

# Parts Mapping Exercise

Internal Family Systems therapy (IFS) recognizes each person as an ecosystem, with a core self at the center and a multitude of parts that exist around it. The Parts mapping exercise will help you identify & communicate with these these Parts.

## With each part, go through the 6F's.

1

**Find the part** – Where do you feel this part in your body? What thoughts, words, or images are coming to mind?

2

**Focus** – Focus on that specific element, the place in your body, and see what emerges.

3

**Flesh it out** – What else do you notice about that part? How far are you from that part? How old do you think it is? What thoughts or emotions are emerging?

4

**Feel** – How do you feel towards this part? Here you check for self-energy and the 8C's.

5

**BeFriend** – What would the Part like you to know? What is its role? What is its purpose? How old does it think you are? How old is it?

6

**Fears** – What is the Part afraid would happen if it stopped doing what it's doing? Each time you may note the answers until nothing more comes.

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Adapted from R. C. Schwartz (1997)

Exercise Credit: Michael Pasterski, IFS Poland