part _____ Description _____ _____ _____	Part _____ Description _____ _____ _____

## The Team Meeting

Now, conduct a team meeting with your parts. Everyone will have a chance to have their voice heard. Your Self is the leader of this team meeting, and is responsible for making sure all your parts are heard. Now, turn to one of your parts, and begin to ask it some questions about your dating life. What type of partner is this part generally most attracted to? What does it most need in a relationship? What are its fears and concerns around dating? What are its hopes and dreams?

With gentle curiosity, keep listening until the part feels deeply understood. Remember that you don't have to agree or even do what a part might suggest. For now it's mostly important to understand all of the parts at the table and deeply consider what has been shared. Once a part feels more understood, you can ask it to relax back while you listen to the next one, or it can leave the conference room if it would like.

Write down important aspects of your parts' answers below:

Part _____ <hr/> <hr/> <hr/> <hr/>	Part _____ <hr/> <hr/> <hr/> <hr/>
Part _____ <hr/> <hr/> <hr/> <hr/>	Part _____ <hr/> <hr/> <hr/> <hr/>

Remember, if you find it too hard to listen or start to feel overwhelmed at any point, you can ask your parts to slow down if they will. You can also pause for the time being and take some deep breaths, accessing more Self-energy if possible. Once you feel that it's the right time to stop, thank all who gathered at the table for what's been shared, and set an intention to reconnect and listen again in the future.

