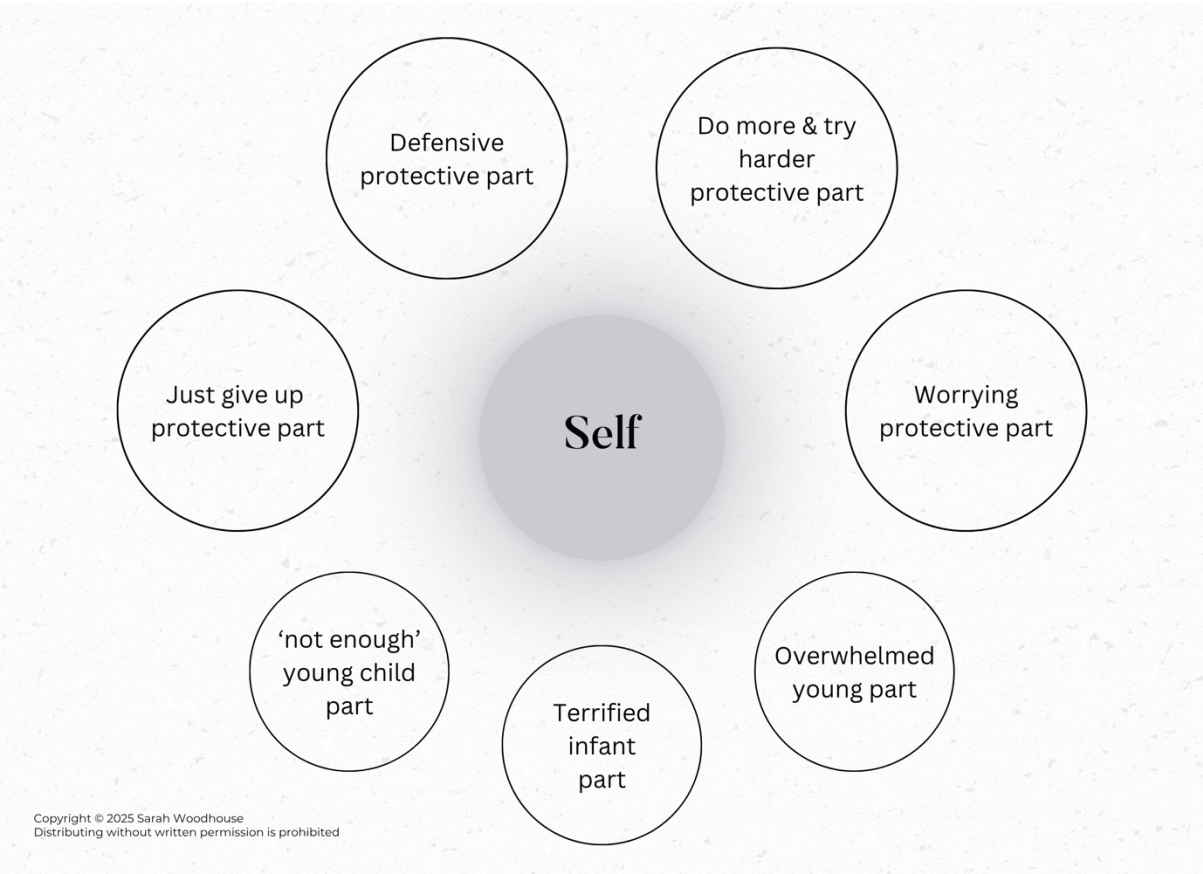

Parts mapping

Illustrates the multiple wounded and protective parts of a client's inner world that were triggered because of conflict at work. Mapping our parts in this way helps us see the conflict between the different parts of us – with one part here calling them to give up, and another part calling them to do more and try harder.

This diagram is taken from my new book – *The Power of Self-Healing: Take Action Over Your Trauma*. More information about this diagram and my approach to trauma healing is included in the book, which you can buy through my website at https://sarahwoodhouse.com/book/ Or you can book a session with me and my team through my website https://sarahwoodhouse.com.

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