

Individual Inventory of Exiles Inventory

Start with a mediation: asking parts to step back so student part can be more present to learn. Ask your exiles not overwhelm as you write/draw about your experiences. Exercise self-care (parts-care). **Breathe.** Notice your level of activation and remember all exercises are optional, and by choice. Take a break if necessary.

Reflect on the following questions and journal/draw your responses. Ask any inner censors, editors or analyzers to give some space for the time being. You may want to only focus on one or 2 of the questions. (You can also write down any protectors concerns that emerge in this process).

1. What were the implicit and explicit messages your received from your family – parents, siblings, care givers about your feelings and behavior that were not acceptable?

Schooling?

Religious institutions?

2. What qualities or parts got sacrificed or let go in order to belong in your family and community?
3. What emotions, behaviors and beliefs do you have fear won't be understood or welcomed in your current life?
4. Make a timeline of past events/traumas/devaluing circumstances you experienced that overwhelmed your limited resources or threaten your existence. (use the back of this sheet if needed)
 - a. What beliefs about yourself and the world did you come to as a result of these experiences?
5. As you reflect on these questions, what sensations or impulses do you notice in your body?