# Strengthening my healthy adult

The part of you that can comfort, protect and decide.

Name _____ Date _____

The healthy adult is the part of you that is wise, kind and firm. It is the part that looks after a frightened child, tells a bully to stop, and gets on with what needs doing. It may not show up often at the moment. It gets stronger with use.

**People I know, or know of, who are warm, steady and fair. What do they do and say?**

**Times I have been like that, perhaps with someone else**

| How my healthy adult sounds | How it stands and breathes | What it believes about me |
|---|---|---|
| Tone, pace, words | | |

## Putting it to work

| When this happens | My healthy adult says or does |
|---|---|
| **The critic attacks me** | |
| **I feel small, scared or ashamed** | |
| **I want to act on impulse or lash out** | |
| **I want to shut down or avoid** | |

**One situation this week where I will call on this part of me**

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.