

Parts Map with Prompts

Use the prompts below to get to know your parts. Where is Self in relation to these parts?

Name the Part:

Where in/on your body is it:

Physical Sensations:

Emotion word(s):

Thoughts:

Name the Part:

Where in/on your body is it:

Physical Sensations:

Emotion word(s):

Thoughts:

Name the Part:

Where in/on your body is it:

Physical Sensations:

Emotion word(s):

Thoughts:



Thank you!

At IFS Pathways we offer:

- Live IFS Training Online
- Consultation and Supervision Groups
- Individual Therapy for IFS/Perinatal Practitioners
- Individual Supervision
- Individual Courses to Deepen Your Learning

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