

IFS Parts Mapping Prompts

Write to explore internal parts through observation, curiosity, and reflection without labeling or judging.

Find: Describe a recent situation that triggered strong emotions or inner conflict. s the story you tell yourself!

Focus: Identify one internal response that stood out. If it were a "part," how would you describe it?



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Write to explore internal parts through observation, curiosity, and reflection without labeling or judging.

Flesh Out: When does this part typically arrive? What situations or triggers activate it?

Flesh Out: What might this part be trying to protect you from?



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Write to explore internal parts through observation, curiosity, and reflection without labeling or judging.

Flesh Out: How does this part affect your thoughts, feelings, behavior, or relationships?

Feel Toward: How do you feel toward this part when you notice it—curious, frustrated, distant, or compassionate?



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IFS Parts Mapping Prompts

Write to explore internal parts through observation, curiosity, and reflection without labeling or judging.

Focus: How strong does this part feel when it's present—
mild, moderate, or overwhelming?

Befriend: If this part had a voice, what does it tend to say to you?



IFS Parts Mapping Prompts

Write to explore internal parts through observation, curiosity, and reflection without labeling or judging; each prompt addresses one of the 6 Fs.

Find: Where do you notice this part in your body, if anywhere?

Fear: What might this part need from you right now—
acknowledgment, reassurance, boundaries, or rest?



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