

More Than One Part of Me

Identity values and self compassion | Adults | 10 to 15 minutes

Explore identity beyond a single role, diagnosis, achievement, or difficult event.

A label or role may describe something real without describing all of you. This exercise makes room for different parts of your identity, including parts others overlook. You decide which words fit and which information remains private.

Name several parts

Consider roles, relationships, interests, communities, languages, beliefs, skills, experiences, or qualities. Some may feel chosen; others may have been assigned to you. You can include uncertainty or a part that is still developing. There is no requirement to make every part positive.

Give one part more room

Choose a part of yourself that deserves attention. Ask what would help you express it safely in daily life. A small action might be using a preferred name, reconnecting with an interest, seeking an affirming community, or protecting time away from a demanding role.

Several words, roles, or communities that describe parts of me are

A label others use that I want to define or question is

A part of me that has had too little room is

One safe way I can give that part more room is