

IFS: INTERNAL FAMILY SYSTEMS



PARTS MAPPING EXERCISE

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1

**THE QUALITY OF MIND OR SPIRIT THAT
ALLOWS A PERSON TO CONFRONT
DIFFICULTY, INTENSE EMOTIONS, AND PAIN.
THE ABILITY TO FACE FEAR WITH COURAGE.**

SUPPLIES NEEDED:
PAPER
COLORED PENCILS



A. FOCUS ON IT.

B. WHERE DO YOU FIND IT IN OR AROUND YOUR BODY?

C. DRAW IT ON THE PAPER.

D. RETURN YOUR FOCUS TO IT AGAIN UNTIL YOU NOTICE A SHIFT.

E. DRAW THAT SECOND PART ON THE PAGE.

**D. RETURN YOUR FOCUS TO THAT SECOND PART, WHERE IT IS IN OR AROUND YOUR
BODY, UNTIL YOU NOTICE ANOTHER SHIFT.**

E. DRAW IT ON THE PAGE.

**F. RETURN YOUR FOCUS TO THAT THIRD PART, WHERE IT IS IN OR AROUND YOUR
BODY, UNTIL YOU NOTICE ANOTHER SHIFT.**

G. DRAW IT ON THE PAGE.

YOU CAN STOP WHEN YOU HAVE THREE OR FOUR PARTS

PARTS MAPPING EXERCISE

2

“AS YOU LOOK AT THESE PARTS...”

A. HOW DO YOU FEEL TOWARD EACH PART?

B. HOW DO THEY RELATE TO EACH OTHER?

C. WHAT DO THESE PARTS NEED FROM YOU GOING FORWARD?