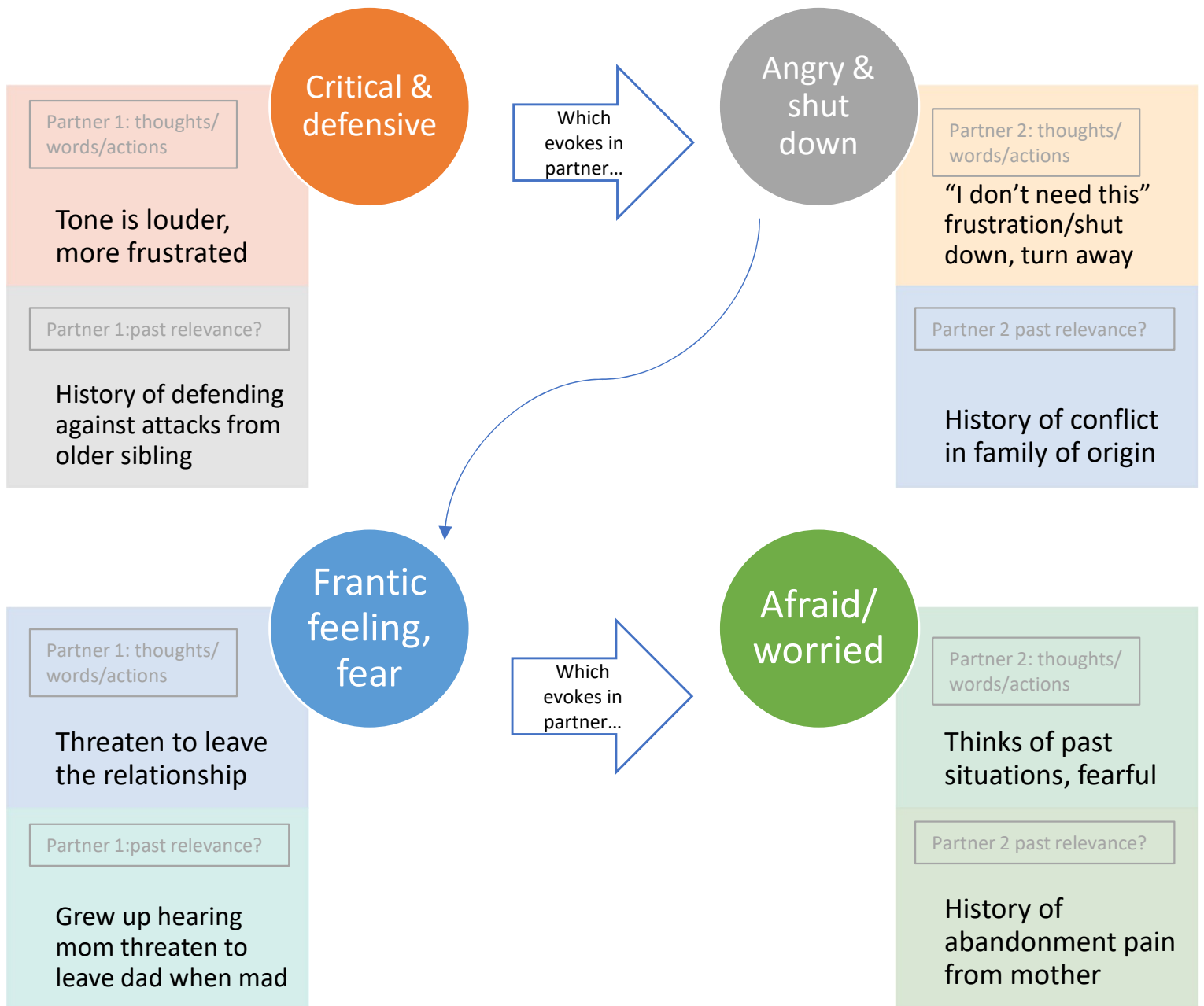


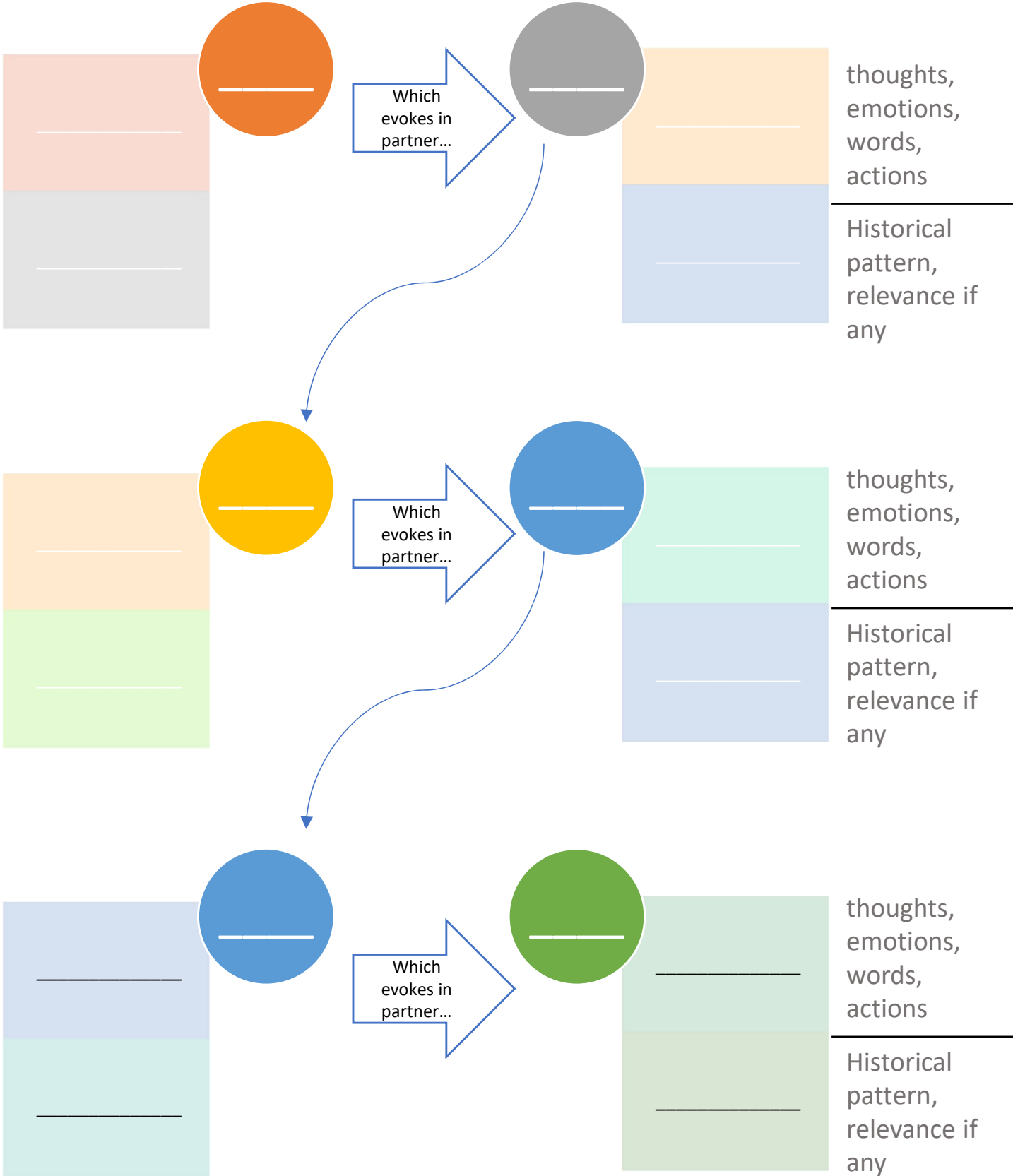
# Mapping Interpersonal Conflicts

Relationships are **TOUGH!** Our protectors clash with our partners' protectors and it can result in a lot of pain. When working with couples, the first thing I do is map out what is happening. This **awareness is KEY** to allowing space from (or in IFS terms, 'unblending') from these strong protectors.

You might notice the inner thoughts or outward words & actions of each part and get **curious!** You might even explore if this is similar to your past (i.e. outside your intimate partner relationship, or has historical themes for you, e.g. is it something you've done in your family of origin, or with past friends/partners).



# Mapping Interpersonal Conflicts



# Mapping Interpersonal Conflicts

