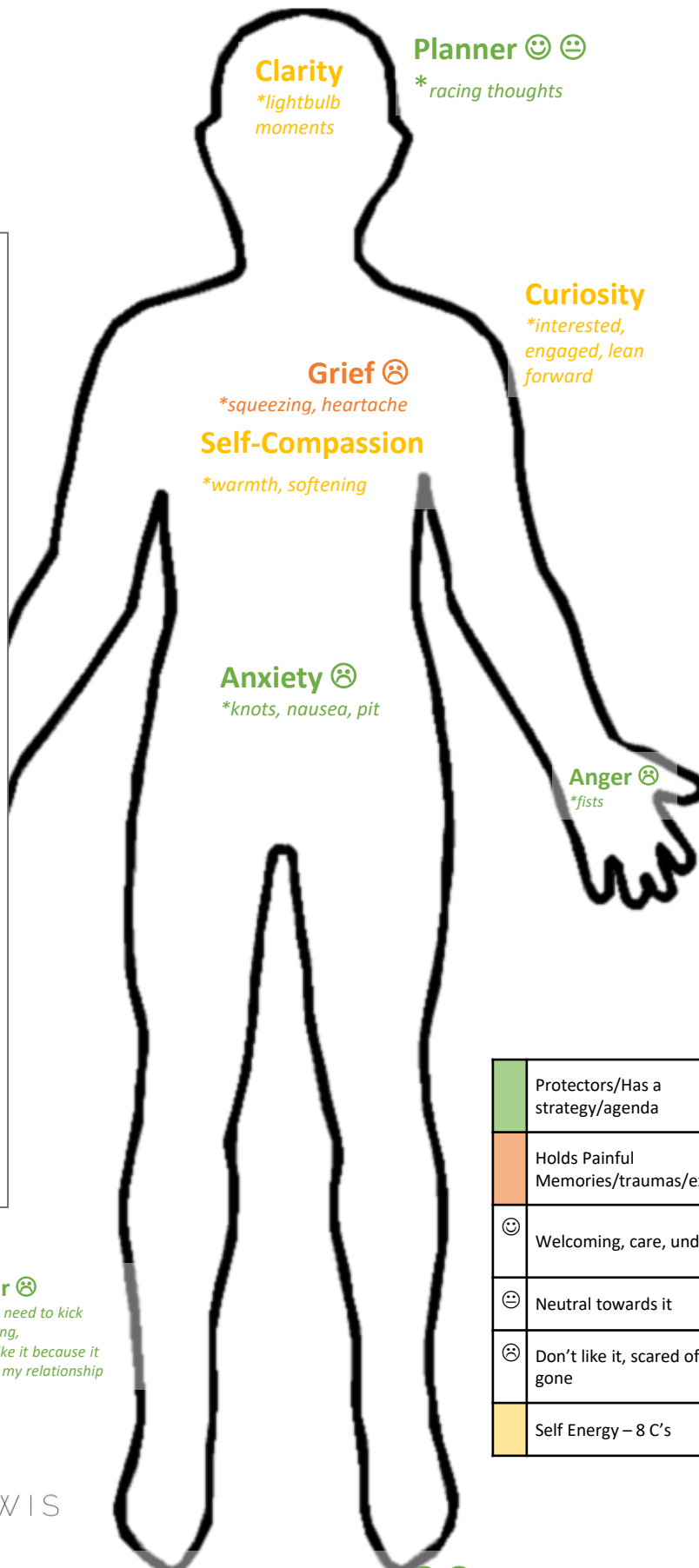


My Somatic IFS Parts Map Example

This is one example of how you might explore and map your parts. I invite you to use colours, symbols, words, and locations on your body to get to know your system more. You don't have to use these colours/symbols, it's just an example.

You might choose to journal about these parts, memories attached to them (i.e. when they learned some strategies, what might contribute to their pain), and recognize how you feel towards different parts in your system.

Get creative. Get curious...And remember, **there's NO wrong way to do this.**



	Protectors/Has a strategy/agenda
	Holds Painful Memories/traumas/exiles
☺	Welcoming, care, understanding
☹	Neutral towards it
☹	Don't like it, scared of it, want it gone
	Self Energy – 8 C's

How you feel towards these parts (might change over time)

Anger ☹
**stomp, need to kick something, I don't like it because it impacts my relationship*

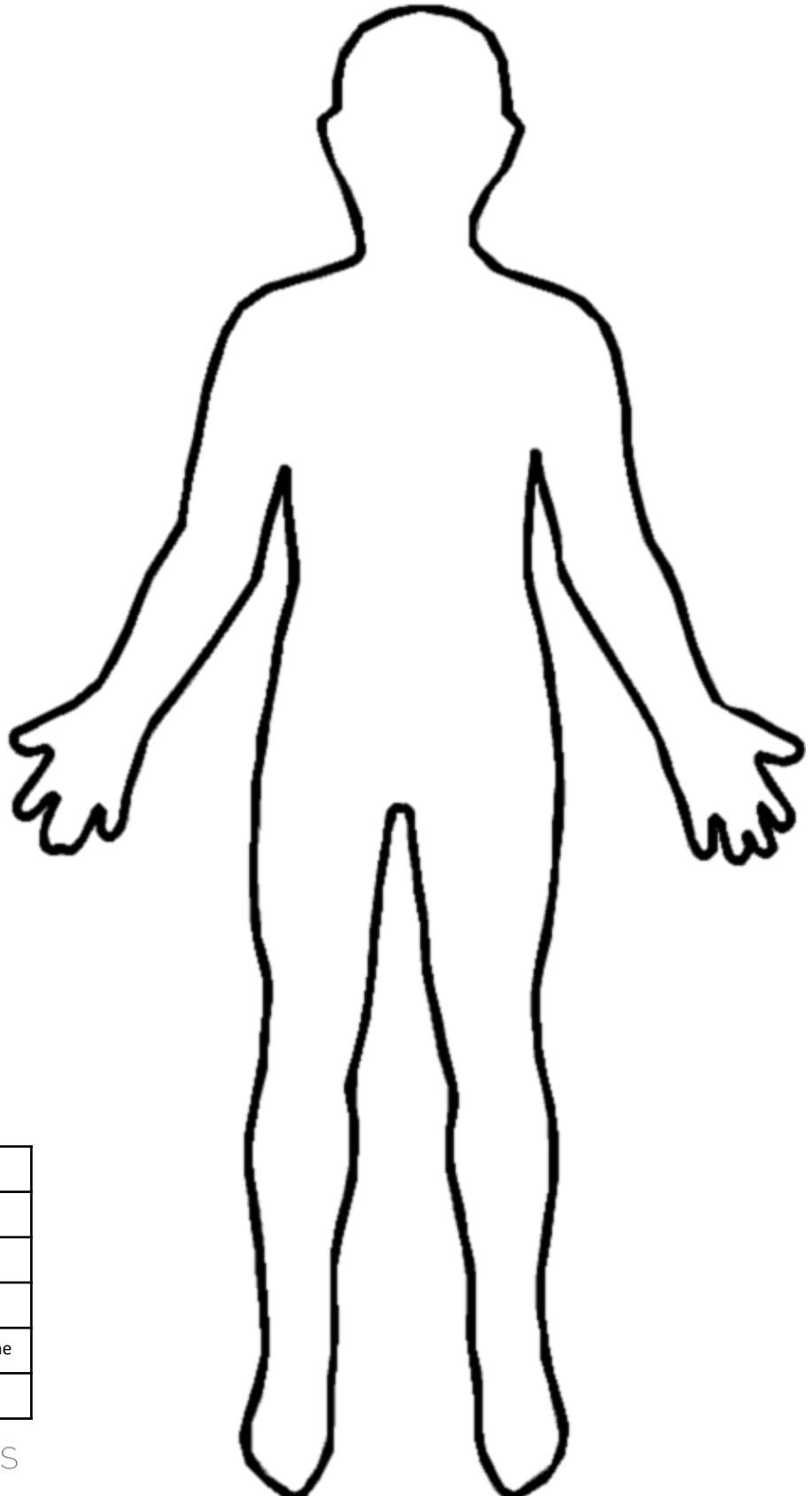
Leave immediately ☺ ☹ **note I understand it sometimes*

My Somatic IFS Parts Map

Use colours, symbols, words, and locations to map your system.

Journal about these parts, memories attached to them (i.e. when they learned some strategies, what might contribute to their pain), and recognize how YOU feel towards different aspects of yourself.

Remember, **there's NO wrong way to do this.**



	Protectors/Has a strategy/agenda
	Holds Painful Memories/traumas
☺	Welcoming, care, understanding
☹	Neutral towards it
☹	Don't like it, scared of it, want it gone
	Self Energy – 8 C's