My modes map

Describe each of your modes and what brings it out.

Name _____ Date _____

Give each part a name of your own if you like.

Part of me	When it shows up	What it feels, says or does	What it needs
Vulnerable child			
Angry or impulsive child			
Critic			
My main coping mode (detached, pleasing, controlling)			
Healthy adult			

Which part is in charge most of the time?

What could my healthy adult say to my vulnerable child this week?

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