

NO
BAD
PARTS!

In your family do you have
someone
who cooks?
Who cleans?

Who soothes
all of your bruises?



Or someone who hides
and acts startled and
surprised that you
are even standing there?



What about someone who,
when something goes wrong,
rings the alarm bell—
a little too loud,
almost a yell?



Families are made up of many different people playing all sorts of roles for various reasons. (Some last forever—some last a season.)

But did you know you have another whole family, designed to love and protect...





YOU? (It's true.)

And just like your real family, these parts have your best interests in mind, even if their actions don't always feel super-duper-tip-top kind.