



Embrace the Change
Counseling

Discover Your Inner Parts

A Gentle Self-Discovery Workbook for Greater Self-Compassion and Emotional Healing

Explore the Critic, Protector, Wounded Child, and Wise Self through reflection, art, and mindful curiosity.



Created by Alba Reynoso, LCSW, ATR-BC
Embrace the Change Counseling

Welcome

Begin with curiosity, not judgment.

Have you ever noticed that one part of you wants to move forward while another part wants to hide? **This workbook invites you to gently explore four common inner experiences: the Critic, the Protector, the Wounded Child, and the Wise Self.**

This is a parts-informed self-reflection resource inspired by Internal Family Systems concepts. It is for education and personal reflection only and is not a substitute for psychotherapy, diagnosis, crisis care, or individualized treatment. If a reflection feels overwhelming, pause, ground yourself, and consider reaching out to a licensed professional.

How to Use This Workbook

- Move slowly. You do not need to complete everything at once.
- Choose words, colors, images, or symbols that feel true for you.
- If a question feels too activating, skip it and return later.
- Use the blank spaces to write, draw, or simply notice what comes up.
- Let the Wise Self lead with curiosity, compassion, and care.



The Inner Parts Map

A gentle way to listen within.

Parts are not problems to eliminate. They are inner experiences that often developed to help you survive, adapt, belong, or stay safe. The goal is to listen with compassion and allow your Wise Self to guide your inner system with more calm and clarity.

Part	Often Sounds Like	May Be Trying To
The Critic	"You should do better."	Prevent rejection, mistakes, shame, or disappointment.
The Protector	"Stay busy. Stay guarded. Do not feel too much."	Protect you from pain, vulnerability, or overwhelm.
The Wounded Child	"I feel unseen, scared, lonely, or not enough."	Show you what still needs tenderness, witnessing, and care.
The Wise Self	"Let's breathe. Let's listen. We can respond with compassion."	Bring calm, courage, clarity, and loving leadership.



Part 1: Meet Your Inner Critic

The voice that pushes, warns, compares, or corrects.

The Inner Critic often believes criticism will protect you from failure, embarrassment, rejection, or not being enough. Instead of fighting this part, begin by asking what it is afraid would happen if it stopped working so hard.

Draw the Inner Critic as a person, animal, object, color, shape, or symbol. Give this part a name if that feels helpful.

Art space: draw, sketch, or collage your image here

Reflect

What does my Inner Critic say most often?

When is my Inner Critic most active?

What is my Inner Critic afraid would happen if it stopped criticizing me?

What does my Inner Critic need from my Wise Self?

My Critic is trying to protect me from:

Part 2: Meet Your Protector

The part that tries to keep you safe from feeling too much.

Protectors can show up through busyness, overthinking, people-pleasing, withdrawal, control, humor, perfectionism, or self-reliance. These strategies may have helped at some point, even if they now feel limiting.

Create an image of your Protector. Use colors, symbols, textures, or shapes that show how this part creates safety.

Art space: draw, sketch, or collage your image here

Reflect

How does my Protector try to keep me safe?

What situations activate my Protector?

What is my Protector most worried might happen?

What does my Protector need to trust my Wise Self more?

My Protector is trying to help me by:

Part 3: Meet Your Wounded Child

The tender part that may still carry fear, sadness, loneliness, or shame.

A younger part may become activated when current experiences touch old pain. This part may need tenderness, witnessing, reassurance, and care rather than pressure to “get over it.”

Draw, color, or collage an image of your younger self or a symbol that represents this tender part. Keep the image simple and safe.

Art space: draw, sketch, or collage your image here

Reflect

When do I feel small, hurt, unseen, or not enough?

What does this younger part need to hear from me?

What kind of support was missing then?

What gentle support can I offer this part now?

Dear Younger Me,

Part 4: Meet Your Wise Self

The calm, compassionate center that can listen and lead.

The Wise Self is the inner place that can respond with compassion, curiosity, calm, clarity, confidence, courage, creativity, and connection. You do not have to force this part. You can invite it through breath, grounding, art, silence, prayer, movement, or gentle awareness.

Create a symbol for your Wise Self. It might be a tree, light, spiral, hand, animal, color, landscape, or abstract form.

Art space: draw, sketch, or collage your image here

Reflect

How does my Wise Self speak to me?

What helps me access my Wise Self?

When do I feel most connected to this part of me?

What does my Wise Self want me to remember today?

My Wise Self wants me to remember:

Bringing Your Parts Together

Listen, soften, integrate.

Now that you have met each part, notice how these parts interact. You may discover that the Critic is protecting a Wounded Child, that a Protector is tired, or that the Wise Self has been quietly available all along.

Four-Part Check-In

Which part feels strongest right now?

Which part needs the most compassion?

Which part is asking for rest, reassurance, or support?

What is one action I can take this week to honor my Wise Self?

Inner Parts Dialogue

Write a short dialogue between your Wise Self and one part that needs attention today. Let the Wise Self listen first. Then let the part respond.

Wise Self:

Part:

Wise Self:

Part:

Closing Grounding Practice

A gentle return to the present moment.

Place one hand over your heart or another supportive place on your body. Take three slow breaths. Then read the statements below slowly, pausing after each one.

I can listen to myself with compassion.

Every part of me deserves curiosity and care.

I do not have to be perfect to heal.

My Wise Self can guide me one gentle step at a time.

Final Reflection

What am I taking with me from this workbook?

Continue Your Healing Journey

Personalized support can help you go deeper.

Understanding your inner parts is the beginning of a deeper relationship with yourself. When you learn to listen with compassion instead of judgment, you create space for healing, self-awareness, and lasting transformation.

If this workbook resonated with you, I invite you to explore deeper support through holistic psychotherapy, art therapy, mindfulness-based approaches, and integrative healing services.



Alba Reynoso, LCSW, ATR-BC
Embrace the Change Counseling

Phone: 302-358-6237 | Email: alba@embracechange counseling.net
Website: www.embracechange counseling.com

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