

Mindful Witnessing/Unblend (if/when possible)/Be Curious/Validate the Part's Experience/No Bad Parts/No Judgement/Dual Awareness

Assume all instincts, emotions, bodily reactions, and thoughts reflect communication from parts, even if they can only be heard retrospectively

Date/ Time	Trigger/What Happened	Thoughts/Feelings	Body Sensations	What happened next	Possible Part	Why might they be triggered? What are they trying to communicate? Connection to the past	What does the part need to feel safe/believe things are different now?

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