Based on the work of Virginia Searf as presented by Suzanne Brown, LCSW, LCSW.
Defining and Exploring Your Parts of Self

I Am:

- **Emotional**: Recognizing, naming, exploring, and expressing your feelings

- **Intellectual**: Stimulating the mind, learning new things

- **Sensual**: Using the 5 senses to engage with the world

- **Nutritional**: Enhancing nutritional intake with quality food, eating habits, water, vitamins

- **Physical**: Caring for your body through sleep, exercise, good hygiene, and attending medical appointments

- **Spiritual**: Honoring and feeding your soul or internal life force (not necessarily religious)

- **Contextual**: Seeing and accepting the reality of what is, improving or changing your environment, the who/what/when/where/how of your life

- **Interactional**: Socializing and connecting with others

Based on the work of Virginia Satir as presented by Suzanne Brown, LCSW, LCAS