

FREE JOURNAL

MEET THE
PARTS
THAT
FEAR
CHOOSING

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Introduction

Life is full of choices, big and small. Sometimes making decisions feels impossible, even when you know what you “should” do. That inner hesitation often comes from parts of yourself that fear regret, loss, or being wrong.

This journal is designed to help you:

- Identify the parts of you that resist choice
- Understand the fears behind indecision
- Engage these parts with curiosity and compassion
- Make decisions aligned with your values and authentic self

Set aside 10–20 minutes per session. Approach each exercise gently — there are no wrong answers.

Recognizing the Parts

Notice the part of you that resists making choices. What does it feel like in your body? What is it afraid will happen if you choose? Consider what this part is trying to protect.

Write a paragraph speaking directly to this part. You might begin with:

"I see you. I hear your fear. I understand why you are protecting me from..."

Reflect on the stories or past experiences this part reminds you of. When has it helped you in the past? What lessons can you acknowledge?

Consider what this part needs right now to feel safe and supported.

Mapping Your Inner Voices

Draw a “map” of your parts on this blank page. Place the part that fears choosing in the center, and surround it with other parts that have strong opinions about the decision. Notice patterns, conflicts, or connections.

Dialogue and Negotiation

Engage your inner part in a gentle conversation. Ask it what it would like you to do, and listen without judgment.

Then share your own perspective: what do you want, what feels right, what aligns with your values?

Explore compromise: how can your part feel heard while you also take action aligned with your authentic self? Writing a dialogue can help, for example:

"Part: I'm afraid you'll make the wrong choice."

"Me: I hear you. I understand the fear. I also want to try this path with care."

Part:

Me:

Exploring Your Options

List the choices before you and write one sentence about what each offers. Identify which choice aligns most closely with your values and long-term goals.

Invite your inner part to give a small nod of approval or support. If it cannot, notice its resistance and proceed anyway with awareness.

Reflect on committing to your choice. Notice any relief, fear, or excitement that arises.

Reflecting and Integrating

After taking action, reflect: What did you learn about your inner parts? How did they respond when you engaged them with curiosity rather than force?

What insights or awareness can you carry forward for future decisions?

Consider keeping a “Choice Journal Log” to track each decision (1), how your inner parts felt (2), how you responded (3), and what you learned (4). Over time, this record will show growth, increased self-trust, and clarity in decision-making.

1

2

3

4

Closing Note

This journal is your companion to transform choice from a source of anxiety into a practice of **self-trust, compassion, and clarity**. Return to it whenever decisions feel overwhelming. With practice, your inner dialogue will become calmer, more collaborative, and aligned with your authentic self, allowing you to make choices with confidence and presence.

For more reflections and free resources like this one, visit fromcentowholeness.com