

# Parts Mapping Worksheet – Dream Imagery Edition

---

“Not all parts arrive in words—some show up in symbols, creatures, colors, and dreams.”

## Step 1: Identify a Recurring Dream Character

- What do they look like? (human, animal, fantasy creature, shadow figure, etc.)
- What emotions do you feel when they appear?
- What setting do they usually appear in?
- Do they interact with you? How?
- What message or mood do they carry?
- When do they tend to show up? (Before trauma? During stress? While healing?)

Write a short description or sketch the character:

---

---

---

## Step 2: Reflect on Their Possible Role

Choose all that apply (or write your own):

- Feels protective or watchful
- Warns me of danger or stress
- Offers comfort or wisdom
- Feels scary but familiar
- Seems wounded or afraid
- Causes confusion or distraction
- Appears when I feel alone or vulnerable

What do you think this figure wants or needs from you?

> e.g., “To be noticed,” “To keep me safe,” “To release pain,” “To stay hidden”

Answer:

---

---

### Step 3: Begin Gentle Dialogue

Try writing or drawing a conversation using one of these openers:

- "I've seen you before. Who are you?"
- "You've shown up when things are hard. Are you trying to help me?"
- "What do you want me to know?"
- "What do you feel when I ignore or notice you?"

Example (script format):

Me: "I had that dream again. Why were you there?"

Figure: "Because you're ignoring something important."

Dialogue:

---

---

---

### Step 4: Give Them a Temporary Name or Role

Naming can help with internal recognition.

Examples:

- "The Watcher"
- "She who warns me"
- "The Little One"
- "The Guardian Wolf"
- "Fog Body"
- "Anger Shadow"

Write:

Name / Role: \_\_\_\_\_

Emotional tone: \_\_\_\_\_

When they show up: \_\_\_\_\_

### Step 5: Integration Prompt

Ask yourself:

- How can I honor or support this part—even if I don't fully understand it?
- Is there something they're trying to protect me from?
- What would it be like to thank them for showing up?

Prompt: "I may not understand you fully yet, but I see you. Thank you for showing up."