

The Bus Driver

The 'Self' is like a bus driver who drives the bus of your being, with other Parts of you riding as passengers. Sometimes our Parts disagree, which causes inner conflict.

Think of a situation in your life where you feel inner conflict. Write down what each Part of you wants to express about that situation. What words or images come to mind when you tune into each part?

The situation is:

My "Self" Part says:

Part Name:

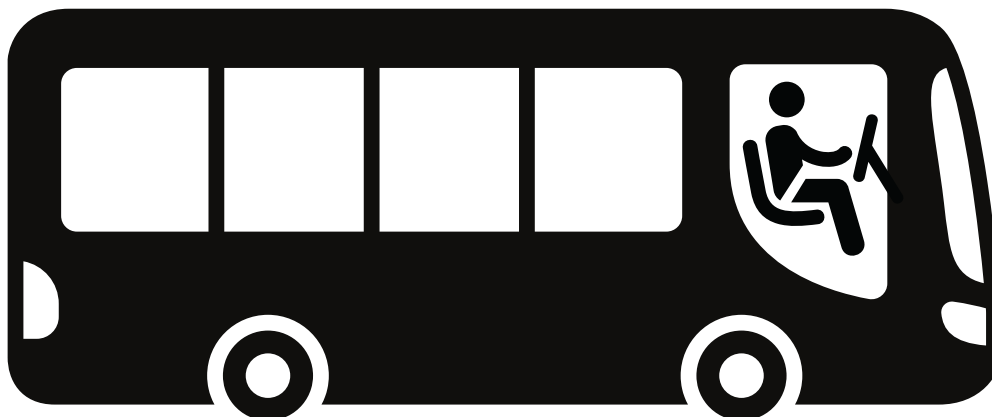
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