



# Parts Identification Worksheet

Identify the different parts of yourself: Manager, Exile, or Firefighter and the related behaviors and feelings you experience. We completed an example row - explain how *you* experience each.

	Description	Your feelings	Your behaviors
Example - Manager	<i>Strives to do things perfectly</i>	<i>Stress and anxiety</i>	<i>Work too many hours, self-critical</i>
Manager			
Exile			
Firefighter			

**Reflect:** Which part has the most influence on your life?