

IFS

INTERNAL
FAMILY
SYSTEMS



**PARTS
MAPPING
EXERCISE**



ROBERT FALCONER

Parts

IFS

MAPPING EXERCISE

INSTRUCTIONS TO CLIENT:

SUPPLIES NEEDED:
PAD OF PAPER, COLORED
PENS, PENCILS, OR
MARKERS

A

The quality of mind or spirit that enables a person to face difficulty, deep emotions, pain, etc. The ability to face fear with bravery.

- 1.Focus on it.
- 2.Where do you Find it in or around your body?
- 3.Represent it on the page.
- 4.Return your Focus to it again until you notice a shift (another part coming up).
- 5.Represent that second part on the page.
- 6.Return your Focus to that second part, where it is in or around your body, until you notice another shift (another part coming up).
- 7.Represent it on the page.
- 8.Return your Focus to that third part, where it is in or around your body, until you notice another shift (another part coming up).
- 9.Represent it on the page...

You can stop when you have three or four parts.

Parts

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MAPPING EXERCISE

B “As you look at these parts...”

1. How do you feel toward each part?
2. How do they relate to each other?
3. What do these parts need from you going forward?

Per Dick, this process is circumscribed so the therapist does not have to be clever. IFS uses the garlic bulb and its many cloves as the metaphor for our parts. In this exercise we are looking at one clove of the garlic.



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Contact



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WEBSITE:

ROBERTFALCONER.US



Roel & Roji Design

Digital Artist



LAURAROEL@IFS-PSICOTERAPIA.COM

ROJISTUDIO@GMAIL.COM

