

## SUBPERSONALITIES WORKSHEET

Subpersonalities are a group of people that make up our Personality Traits and Mindset. They are the many distinct people inside us. They are influential as they grapple for power over us. In Psychosynthesis model, **Subpersonalities** work is an on-going process. Begin to recognise your subpersonalities and notice how they change as you become self-aware. As you become aware of each one – it is useful to name them. Please print for each subpersonality identified. See *Evening Review* meditation to help identify each of your subpersonalities. Use this worksheet to identify each subpersonality.

Are you ready to meet your subpersonalities and make friends with them?

What is the name of this subpersonality?	Name :
What are his/her qualities?	
How does he/she serve you?	
How does he/she limit you?	
In what situation do you notice this subpersonality exerting itself?	
What does this subpersonality want?	
What does this subpersonality need?	
What is the benefit that you gain from cooperating with this subpersonality?	