



# How I Show Up

An Invitation to Explore

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This is an invitation to take **self-inventory**—to thoughtfully explore how you **show up** across the many areas of your life. Below you'll find a series of **reflective prompts** designed to help you get curious about your patterns, responses, strengths, and challenges.

As you navigate this self-inventory, be open to identifying the internal "characters" or "parts" that influence your behavior and choices.

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## Guiding Visualizations

As you work through this reflection, try visualizing the following questions:

- **How Do I Want to Show Up?**

Reflect on what matters to you – your values. What is the version of yourself you strive to be in different roles and relationships.

- **Who's Driving the Bus?**

Who or what is steering your behavior in any given moment? Are you in the driver's seat, or is fear, stress, perfectionism, people-pleasing, etc. taking over?

- **Who Has a Seat at My Table?**

Think of the different "characters" or "parts" within you—e.g., the Critic, the Caretaker, the Avoider, the Achiever. What roles do they play? What are they trying to protect?

**Watch this short video:** [\*Characters @ Our Table\*](#)

The video illustrates the concept that we all carry multiple inner characters or parts. The goal isn't to eliminate them, but to understand, integrate, and turn toward them with curiosity and compassion.

Reference: **PDF Exploring our Parts**

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## Reflection Prompts

Use the following prompts to guide journaling, mindful reflection, or dialogue with a therapist, coach, or partner. These are meant to uncover patterns, deepen self-awareness, and help you navigate life with more clarity and intention.

## **Emotional and Relational Awareness**

- How do I respond to conflict, disagreements, or emotional triggers?
  - How do I forgive others and model compassion?
  - How do I share my emotions? Am I a **Tsunami**, a **Wave**, an **Island**, or a **Desert**?
  - How do I judge others when they make mistakes?
  - How do I express and receive affection? Do I want it? If so, how?
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## **Boundaries, Limits & Self-Respect**

- How do I express my limits when I've exceeded my capacity?
  - How do I set boundaries—for myself, for others, professionally?
  - How do I recognize my personal limits? What are my "margins"?
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## **Self-Care, Recovery, and Regulation**

- How do I take care of myself and recover from hard moments?
  - How do I transition from one task or role to another (e.g., work to home)?
  - How do I grieve losses—of a job, a person, or an opportunity?
  - Where do I feel stress or emotional pain in my body?
  - How do I recognize what I may be ashamed of or regret?
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## **Motivation, Identity & Self-Worth**

- How do I build confidence in myself?
- How do I motivate myself internally? How do external factors influence me?
- How do I recognize what makes me unique?
- How do I experience success? How do I experience failure?
- What excites me? How do I feel it in my body?

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## **Habits & Patterns**

- How do I practice my life skills and healthy habits?
- How do I fall into my personal "junk food" behaviors—those patterns I know don't serve me but are hard to resist?
- How do I take risks and stretch beyond my comfort zone?

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## **Relationships, Connection & Support**

- How do I connect with others emotionally, physically, and mentally?
- How do I ask for help? How do I help others?
- How do I show up as a friend? What do I expect from friendship?
- How do I know I'm appreciated—and by whom, when, where?
- How do I know when I'm accepted—and by whom, when, where?
- How do I recognize encouragement or attention I'm seeking?

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## **Communication & Expression**

- How do I communicate when I'm upset or angry?
- How do I translate what I need or want?
- How do I recognize when I've been hurt or when I've hurt someone else?

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## **Play, Joy & Creativity**

- How do I play—alone and with others?
- How do I recognize joy, creativity, or emotional openness in myself?

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## **Closing Thoughts**

This exercise is not a test—there are no right or wrong answers. It is an ongoing invitation to:

- Pause and reflect.
- Listen inwardly.
- Recognize your patterns with compassion.
- Make intentional shifts aligned with who you want to be.