

Parts that can be Pseudo-Spiritual Parts

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1. Helper/Rescuer

"You should jump in and help them feel more comfortable, saving them from that pain."

2. Caregiver

"Don't be selfish. I have to sacrifice my needs over others'."

3. People Pleaser

"I have to do everything I can to please God*."

4. Peace Seeker

"Let's do whatever it takes to get that inner peace and keep it."

5. Performer/ Approval Seeker

"I have to be a good example to others."

6. Meditater

"If I could just meditate or pray more, life would be better."

7. Spiritual Bypasser

"God will take care of that, no need to spend any time on talking about that issue."

8. Over-Spiritualizer

"Everything that happens to me must mean something important; if I could just read the signs!"

9. Scripture quoter/claimer

"Scripture says to treat others the way you want to be treated, so you shouldn't feel negatively toward them."

10. Truth Teller

"Just remember your Truth and it will all be okay." Ex. "I can only control myself, I am not responsible for others."

11. Cheerleader/ Encourager

"Don't believe that lie. You can do it!"

12. Editor of 'unacceptable' or 'sinful' parts

"Don't say that. Don't tell them you did that. Tell it this way so you don't sound so messed up."

13. Black & White part

"The only options are to do the right thing or the wrong thing."

14. Self-improver/ Fixer

"I just want to be better even if it means I have to feel that pain from childhood I've been afraid of all my life."

15. Spiritual Minimizer/Count your Blessings part

"Don't be down. You have so many things to be thankful for in your life."

16. Perfectionist

"You should do your best all the time, no matter what." (unrelenting standards)

17. Driver/ Striver

"Try harder and you'll eventually get there. Just keep trying...try, try, try!"

18. Achiever

"If you accomplish x,y,& z then people will see how much God has blessed you!"

19. Tasker/ Doer

"Just one more task and then you can rest." "You should do more for others."

20. Good Works part

"Stay busy doing for others and sacrifice your time and energy and you'll be a good person."

21. Agenda part

"If you don't hurry up and get married, have kids, and/or buy a house you won't fit in and you'll always feel out of place."

22. Judger

"I can't believe he is such a slacker and didn't get you that information in time for your meeting.... Don't be like that!"

23. Underminer

"Other people are more important than me."

24. Molder

"Be like those around you in how you think, act, dress, behave, believe ... so you'll be accepted."

25. Inner Controller

"Don't eat that, or drink too much, or behave indecently. Control yourself!"

26. Self-Control/ Self-Discipline

"Discipline yourself to pray at 5am and before bed every day and only eat x,y, & z so you can feel good about yourself accomplishing these spiritual disciplines and not feel shame."

27. Guilt Tripper/Regret

"Remember when that big mistake you made almost ruined you! I'm not sure you should do that! It might eat at you forever. I can't believe you would think of doing that!"

*The reference to God is meant to be generic and all encompassing of any Deity or higher power.

Note: This is just a guideline. Some find that they have more spiritual parts than what is listed here and others find that the parts listed are not a part of their experience. What differentiates a part from a pseudo-spiritual or pseudo-self part is the energy and/or burdens that it carries.