

Meet Your Parts

An introductory IFS parts-exploration workshop

90–120 minutes • educational + reflective

Before we begin

- Everything you write belongs to you.
- You decide what — if anything — you share.
- You can skip, pause or stop any exercise.
- We will work with manageable everyday experiences rather than intentionally seeking traumatic material.
- There is no prize for going deeper.

You are in charge of your participation.

A 5-minute IFS primer

- IFS views the mind as naturally multiple: we can have different parts with different feelings, beliefs and priorities.
- Parts often take on protective or vulnerable roles.
- Managers try to prevent pain. Firefighters react when pain is already present. Exiles carry vulnerable feelings or experiences.
- Self refers to a state associated with qualities such as curiosity, compassion, calmness and clarity.
- Today we are not trying to eliminate parts. We are practicing noticing and relating to them differently.

10 MINUTES

Exercise 1 — “Part of me...”

- Part of me wants...
- Part of me doesn't want...
- Part of me worries that...
- Part of me wishes...
- Part of me gets angry when...
- Part of me tries really hard to...
- Part of me avoids...
- Part of me needs...
- Part of me wishes people understood...

Then notice: how many different voices, needs, fears or priorities appeared?

10–15 MINUTES

Exercise 2 — Identify everyday parts

Parts do not need clinical names. Give them names that make sense to you.

The Perfectionist

The Fixer

The People-Pleaser

The Overthinker

The Procrastinator

The Planner

The Caretaker

The Rebel

The Achiever

The Hermit

The Inner Critic

The Peacekeeper

These are examples, not categories. Your internal system belongs to you.

WRITE

Your first part profile

- A part I notice frequently:
- What I call it:
- When does it usually appear?
- What does it make me want to do?
- What emotion comes with it?
- Where do I notice it in my body, if anywhere?

Exercise 3 — Parts mapping

Write ME / SELF in the centre of a large page.

- Place the parts you notice around the centre using words, shapes, colours, symbols or little characters.
- Which parts seem close to each other?
- Which parts conflict?
- Which part seems loudest? Which parts barely get heard?
- Which parts seem to protect other parts?
- Which parts appear in response to one another?

10 MINUTES

Exercise 4 — Find a protector

Choose one relatively safe, everyday part — not the most painful one.

- What does this part do?
- When does it usually appear?
- What seems to activate it?
- What does it want me to do?
- What might this part be trying to protect me from?

“I don’t know” is a completely acceptable answer.

10 MINUTES

Exercise 5 — Judgment → curiosity

HOW I USUALLY TALK TO THIS PART

- Why can't you just stop?
- You're ruining everything.
- I hate that I'm like this.

TRY CURIOSITY INSTEAD

- What are you worried would happen if you stopped?
- What are you trying to accomplish for me?
- What do you want me to understand?
- What do you need from me?

The goal is to change the stance — not force an answer.

10 MINUTES

Exercise 6 — How do you feel toward the part?

- Annoyed? Embarrassed? Angry? Afraid? Disgusted? Impatient? Protective? Curious? Compassionate?
- If you feel intense anger toward an anxious part, IFS might become curious about whether another part is angry at the anxious part.
- You may have discovered a relationship inside the system.

IFS becomes curious about both sides.

5-10 MINUTES

Exercise 7 — “Can you give me a little space?”

**Would you be willing to give me just a little space
so I can understand you better?**

You are not asking the part to leave or stop doing its job.

- Notice what changes, if anything.
- Do you feel more curious? calmer? more compassionate? clearer?
- Nothing happening is also an answer.

10–15 MINUTES

Exercise 8 — Write to a part

Dear _____,

- I've noticed that you tend to appear when...
- I usually feel _____ toward you.
- I think I've misunderstood you by...
- I'm beginning to wonder whether you're trying to...
- What I would like to understand about you is...
- You don't have to disappear.
- I would like us to...

Optional — Let the part answer

Dear me,

- What you don't understand about me is...
- I'm afraid that...
- I learned that...
- I wish you knew...
- What I need you to understand is...

If nothing comes up, nothing comes up.

10 MINUTES

Exercise 9 — Protector logic

- My part does:
- Because it believes:
- And it is afraid that if it stopped:
- Something important about its intention may be:
- Even if I don't like its strategy, I can appreciate that:

Understanding intention ≠ endorsing behaviour.

10 MINUTES

Exercise 10 — Two parts in conflict

- PART A says:
- PART B says:
- PART A is afraid that if PART B gets its way:
- PART B is afraid that if PART A gets its way:
- What might both parts ultimately want for me?

This is a gentle way to notice polarization inside the system.

5 MINUTES

Exercise 11 — The 8 Cs check-in

Calm

Curious

Compassionate

Confident

Courageous

Clear

Creative

Connected

Which quality feels most available right now? Which would you like to bring into your relationship with this part?

Exercise 12 — A different relationship

- Before this workshop, I thought this part was...
- Now I'm wondering whether...
- Something this part may have been trying to do for me is...
- Something I appreciate about it is...
- Something I would like it to know is...
- One way I can respond differently the next time it appears is...

2-5 MINUTES

Closing — Thank your system

Thank you for letting me listen.

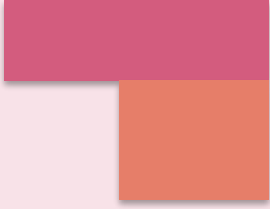
You do not need to resolve anything before leaving.

- Notice whatever is present — including parts that did not want to participate.
- Orient back to the room. Look around. Feel your feet. Stretch. Drink water.
- Take whatever distance from the exercise feels right.

Debrief

Today was exploration — not proof.

- The purpose was not to discover the definitive reason you behave the way you do.
- IFS offers one framework for becoming curious about internal experience.
- Treat what emerged as something to explore, not as proof of a particular history, diagnosis or explanation.



Take with you:

**You do not have to like every strategy a part uses
to become curious about why it is there.**

Notice. Get curious. Make space.