Name	Age	Likes	Dislikes	Job	Safe Places	Wants/Wishes
Ex. Jill	9	Dolls, candy,	The dark,	Watch other	Life size doll	Wants to feel
		reading, quiet	being in a	kids	house	safer inside
			crowd			

As you can see, whatever you are able to fill in about your internal world will help you to direct your therapy. The information you get from this chart can tell you a lot about yourself. For instance, "Jill" is too young to be responsible for other inside child parts. From what is in the chart, we can see some ways of beginning to nurture "Jill" by attending to her likes and dislikes and working to meet her needs. Even if you don't get much information at first, whatever you get will be useful.

	Thought	Impulse	Behavior	Need	New Behavior
12	Nobody cares,	Hide, hurt self,	Isolate, hurt	Guidance,	Call someone,
	I'm all alone	pick a fight	self	help, support,	journal,
				love	artwork
	1				
	an and an				
	12	12 Nobody cares, I'm all alone			, , , , , , , , , , , , , , , , , , , ,