

🌸 DID System Exploration Worksheet

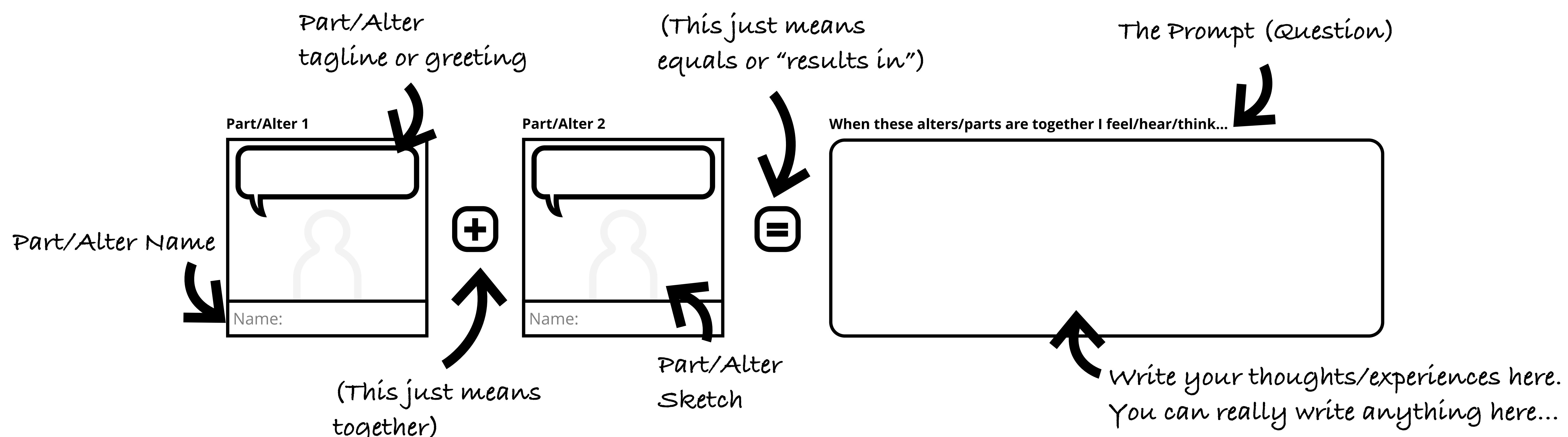
As you discover more about your system and your parts/alters you might start to notice that like any group of individuals, they begin to display unique characteristics both alone and when working with other parts/alters. Some may form alliances, some may dislike each other, some may persecute or intend to harm, some may often appear co-consciously or co-front frequently, and some may blend with each other more easily. Long term the goal isn't to necessarily control these experiences, but understanding how parts/alters relate to each other, but in my experience it can provide many unique insights.

Here are some things some potential benefits:

- Build trust within your system as you make space for parts/alters to speak, interact, and feel
- Practice staying curious and open when working with parts to
- Gain insights by exploring how different parts/alters work with or against one another
- Help your care team or therapist get a more nuanced understanding of your system

Do note that this worksheet is more of an advanced activity and is better utilized when you already have a good picture of your system and have been working your parts/alters for some time. It requires the ability to keep yourself within your own window of tolerance and have good coping mechanisms to keep yourself stable and safe. These are supplemental activities and not meant to be a replacement for therapy. The author is not responsible for your choice to engage in these activities or any resulting experiences. You participate at your own risk, so please be responsible and work with a trained professional as needed.

Quick Guide



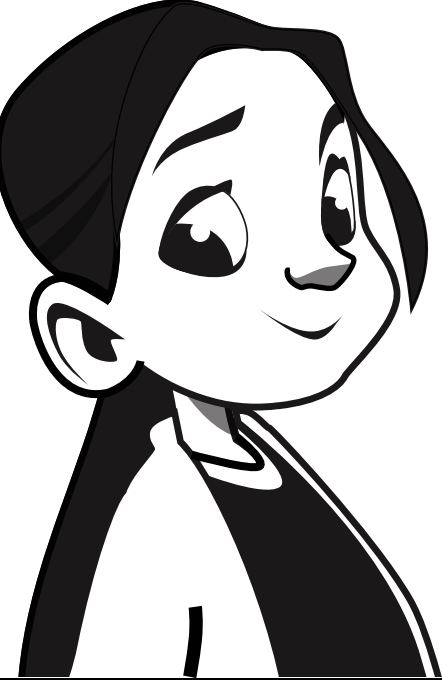
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Here are some examples of how you might fill in one of the activities. Feel free to use these as flexibly as you would like. If you want to cross out labels and replace them, go for it! You can also use the back sides of the page to add more detail or get extra paper if you end up having a lot to write about.

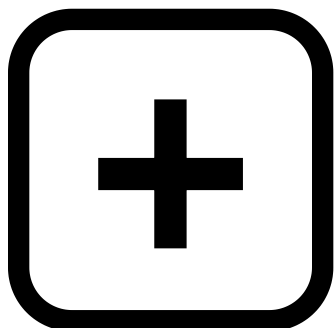
Examples

Part/Alter 1

um....hi....



Name: Ciara

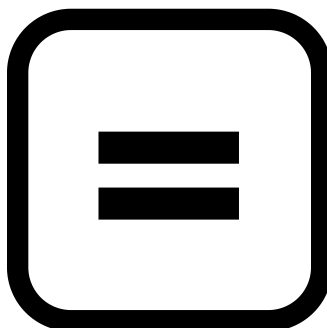


Part/Alter 2

ugh, what do you want?



Name: The Invisible



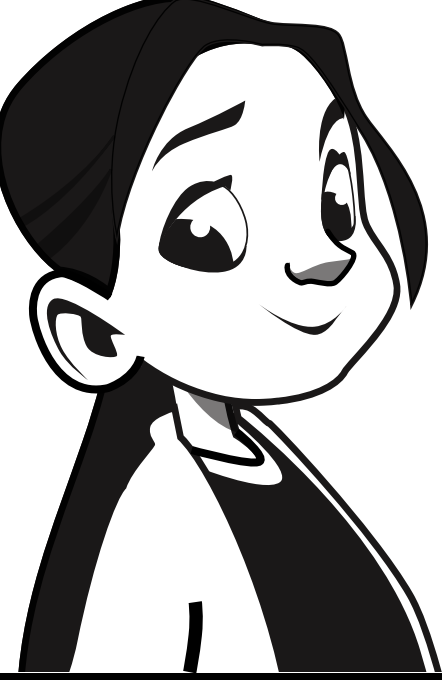
When these alters/parts are together I feel/hear/think...

I feel, anxious having these two interact with each other. I feel scared for Ciara even though the Invisible isn't violent. His attitude makes me want to hide. He reminds me of my brother who was always annoyed with me even though... I just wanted to play....

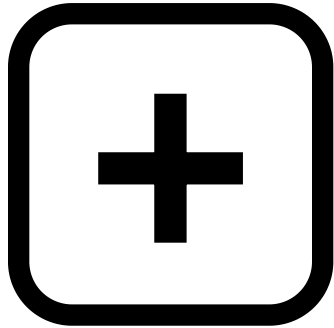
I just realized the invisible is basically an introject of my brother..... whoa.

Part/Alter 1

um....hi....



Name: Ciara

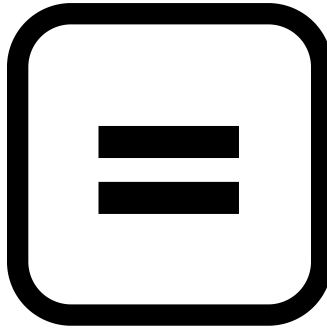


Part/Alter 2

ugh, what do you want?



Name: The Invisible



When these alters/parts are together I feel/hear/think...

c: "I know you don't like me very much... but.. I just wanted to say hi I guess..."

l:

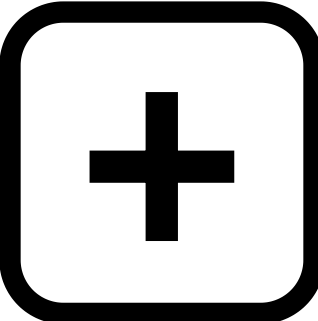
c: um...hello?

l: Don't talk to me.

c: I don't understand why are you always so mean? ...(continued on back)

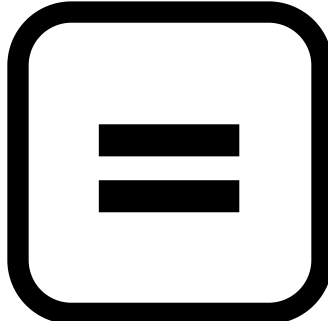
Part/Alter 1

Name:



Part/Alter 2

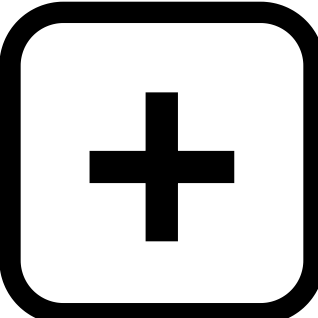
Name:



When these parts/alters are together I feel/hear/think...

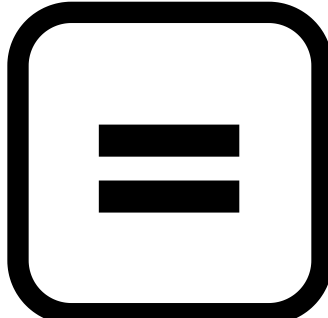
Part/Alter 1

Name:



Part/Alter 2

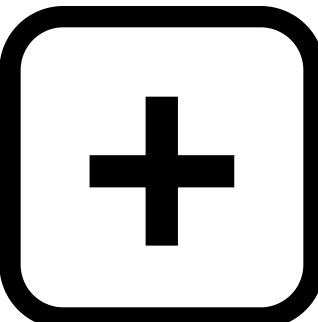
Name:



When these parts/alters are together I feel/hear/think...

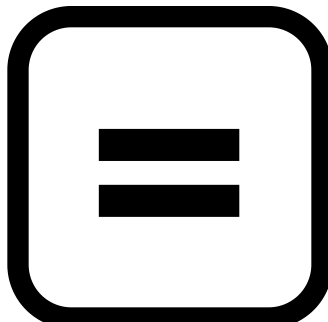
Part/Alter 1

Name:



Part/Alter 2

Name:



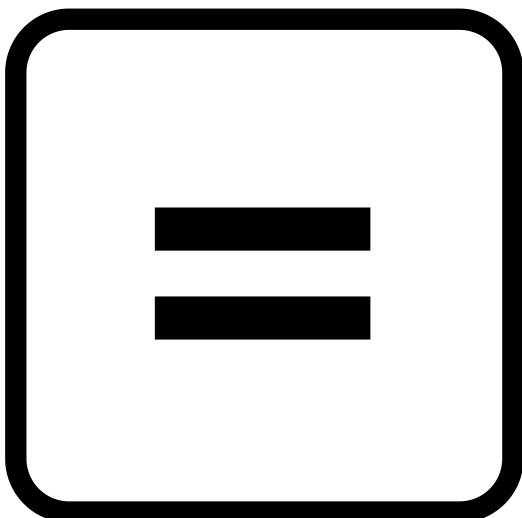
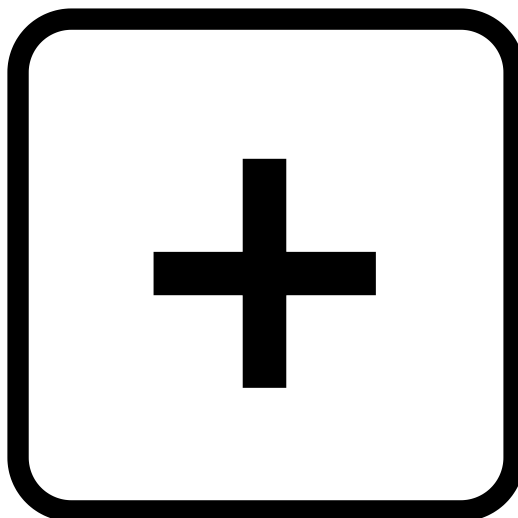
When these parts/alters are together I feel/hear/think...

Part/Alter 1

Name:

Part/Alter 2

Name:



Part/Alter 3

Name:

When these parts/alters are together I feel/hear/think...

Part/Alter 1

Name:

Part/Alter 2

Name:

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Part/Alter 3

Name:

Part/Alter 4

Name:

When these parts/alters are together I feel/hear/think...

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