

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

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.

