

# IFS Inner Parts Mapping Guide

A beginner-friendly IFS workbook for self-discovery

*"All parts are welcome. Every part has a purpose. You are not broken – you are made of wisdom."*

## ■ Step 1 – Meet Your Inner World

Start by asking: "Who's here right now?"

Sit quietly, take a breath, and notice: What emotions, sensations, or thoughts are showing up?

Use this space to name or describe them:



## ■ Step 2 – Identify Different Parts

Think of a recent situation that brought up emotion or inner conflict.

1. Who was activated in that moment? ■
2. What did that part try to do for you? ■
3. How old does this part feel? ■
4. Where do you feel it in your body? ■

## ■ Step 3 – Get to Know the Roles

IFS divides parts into 3 main roles:

- Managers – Try to keep life under control (e.g., perfectionist, planner, critic)
- Firefighters – Jump in when emotions feel too intense (e.g., numbing, distractions)
- Exiles – Carry wounds from the past (e.g., shame, fear, heartbreak)

■ Manager: ■

■ Firefighter: ■

■ Exile: ■

## ■ Step 4 – Meet the Self

Take a breath and ask yourself:

"Can I be present with these parts from a place of curiosity and care?"

IFS is not about fixing your parts — it's about being with them, from your Self.

Write a short message from your Self to one of your parts: ■

## ■ Step 5 – Create a Parts Map

Draw a basic sketch of your inner system — like a constellation or inner family.

It can be messy or playful. Just note where each part might "sit" in your system.

[■] Manager – \_\_\_\_\_

[■] Exile – \_\_\_\_\_

[■] Firefighter – \_\_\_\_\_

[■■] Observing Self – \_\_\_\_\_

■■ Draw, doodle, or describe it here: 🐾■

### ♥■■ Final Reflection

What surprised you? What do you want to keep exploring?

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