Map your parts

Choose one everyday situation that feels manageable. Notice which parts of you showed up. You can use words, sketches, colours, or arrows, and leave anything blank. A part might show up as a thought, feeling, body sensation, or urge.

Situation I'm thinking about

Part 1 / Name, nickname, or symbol _____

How I notice it

What it may be trying to do for me

Part 2 / Name, nickname, or symbol _____

How I notice it

What it may be trying to do for me

Part 3 / Name, nickname, or symbol _____

How I notice it

What it may be trying to do for me

How do these parts respond to each other?

For example, one part wants to speak up and another wants to keep the peace.

Get to know one part with the 6 Fs

Pick a part from your map that feels manageable to approach. Let your eyes rest on something in the room or notice what's supporting you. You can stop at any step. If you feel overwhelmed or far away, pause and return your attention to the room.

1. Find. What lets me know this part is here?

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2. Focus. Where can I gently place my attention for a moment?

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3. Flesh out. What details do I notice, such as a sensation, image, words, or an urge?

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4. Feel toward. How do I feel toward this part? Judgment or urgency may signal another part is here. I can acknowledge it and pause.

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5. Befriend. If I feel curious or open, what would this part like me to understand about what it does?

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6. Fears. If it's willing to share, what is it afraid might happen if it did its job differently?

The 8 Cs of Self

Circle any qualities you notice toward this part, even a little. Which quality might help you stay with it at a comfortable pace?

○ Calmness	○ Curiosity	○ Clarity	○ Compassion
○ Confidence	○ Courage	○ Creativity	○ Connectedness

What would help me close this check-in?

Sources · McConnell's overview of the 6 Fs · IFS Institute's 8 Cs of Self