



**INTERNAL
FAMILY SYSTEMS
QUESTIONS**

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**THE SELF
QUESTIONS**

INTERNAL FAMILY SYSTEMS (IFS) THERAPY

UNDERSTANDING THE CONCEPT OF 'SELF' / INTRODUCTION TO THE SELF

1. "**What** does the idea of having a 'true self' mean to you? How would you describe this concept in your own words?"
2. "**When** you feel most at peace and authentic, what do you notice about your thoughts, feelings, and actions?"
3. "**Imagine** a part of you that is wise, calm, and centered. How do you think this part would respond to challenges in your life?"
4. "**Have** you ever felt a deep sense of inner clarity or calmness? Can you describe what that experience was like?"
5. "**What** do you think it means to connect with your innermost self? How might this be different from other parts of your personality?"
6. "**When** you are faced with a difficult decision, how do you differentiate between your true desires and the voices of doubt or fear?"
7. "**What** qualities or values do you believe define your core self, beyond the roles and identities you hold in your daily life?"
8. "**How** do you think connecting with a deeper, truer part of yourself could influence your emotional well-being?"
9. "**If** there is a part of you that embodies compassion, wisdom, and strength, how can you access and nurture this part?"
10. "**What** do you imagine your life would look like if you were more in tune with this central, guiding part of yourself?"

THE "SELF" AS THE BUS DRIVER

1. "**Imagine** your mind as a bus, with different parts of you as passengers. What do you think it would be like if there were a calm, wise part of you driving the bus?"
2. "**What** happens when different parts of you, like your worries or fears, try to take over the driver's seat? How does that affect your journey?"
3. "**How** do you feel about the idea that there might be a core part of you capable of guiding and making decisions for the whole bus?"
4. "**What** qualities do you think a good bus driver should have? How might those qualities be present in your true self?"
5. "**If** you were to imagine a part of you that can calmly listen to all the passengers and make balanced decisions, how would that change your daily life?"
6. "**How** do you usually handle situations when different parts of you have conflicting needs or opinions? What might it be like to have a steady driver guiding those parts?"
7. "**What** does it feel like when you are in control of your actions and decisions, compared to when other parts of you take over?"
8. "**How** can you start to identify and trust the part of you that can be the steady driver of your bus, especially in difficult times?"
9. "**What** steps can you take to gently encourage the more reactive or fearful parts of you to relax and trust the bus driver?"
10. "**How** might your life be different if you felt more connected to and led by this calm, guiding part of yourself?"

8 C'S OF THE SELF QUESTIONS

8 C'S OF SELF

CURIOSITY

1. "**What** does it mean to you to be curious about your own thoughts and feelings? How do you think this might help you understand yourself better?"
2. "**Can** you recall a time when you felt genuinely curious about something in your life? What did you learn from that experience?"
3. "**How** might approaching your emotions with curiosity, rather than judgment, change the way you understand and respond to them?"
4. "**What** are some questions you can ask yourself to explore your inner world with a sense of curiosity?"
5. "**How** do you think being curious about your reactions and behaviors could help you uncover the underlying needs and desires of different parts of yourself?"
6. "**When** you feel a strong emotion, what can you do to pause and approach it with curiosity instead of reacting immediately?"
7. "**How** might curiosity help you build a deeper connection with different aspects of your personality and experiences?"
8. "**What** are some ways you can practice being more curious about your thoughts and feelings in your daily life?"
9. "**How** do you feel when you allow yourself to explore your inner experiences with an open and inquisitive mind?"
10. "**What** barriers might prevent you from being curious about your inner world, and how can you gently overcome them?"

CALM

1. "**What** does feeling calm mean to you? Can you describe a time when you felt truly calm and at peace?"
2. "**What** activities or situations help you achieve a sense of calmness in your life?"
3. "**When** you think about a calm place, either real or imagined, what does it look like? How does it make you feel?"
4. "**How** do you respond to stress or anxiety? What might it look like to approach these feelings with a sense of calm?"
5. "**What** are some small steps you can take to bring more calmness into your daily routine?"
6. "**How** do you think being calm can affect your relationships with others and your ability to handle challenges?"
7. "**When** you notice yourself becoming upset or overwhelmed, what can you do to center yourself and find calm?"
8. "**What** barriers do you face in achieving calmness, and how can you begin to address them?"
9. "**How** does your body feel when you are calm? What sensations do you notice?"
10. "**Imagine** a calm and steady part of yourself guiding you through difficult times. What advice or support might this part offer you?"

8 C'S OF SELF

CONFIDENCE

1. "**What** does confidence mean to you? Can you describe a moment in your life when you felt truly confident?"
2. "**How** do you feel when you are confident? What physical sensations or thoughts accompany that feeling?"
3. "**What** are some areas in your life where you would like to feel more confident? What would that look like for you?"
4. "**When** you face a challenge, how might a confident part of you respond differently than a part that feels unsure or fearful?"
5. "**What** are some small steps you can take to build confidence in yourself and your abilities?"
6. "**How** do you think your relationships and interactions might change if you felt more confident in your true self?"
7. "**Can** you identify any past experiences that have contributed to your current level of confidence? How can you learn from these experiences?"
8. "**How** do you handle self-doubt? What strategies might help you transform self-doubt into confidence?"
9. "**When** you think about a person you admire for their confidence, what qualities do they possess? How can you cultivate similar qualities in yourself?"
10. "**What** inner resources or strengths do you already have that can help you feel more confident? How can you tap into these resources more often?"

CLARITY

1. "**What** does clarity mean to you in your life? Can you describe a time when you felt particularly clear-minded about something important?"
2. "**How** do you recognize when you are feeling clear and focused? What does that experience look like for you?"
3. "**When** you are faced with a difficult decision, what helps you find clarity and make a choice that feels right?"
4. "**What** practices or activities help you clear your mind and gain a better perspective on your thoughts and feelings?"
5. "**How** do you differentiate between the noise of many thoughts and the clarity of your true desires or needs?"
6. "**Can** you think of a time when you gained a new understanding or insight that brought clarity to a confusing situation? What was that like?"
7. "**What** are some barriers or obstacles that prevent you from experiencing clarity, and how can you begin to address them?"
8. "**When** you feel overwhelmed or uncertain, what steps can you take to create a space for clarity to emerge?"
9. "**How** do you feel when you are clear about your goals or intentions? How does this clarity impact your actions and decisions?"
10. "**Imagine** a part of you that embodies clarity and insight. What advice or guidance might this part offer you in times of confusion or doubt?"

8 C'S OF SELF

COURAGE

1. "**What** does courage mean to you? Can you describe a time when you felt particularly courageous?"
2. "**How** do you recognize the feeling of courage within yourself? What sensations or thoughts accompany it?"
3. "**What** areas of your life do you wish you felt more courageous in? How would more courage change your approach to these areas?"
4. "**When** you face a fear or challenge, what helps you summon the courage to move forward?"
5. "**Can** you think of a situation where acting with courage brought about a positive change? What did you learn from that experience?"
6. "**What** are some small steps you can take to practice and build courage in your daily life?"
7. "**How** do you handle moments of self-doubt or fear? What might it look like to respond to these feelings with courage?"
8. "**Imagine** a part of you that embodies courage and strength. What would this part say to you in times of fear or uncertainty?"
9. "**How** do you think being more courageous can impact your relationships and interactions with others?"
10. "**What** resources or support do you need to feel more courageous, and how can you access them?"

CREATIVITY

1. "**What** does creativity mean to you? Can you describe a moment when you felt particularly creative?"
2. "**How** do you recognize when you are in a creative state? What thoughts, feelings, or sensations accompany it?"
3. "**What** activities or situations help you feel more creative and inspired?"
4. "**How** do you express your creativity in your daily life, even in small ways?"
5. "**Can** you recall a time when you solved a problem or approached a situation with creativity? What was the outcome?"
6. "**What** barriers or challenges do you face when trying to tap into your creativity, and how can you begin to overcome them?"
7. "**How** do you think embracing your creativity can impact other areas of your life, such as your work or relationships?"
8. "**When** you feel stuck or uninspired, what strategies can you use to ignite your creative spark?"
9. "**Imagine** a part of you that embodies creativity and imagination. How would this part guide you in exploring new ideas or projects?"
10. "**What** resources or environments help you feel more creative, and how can you incorporate them into your life more often?"

8 C'S OF SELF

CONNECTEDNESS

1. "**What** does patience mean to you? Can you describe a time when you felt particularly patient?"
2. "**How** do you recognize the feeling of patience within yourself? What thoughts, feelings, or sensations accompany it?"
3. "**In** what areas of your life do you find it easy to be patient, and in what areas do you find it challenging?"
4. "**What** strategies or practices help you cultivate patience, especially during difficult or stressful times?"
5. "**Can** you recall a situation where being patient led to a positive outcome? What did you learn from that experience?"
6. "**How** do you handle moments of frustration or impatience? What might it look like to respond to these feelings with patience?"
7. "**What** are some small steps you can take to practice patience in your daily life?"
8. "Imagine a part of you that embodies patience and calmness. How would this part guide you in moments of stress or urgency?"
9. "**How** do you think being more patient with yourself and others can impact your relationships and overall well-being?"
10. "**What** barriers might be preventing you from feeling more patient, and how can you begin to address them?"

5 P'S OF THE SELF QUESTIONS

5 P'S OF THE SELF

PATIENCE

1. **"What does persistence mean to you? Can you describe a time when you felt particularly persistent in achieving a goal?"**
2. **"How do you recognize the feeling of persistence within yourself? What thoughts, feelings, or sensations accompany it?"**
3. **"In what areas of your life do you find it easy to be persistent, and in what areas do you find it challenging?"**
4. **"What strategies or practices help you stay persistent, especially when faced with obstacles or setbacks?"**
5. **"Can you recall a situation where being persistent led to a positive outcome? What did you learn from that experience?"**
6. **"How do you handle moments of doubt or discouragement? What might it look like to respond to these feelings with persistence?"**
7. **"What are some small steps you can take to practice persistence in your daily life?"**
8. **"Imagine a part of you that embodies persistence and determination. How would this part guide you in achieving your goals?"**
9. **"How do you think being more persistent can impact your personal growth and overall well-being?"**
10. **"What barriers might be preventing you from feeling more persistent, and how can you begin to address them?"**

5 P'S OF THE SELF

PERSISTENCE

1. "**What** does persistence mean to you? Can you describe a time when you felt particularly persistent in achieving a goal?"
2. "**How** do you recognize the feeling of persistence within yourself? What thoughts, feelings, or sensations accompany it?"
3. "**In** what areas of your life do you find it easy to be persistent, and in what areas do you find it challenging?"
4. "**What** strategies or practices help you stay persistent, especially when faced with obstacles or setbacks?"
5. "**Can** you recall a situation where being persistent led to a positive outcome? What did you learn from that experience?"
6. "**How** do you handle moments of doubt or discouragement? What might it look like to respond to these feelings with persistence?"
7. "**What** are some small steps you can take to practice persistence in your daily life?"
8. "**Imagine** a part of you that embodies persistence and determination. How would this part guide you in achieving your goals?"
9. "**How** do you think being more persistent can impact your personal growth and overall well-being?"
10. "**What** barriers might be preventing you from feeling more persistent, and how can you begin to address them?"

PRESENCE

1. "**What** does being present mean to you? Can you describe a moment when you felt fully present and engaged in the moment?"
2. "**How** do you recognize the feeling of presence within yourself? What thoughts, feelings, or sensations accompany it?"
3. "**In** what situations do you find it easy to be present, and in what situations do you find it challenging?"
4. "**What** practices or activities help you cultivate a sense of presence in your daily life?"
5. "**Can** you recall a time when being fully present had a positive impact on your experience or relationships? What did you learn from that moment?"
6. "**How** do you handle distractions or thoughts that pull you away from the present moment? What might it look like to gently bring yourself back to presence?"
7. "**What** are some small steps you can take to practice being more present in your interactions with others?"
8. "**Imagine** a part of you that embodies presence and mindfulness. How would this part guide you in staying connected to the here and now?"
9. "**How** do you think being more present can impact your emotional well-being and overall quality of life?"
10. "**What** barriers might be preventing you from feeling more present, and how can you begin to address them?"

5 P'S OF THE SELF

PLAYFULNESS

1. "**What** does playfulness mean to you? Can you describe a moment when you felt truly playful and carefree?"
2. "**How** do you recognize the feeling of playfulness within yourself? What thoughts, feelings, or sensations accompany it?"
3. "**In** what activities or situations do you find it easy to be playful, and in what situations do you find it challenging?"
4. "**What** practices or activities help you cultivate a sense of playfulness in your daily life?"
5. "**Can** you recall a time when being playful brought joy or lightness to your experience? What did you learn from that moment?"
6. "**How** do you handle moments when you feel too serious or stressed? What might it look like to invite more playfulness into those times?"
7. "**What** are some small steps you can take to practice being more playful in your interactions with others?"
8. "**Imagine** a part of you that embodies playfulness and joy. How would this part guide you in bringing more fun and spontaneity into your life?"
9. "**How** do you think being more playful can impact your emotional well-being and overall quality of life?"
10. "**What** barriers might be preventing you from feeling more playful, and how can you begin to address them?"

PEACE

1. "**What** does peace mean to you? Can you describe a moment when you felt a deep sense of peace and tranquility?"
2. "**How** do you recognize the feeling of peace within yourself? What thoughts, feelings, or sensations accompany it?"
3. "**In** what situations or environments do you find it easiest to experience peace, and in what situations do you find it challenging?"
4. "**What** practices or activities help you cultivate a sense of peace in your daily life?"
5. "**Can** you recall a time when feeling peaceful had a positive impact on your experience or relationships? What did you learn from that moment?"
6. "**How** do you handle moments of inner turmoil or conflict? What might it look like to bring a sense of peace to those times?"
7. "**What** are some small steps you can take to practice being more peaceful in your interactions with others?"
8. "**Imagine** a part of you that embodies peace and calm. How would this part guide you in creating a more serene and balanced life?"
9. "**How** do you think experiencing more peace can impact your emotional well-being and overall quality of life?"
10. "**What** barriers might be preventing you from feeling more peace, and how can you begin to address them?"



EXPLORING EXILES
QUESTIONS

IDENTIFYING THE PARTS: EXILES

IDENTIFYING THE PARTS

1. "**If** you were to describe the different voices or perspectives inside you, what would they say? How do they each feel about a recent decision you made?"
2. "**Think** about a moment when you felt pulled in different directions. Can you name or describe the parts of you that were involved in that internal struggle?"
3. "**What** are the roles that different parts of you play in your life, like a caregiver, a protector, or a critic? How do these roles show up in your daily interactions?"
4. "**Imagine** you have an internal family of different parts. Who are the most vocal members, and what are their main concerns or desires?"
5. "**Can** you recall a situation where one part of you wanted to take a risk while another part wanted to play it safe? How did you navigate this internal dialogue?"
6. "**What** are some parts of you that come forward when you're under stress? How do they try to manage or alleviate the stress?"
7. "**Picture** a time when you felt completely at ease and content. Which parts of you were most present and active in that moment?"
8. "**How** do you differentiate between parts of you that are based on fear and those that are rooted in love and compassion? Can you give an example?"
9. "**What** are some recurring themes or patterns you notice in the way your different parts interact with each other? How do these patterns affect your behavior?"
10. "**Imagine** you're holding a meeting with all your internal parts. Who speaks up first, and what do they say? How do the other parts respond?"

EXILES

1. "**Can** you recall a time when you felt particularly hurt or overwhelmed as a child? How does that memory feel to you now?"
2. "**When** you experience deep sadness or pain, do you notice any parts of yourself that seem to carry old wounds or unresolved emotions?"
3. "**Are** there parts of you that feel hidden away or buried because they carry difficult feelings? How might they be trying to get your attention?"
4. "**Think** about moments when you've felt really vulnerable. What parts of you emerge, and what are they trying to tell you?"
5. "**When** you feel a sense of shame or guilt, can you identify any younger parts of yourself that might be carrying those heavy emotions?"
6. "**Are** there experiences from your past that you rarely talk about because they still feel too painful? How do those memories affect you now?"
7. "**What** are the parts of you that feel isolated or disconnected from the rest of your internal world? What stories or feelings do they hold?"
8. "**When** you encounter feelings of rejection or abandonment, do certain parts of you react more strongly? What might those parts be seeking?"
9. "**Can** you identify any parts of yourself that feel like they've been pushed aside or neglected? What emotions do they bring up when you focus on them?"
10. "**Imagine** the parts of you that feel the most wounded or vulnerable. How do they express their need for care and understanding?"

IDENTIFYING THE PARTS: EXILES

THE ABANDONED EXILE

1. "**Can** you think of a time when you felt intensely alone or unsupported? How do those memories make you feel now?"
2. "**Are** there moments in your life when you feel a deep fear of being left behind or forgotten? What do those moments remind you of?"
3. "**When** you experience feelings of loneliness, do any specific memories or images come to mind from your past?"
4. "**How** do you respond when you sense that someone might be rejecting you or pulling away? What feelings arise within you?"
5. "**Are** there parts of you that feel particularly sensitive to being left out or abandoned? What stories or past experiences do they hold?"
6. "**Think** about times when you've felt unsupported or neglected. What emotions surface, and how do you usually cope with them?"
7. "**When** you feel a strong sense of loneliness, can you identify a part of yourself that carries the weight of those feelings? How does that part express itself?"
8. "**How** do you react to the idea of being alone? Are there parts of you that feel more fearful or anxious about isolation?"
9. "**What** are some early experiences of feeling abandoned or rejected that might still affect you today? How do those experiences influence your relationships?"
10. "**Imagine** a part of you that feels like it has been left behind or forgotten. How does this part of you seek attention or comfort?"

THE WORTHLESS EXILE

1. "**Can** you remember a time when you felt deeply inadequate or not good enough? What emotions come up when you think about that experience?"
2. "**Are** there moments in your life when you feel a strong sense of failure or worthlessness? What do those moments remind you of from your past?"
3. "**When** you hear critical thoughts in your mind, can you identify where they might be coming from? What past experiences might be influencing these thoughts?"
4. "**How** do you react when you feel like you've made a mistake or fallen short of expectations? What feelings arise within you?"
5. "**Are** there parts of you that seem to carry the belief that you're fundamentally unworthy? What messages or memories do these parts hold?"
6. "**Think** about times when you've received criticism. How did those moments affect your view of yourself, and how do you feel about them now?"
7. "**When** you feel overwhelmed by a sense of inadequacy, can you identify a part of yourself that is especially burdened by these feelings? How does this part express itself?"
8. "**How** do you cope with feelings of not being good enough? Are there particular strategies or behaviors you use to manage these feelings?"
9. "**What** early experiences of criticism or failure might still be affecting how you see yourself today? How do these experiences influence your self-worth?"
10. "**Imagine** a part of you that feels deeply unworthy or inadequate. How does this part seek validation or comfort, and what might it need to feel more supported?"

IDENTIFYING THE PARTS: EXILES

THE TRAUMATIZED EXILE

1. "**Can** you think of moments when you've felt intense fear or helplessness, even if the reasons weren't entirely clear? What do those feelings remind you of?"
2. "**Are** there situations or triggers in your daily life that seem to bring up overwhelming emotions? What do you notice about these reactions?"
3. "**When** you experience a strong emotional reaction, do any memories or images from the past come to mind, even if they seem disconnected?"
4. "**How** do you feel in your body when you encounter reminders of past distressing events? What sensations or responses do you notice?"
5. "**Can** you identify any parts of you that carry deep fear or horror? What stories or memories do these parts hold?"
6. "**Think** about times when you've felt completely overwhelmed by an emotion. How did you cope with it, and what did you feel afterwards?"
7. "**Are** there parts of you that seem to be on high alert, as if constantly scanning for danger? What might these parts be trying to protect you from?"
8. "**How** do you manage feelings of fear or helplessness when they arise? What strategies or behaviors do you use to cope?"
9. "**What** early experiences of trauma or distress might still be influencing how you react to certain situations today?"
10. "**Imagine** a part of you that feels deeply scared or traumatized. How does this part seek safety and comfort, and what might it need to feel more secure?"

THE SHAMED EXILE

1. "**Can** you recall a time when you felt deeply ashamed or humiliated? What emotions come up when you think about that experience?"
2. "**When** you hear self-critical thoughts, can you identify where they might be coming from? Are there past experiences that contribute to these feelings of shame?"
3. "**How** do you feel when you think about deserving love and happiness? Are there parts of you that feel unworthy or undeserving?"
4. "**What** memories or situations trigger a strong sense of guilt or shame for you? How do these feelings affect your behavior?"
5. "**Are** there parts of you that carry the belief that you are fundamentally flawed? What messages do these parts hold?"
6. "**Think** about times when you've felt judged or criticized. How did those moments impact your view of yourself, and how do they make you feel now?"
7. "**When** you experience intense feelings of shame, can you identify a part of yourself that is particularly burdened by these emotions? How does this part express itself?"
8. "**How** do you cope with feelings of guilt or shame? Are there particular strategies or behaviors you use to manage these feelings?"
9. "**What** early experiences of shaming or humiliation might still be affecting how you see yourself today? How do these experiences influence your self-worth?"
10. "**Imagine** a part of you that feels deeply ashamed or guilty. How does this part seek acceptance or comfort, and what might it need to feel more understood and supported?"

IDENTIFYING THE PARTS: EXILES

THE NEGLECTED EXILE

1. "**Can** you recall a time when you felt overlooked or unimportant? How do those memories make you feel now?"
2. "**When** you experience a sense of unfulfillment, do any specific memories or feelings from your past come up?"
3. "**What** are some situations in your life where you feel your needs are not being met? How do these situations affect you?"
4. "**How** do you respond when you feel neglected or ignored by others? What emotions arise within you?"
5. "**Are** there parts of you that seem to carry a deep longing for attention or care? What stories or past experiences do these parts hold?"
6. "**Think** about times when you've felt deprived or unfulfilled. How did those moments impact your view of yourself and your relationships?"
7. "**When** you feel a strong sense of being overlooked, can you identify a part of yourself that is particularly affected by these feelings? How does this part express itself?"
8. "**How** do you cope with feelings of neglect or deprivation? Are there particular strategies or behaviors you use to manage these feelings?"
9. "**What** early experiences of neglect or lack of attention might still be influencing how you feel today? How do these experiences shape your sense of self-worth?"
10. "**Imagine** a part of you that feels deeply neglected or unfulfilled. How does this part seek acknowledgment and care, and what might it need to feel more supported and valued?"

THE INVISIBLE EXILE

1. "**Can** you recall a time when you felt invisible or unheard? What emotions come up when you think about that experience?"
2. "**When** you feel like your thoughts or feelings are being dismissed, what past memories or sensations are triggered?"
3. "**How** do you react when you feel ignored or overlooked in a conversation or situation? What emotions arise within you?"
4. "**Are** there parts of you that seem to carry a deep sense of being unseen? What stories or experiences do these parts hold?"
5. "**Think** about times when you've tried to express yourself but felt unheard. How did those moments impact your self-esteem and relationships?"
6. "**When** you feel like no one is listening to you, can you identify a part of yourself that is particularly affected by these feelings? How does this part express itself?"
7. "**How** do you cope with feelings of being invisible or ignored? Are there particular strategies or behaviors you use to manage these feelings?"
8. "**What** early experiences of feeling unseen or unheard might still be influencing how you feel today? How do these experiences shape your interactions with others?"
9. "**Imagine** a part of you that feels deeply invisible or ignored. How does this part seek recognition and validation, and what might it need to feel more acknowledged?"
10. "**What** are some small steps you can take to ensure your voice is heard and your presence is felt in your daily interactions?"



EXPLORING MANAGERS
QUESTIONS

IDENTIFYING THE PARTS: MANAGERS

MANAGERS

1. "**Can** you think of times when you feel a strong need to stay in control of situations? What parts of you are active in those moments?"
2. "**When** you notice yourself being highly critical of your actions or decisions, what do you think this critical part is trying to protect you from?"
3. "**How** do you feel when you prioritize others' needs over your own? What part of you is responsible for this caretaking behavior?"
4. "**Can** you identify a part of you that steps in to manage your emotions or behaviors when you start to feel vulnerable? What does this part say or do?"
5. "**What** are some common thoughts or behaviors that arise when you feel the need to keep everything under control? How do these parts try to help you?"
6. "**Think** about a time when you felt compelled to plan or organize every detail of a situation. What part of you was leading that effort, and what was it trying to achieve?"
7. "**When** you feel a strong urge to criticize yourself, can you explore what this critical part fears might happen if it didn't speak up?"
8. "**How** do you handle situations where you feel the need to take care of others, often at your own expense? What part of you is driving this behavior?"
9. "**Imagine** a part of you that works tirelessly to prevent any mistakes or failures. What is this part's main concern, and how does it try to protect you?"
10. "**What** are some ways your proactive parts try to keep you safe from emotional pain or harm? How might you acknowledge and appreciate their efforts while also seeking balance?"

THE PLEASER

1. "**Can** you recall a time when you agreed with someone just to keep the peace, even though you felt differently? What feelings came up for you afterward?"
2. "**How** do you feel when you go out of your way to make others happy? What part of you is driving this behavior?"
3. "**When** you think about avoiding conflict, what thoughts or memories come to mind? What part of you is trying to protect you by keeping things smooth?"
4. "**What** are some situations where you find yourself saying 'yes' even when you want to say 'no'? What part of you is afraid of saying 'no'?"
5. "**How** do you feel when you put others' needs before your own? What does this part of you hope to achieve or avoid?"
6. "**Can** you identify a part of you that feels responsible for ensuring everyone around you is happy? What motivates this part to take on that role?"
7. "**When** you notice yourself trying to please others, what are some fears or concerns that come up? How does this part of you try to manage those fears?"
8. "**Think** about a time when you felt drained from trying to keep everyone happy. What part of you was active in that situation, and what was it trying to prevent?"
9. "**What** are some patterns you notice in your behavior when you're around people you want to impress or keep satisfied? What does this part of you hope to gain?"
10. "**Imagine** a part of you that always tries to avoid conflict by making others happy. How does this part feel when you think about standing up for your own needs and desires?"

IDENTIFYING THE PARTS: MANAGERS

THE CRITIC

1. "**Can** you think of a time when you felt a strong inner voice telling you that you weren't good enough? What was happening, and how did that voice make you feel?"
2. "**How** do you react when you hear thoughts like 'I should have done better' or 'That wasn't good enough'? What part of you is saying these things?"
3. "**When** you accomplish something, do you find it hard to celebrate because you focus on what you could have done differently? What does this critical part hope to achieve?"
4. "**How** often do you catch yourself judging your actions or decisions harshly? What are some common phrases or thoughts that come up?"
5. "**What** are some situations where your inner critic tends to be the loudest? How does this part try to protect you from potential mistakes?"
6. "**Can** you recall a moment when you felt paralyzed by self-doubt or fear of failure? What role did your critical inner voice play in that moment?"
7. "**How** do you feel physically and emotionally when you are being hard on yourself? What part of you believes that criticism will help you improve?"
8. "**When** you think about the critical voice inside you, can you identify where it might have originated? What experiences or influences contributed to its development?"
9. "**How** do you cope with the feelings of not being good enough? What does this critical part fear might happen if it didn't push you to do better?"
10. "**Imagine** a part of you that is constantly judging and pushing you. What would it need to feel reassured and supported, without being so harsh?"

THE CARETAKER

1. "**Can** you think of times when you've put others' needs ahead of your own? What were those situations like for you, and how did you feel afterward?"
2. "**When** you find yourself caring for others, even when you're exhausted, what part of you is driving that behavior?"
3. "**How** do you feel when you say 'yes' to helping someone, even if you really want to say 'no'? What fears or concerns come up?"
4. "**Are** there moments when you realize you've neglected your own needs because you were focused on taking care of someone else? What emotions arise in those moments?"
5. "**How** do you balance your desire to help others with your own self-care? What part of you struggles with finding that balance?"
6. "**When** you think about prioritizing your own needs, what thoughts or feelings come up? How does the part of you that focuses on caretaking respond?"
7. "**Can** you recall a time when taking care of others led to feeling overwhelmed or resentful? What does this part of you hope to achieve by always being there for others?"
8. "**How** do you handle situations where taking care of someone conflicts with your own needs or desires? What inner dialogue occurs?"
9. "**Imagine** a part of you that always wants to ensure everyone else is okay before considering your own well-being. What are its main concerns or fears?"
10. "**What** messages or beliefs might be driving the part of you that feels responsible for others' happiness? How can you acknowledge and appreciate its efforts while also nurturing your own needs?"

IDENTIFYING THE PARTS: MANAGERS

THE PLANNER

1. "**Can** you recall a time when you spent a lot of energy planning for every possible outcome? What feelings drove you to do that?"
2. "**When** you find yourself making detailed plans, even for simple situations, what part of you is at work, and what is it trying to achieve?"
3. "**How** do you feel when unexpected events occur? How does the part of you that likes to plan respond to surprises?"
4. "**What** thoughts or emotions come up when you think about not having a plan in place? What does the part of you that loves to plan fear might happen?"
5. "**Are** there moments when your planning feels more like worrying? How do you differentiate between the two?"
6. "**How** do you handle situations where your plans don't go as expected? What inner dialogue occurs when things deviate from your expectations?"
7. "**When** you think about the future, what drives your need to prepare for every possibility? What is this part of you trying to protect?"
8. "**Can** you identify a part of you that feels most comfortable when everything is organized and planned out? What does this part need to feel secure?"
9. "**How** does the need to plan for every scenario impact your daily life and relationships? How do you feel about this impact?"
10. "**Imagine** a part of you that is always thinking ahead and making plans. How would this part feel if you were to trust more in the present moment and let go of some control?"

THE WORKAHOLIC

1. "**Can** you recall a time when you felt compelled to work late into the night? What emotions were driving you in that moment?"
2. "**How** do you feel when you take a break or try to relax? What thoughts or feelings come up that might push you back to work?"
3. "**When** you think about not meeting a work-related goal, what fears or concerns arise? What part of you is worried about falling short?"
4. "**How** do your personal relationships fare when you're deeply immersed in work? What might this part of you that prioritizes work be trying to protect you from?"
5. "**Can** you identify a time when you sacrificed leisure or self-care for the sake of work? What beliefs or motivations drove that decision?"
6. "**What** thoughts or feelings come up when you consider taking time off from work? How does the part of you that focuses on productivity respond?"
7. "**How** do you manage feelings of inadequacy or fear of failure in your professional life? What role does the part of you that drives you to work hard play in this?"
8. "**When** you achieve a work-related success, how long does the satisfaction last before you feel the need to dive back into work? What part of you is seeking constant validation?"
9. "**Imagine** a part of you that feels most comfortable when you're busy and productive. What does this part need to feel secure and valued without overworking?"
10. "**How** do you balance your desire for professional success with the need for personal well-being and relationships? What steps can you take to ensure this balance is maintained?"

IDENTIFYING THE PARTS: MANAGERS

THE PERFECTIONIST

1. "**Can** you recall a time when you spent extra hours making sure something was absolutely perfect? What were you feeling during that time?"
2. "**How** do you react when you make a mistake or when something doesn't meet your high standards? What part of you feels most affected?"
3. "**When** you think about not meeting your own expectations, what fears or concerns come up? What is this part of you worried might happen?"
4. "**How** do you feel when others point out flaws in your work or actions? What does the part of you that strives for perfection say in those moments?"
5. "**What** situations trigger your need to review and revise your work excessively? What beliefs or past experiences fuel this behavior?"
6. "**When** you think about letting go of the need for perfection, what emotions arise? How does the part of you that seeks perfection respond to this idea?"
7. "**How** do you handle feedback or criticism from others? What inner dialogue occurs, and what part of you is most active in those moments?"
8. "**Can** you identify a time when striving for perfection led to stress or burnout? What was this part of you trying to achieve or avoid?"
9. "**What** are some areas in your life where you feel the pressure to be perfect is the strongest? How does this impact your overall well-being?"
10. "**Imagine** a part of you that always aims for the highest standards. What does this part need to feel reassured and valued without the pressure of being perfect?"

THE CONTROLLER

1. "**Can** you recall a time when you felt the need to control every detail of a situation? What emotions were driving you in that moment?"
2. "**How** do you feel when things don't go according to your plans? What thoughts or feelings come up, and what part of you reacts most strongly?"
3. "**When** you try to manage or influence the behavior of others, what are you hoping to achieve or avoid? What fears or concerns are at play?"
4. "**What** situations make you feel most out of control, and how do you typically respond to those feelings?"
5. "**How** do you balance the need for control with allowing others to have their own experiences and make their own choices?"
6. "**What** past experiences have shaped your desire to keep situations predictable and comfortable? How do those experiences influence your behavior today?"
7. "**When** you think about letting go of control, even a little bit, what emotions arise? How does the part of you that seeks control respond to this idea?"
8. "**How** do you handle unpredictability or surprises in your life? What strategies do you use to regain a sense of control?"
9. "**Can** you identify a time when your need for control led to tension or conflict in your relationships? What was this part of you trying to protect or achieve?"
10. "**Imagine** a part of you that always wants to keep everything under control. What does this part need to feel safe and secure without having to manage everything so closely?"



**EXPLORING FIREFIGHTERS
QUESTIONS**

IDENTIFYING THE PARTS: FIREFIGHTERS

FIREFIGHTERS

1. "**Can** you think of times when you've engaged in impulsive or extreme behaviors to avoid feeling overwhelmed? What were those situations like?"
2. "**When** you find yourself turning to distractions or risky activities, what emotions or memories are you trying to escape from?"
3. "**How** do you feel after engaging in behaviors that seem reactive or out of control? What part of you is trying to protect you through these actions?"
4. "**Are** there specific triggers or situations that make you want to avoid your feelings at all costs? How do you usually respond in those moments?"
5. "**What** do you notice about your thoughts and emotions when you turn to habits like overeating, substance use, or excessive screen time?"
6. "**How** do you cope when painful memories or feelings start to surface? What strategies do you use to distract yourself, and how effective are they?"
7. "**Can** you identify a part of you that steps in to 'put out the fire' when emotions become too intense? What does this part do to help you cope?"
8. "**When** you reflect on behaviors that seem impulsive or extreme, what fears or vulnerabilities might be driving those actions?"
9. "**How** do you feel about the part of you that reacts strongly to avoid pain? What does this part need to feel more secure without resorting to extreme measures?"
10. "**Imagine** a part of you that acts like a firefighter, rushing in to protect you from overwhelming feelings. How can you acknowledge and appreciate its efforts while finding healthier ways to address your emotions?"

THE ADDICTIVE FIREFIGHTER

1. "**Can** you recall a time when you turned to drinking, drug use, or overeating to cope with overwhelming emotions? What were you feeling in that moment?"
2. "**When** you notice yourself reaching for something to numb your feelings, what emotions or thoughts are you trying to escape from?"
3. "**How** do you feel right before you engage in addictive behaviors? What part of you is seeking relief or distraction?"
4. "**What** triggers or situations make you more likely to turn to substances or behaviors for comfort? How do these triggers affect you?"
5. "**After** engaging in addictive behaviors, what feelings or thoughts arise? How does the part of you that seeks relief respond to these feelings?"
6. "**Can** you identify a pattern in how you use certain behaviors or substances to avoid pain or discomfort? What does this part of you hope to achieve?"
7. "**When** you reflect on times when you've felt out of control with addictive behaviors, what underlying emotions or vulnerabilities might have been driving those actions?"
8. "**How** do you feel about the part of you that turns to addictive behaviors for comfort? What does this part need to feel more secure and understood?"
9. "**What** are some healthier ways you can address your emotions without resorting to addictive behaviors? How might you support the part of you that feels vulnerable?"
10. "**Imagine** a part of you that seeks out addictive behaviors to cope with intense feelings. How can you acknowledge its efforts to protect you while finding safer and more nurturing ways to deal with your emotions?"

IDENTIFYING THE PARTS: FIREFIGHTERS

THE BLAMING FIREFIGHTER

1. "**Can** you recall a time when you felt compelled to blame someone else for a difficult situation? What emotions were you feeling in that moment?"
2. "**When** you find yourself pointing fingers at others, what underlying feelings or thoughts might you be trying to avoid?"
3. "**How** do you feel after you've blamed someone for a problem? What part of you is seeking relief or protection through this behavior?"
4. "**What** situations or triggers make you more likely to find fault with others? How do these situations affect your emotions?"
5. "**Can** you identify a pattern in your behavior when you feel stressed or inadequate? How does the part of you that resorts to blaming respond in these moments?"
6. "**When** you reflect on times you've blamed others, what fears or vulnerabilities might have been driving those actions?"
7. "**How** do you feel about the part of you that shifts discomfort onto others by blaming them? What does this part need to feel more secure and understood?"
8. "**What** are some healthier ways you can address your feelings of discomfort without projecting them onto others? How might you support the part of you that feels vulnerable?"
9. "Imagine a part of you that reacts to stress by blaming others. What does this part fear might happen if it didn't shift the blame?"
10. "**How** might your relationships change if you were able to recognize and address your own feelings of discomfort instead of blaming others? What steps can you take to practice this?"

THE IMPULSIVE FIREFIGHTER

1. "**Can** you recall a time when you engaged in impulsive behavior, like shopping or reckless driving, to cope with a stressful situation? What emotions were you trying to manage?"
2. "**When** you feel the urge to act impulsively, what thoughts or feelings are usually present beforehand?"
3. "**How** do you feel immediately after engaging in impulsive behaviors? What part of you is seeking relief through these actions?"
4. "**What** situations or triggers make you more likely to act impulsively? How do these situations affect your emotions?"
5. "**Can** you identify a pattern in your impulsive behaviors when you feel overwhelmed or vulnerable? What does this part of you hope to achieve?"
6. "**When** you reflect on times you've acted impulsively, what underlying emotions or vulnerabilities might have been driving those actions?"
7. "**How** do you feel about the part of you that turns to impulsive actions to cope with stress or discomfort? What does this part need to feel more secure and understood?"
8. "**What** are some healthier ways you can address your feelings of pain or vulnerability without resorting to impulsive behaviors? How might you support the part of you that feels overwhelmed?"
9. "**Imagine** a part of you that reacts to stress by engaging in impulsive actions. What does this part fear might happen if it didn't distract you in this way?"
10. "**How** might your life change if you were able to recognize and address your own feelings of discomfort without acting impulsively? What steps can you take to practice this?"

IDENTIFYING THE PARTS: FIREFIGHTERS

THE SELF-HARMING FIREFIGHTER

1. "**Can** you remember a time when you felt the urge to harm yourself? What emotions or situations were you experiencing at that moment?"
2. "**When** you think about self-harm, what feelings or thoughts come up for you? What part of you is seeking relief through these actions?"
3. "**How** do you feel immediately after engaging in self-harm? What is this part of you trying to communicate or alleviate?"
4. "**What** triggers or situations make you more likely to consider self-harm as a coping mechanism? How do these situations impact your emotional state?"
5. "**Can** you identify any patterns in your self-harming behavior when you feel overwhelmed or in pain? What is this part of you hoping to achieve?"
6. "**When** you reflect on times you've harmed yourself, what underlying emotions or vulnerabilities might have been driving those actions?"
7. "**How** do you feel about the part of you that turns to self-harm to cope with intense emotions? What does this part need to feel more secure and understood?"
8. "**What** are some alternative ways you can address your feelings of pain or vulnerability without resorting to self-harm? How might you support the part of you that feels overwhelmed?"
9. "**Imagine** a part of you that reacts to emotional pain by engaging in self-harm. What does this part fear might happen if it didn't act in this way?"
10. "**How** might your life change if you were able to recognize and address your feelings of emotional pain without harming yourself? What steps can you take to practice this?"

THE DISSOCIATIVE FIREFIGHTER

1. "**Can** you recall a time when you felt detached from your surroundings or your body? What emotions or situations were you experiencing at that moment?"
2. "**When** you notice yourself zoning out or feeling disconnected, what thoughts or feelings seem to trigger this response?"
3. "**How** do you feel immediately after an episode of dissociation? What part of you is seeking relief or protection through these moments of detachment?"
4. "**What** triggers or situations make you more likely to dissociate? How do these situations impact your emotional and physical state?"
5. "**Can** you identify any patterns in your dissociative behavior when you feel overwhelmed or in pain? What is this part of you hoping to achieve or avoid?"
6. "**When** you reflect on times you've felt disconnected from reality, what underlying emotions or vulnerabilities might have been driving those experiences?"
7. "**How** do you feel about the part of you that causes you to dissociate? What does this part need to feel more secure and understood?"
8. "**What** are some alternative ways you can address your feelings of pain or discomfort without disconnecting from reality? How might you support the part of you that feels overwhelmed?"
9. "**Imagine** a part of you that reacts to emotional pain by causing you to dissociate. What does this part fear might happen if it didn't create this sense of detachment?"
10. "**How** might your life change if you were able to recognize and address your feelings of discomfort without dissociating? What steps can you take to stay more grounded in the present moment?"

IDENTIFYING THE PARTS: FIREFIGHTERS

THE RAGEFUL FIREFIGHTER

1. "Can you recall a time when you felt a sudden surge of anger in response to a situation? What emotions or events triggered this reaction?"
2. "When you notice yourself becoming intensely angry, what thoughts or feelings often come up just before the anger?"
3. "How do you feel immediately after an episode of intense anger or rage? What part of you is seeking relief or protection through these outbursts?"
4. "What triggers or situations tend to make you more prone to feelings of rage? How do these situations affect your emotional state?"
5. "Can you identify any patterns in your angry responses when you feel vulnerable or hurt? What is this part of you hoping to achieve or avoid?"
6. "When you reflect on times you've felt intensely angry, what underlying emotions or vulnerabilities might have been driving those reactions?"
7. "How do you feel about the part of you that uses anger to shield you from feeling vulnerable? What does this part need to feel more secure and understood?"
8. "What are some healthier ways you can address your feelings of vulnerability or hurt without resorting to anger? How might you support the part of you that feels overwhelmed?"
9. "Imagine a part of you that reacts to emotional pain by becoming rageful. What does this part fear might happen if it didn't express anger in such a strong way?"
10. "How might your life change if you were able to recognize and address your feelings of vulnerability without resorting to rage? What steps can you take to manage your anger more effectively?"

SELF TO PART
RELATIONSHIP QUESTIONS

THE RELATIONSHIP BETWEEN SELF AND PART

SELF TO PART RELATIONSHIPS

1. "**Can** you describe a moment when you felt calm and compassionate toward a part of yourself that was struggling? What was that experience like?"
2. "**When** you notice a part of you feeling intense emotions, how do you typically respond? What might it look like to approach this part with curiosity and care?"
3. "**How** do you differentiate between your core Self and the various parts of you? What qualities help you recognize your Self?"
4. "**Can** you think of a time when a part of you felt heard and understood by your core Self? How did this impact your overall well-being?"
5. "**What** are some ways you can show compassion and understanding to parts of you that feel hurt or vulnerable?"
6. "**When** a part of you feels angry or critical, how can your core Self step in to provide guidance and support?"
7. "**How** do you feel when your core Self is in the lead versus when a part is taking over? What differences do you notice in your thoughts and behaviors?"
8. "**Imagine** a part of you that feels overwhelmed or scared. How can your core Self reassure and comfort this part?"
9. "**What** barriers do you encounter when trying to connect with your parts from a place of compassion and calmness?"
10. "**How** do you think fostering a stronger relationship between your core Self and your parts can impact your emotional health and daily life?"

SELF TO MANAGER RELATIONSHIP

1. "**Can** you remember a time when you felt the need to control everything? How did the calm, wise part of you respond to that feeling?"
2. "**When** you catch yourself being very critical or striving for perfection, how can you approach these feelings with curiosity instead of judgment?"
3. "**What** are some ways you can appreciate the parts of you that try to keep you safe and in control?"
4. "**How** do you feel when the controlling parts of you are in charge compared to when your calm, wise self is leading? What differences do you notice?"
5. "**Can** you think of a situation where the part of you that likes to control things actually helped you avoid a problem? How can you acknowledge its good intentions while also guiding it with your calm, wise self?"
6. "**When** you feel driven to overwork or take on too much responsibility, how can your calm, wise self offer balance and encourage self-care?"
7. "**What** past experiences might have influenced the controlling parts of you? How can understanding these experiences help you connect with them more kindly?"
8. "**How** do you usually respond when you feel anxious or stressed? What role do the parts of you that like to control things play, and how can your calm, wise self support you better?"
9. "**Imagine** a conversation between your calm, wise self and a part of you that tries to control everything. What would your calm, wise self say to reassure and guide this part?"
10. "**What** steps can you take to build a more trusting and cooperative relationship between your calm, wise self and the parts of you that like to be in control, especially during tough times?"

THE RELATIONSHIP BETWEEN SELF AND PART

SELF TO EXILE RELATIONSHIP

1. "**Can** you think of a time when you felt deeply hurt or ashamed? How did the calm, wise part of you respond to those feelings?"
2. "**When** you feel overwhelmed by sadness or pain, how can you gently check in with the vulnerable parts of yourself that might be carrying these feelings?"
3. "**What** are some ways you can show kindness and understanding to the parts of you that feel hidden or forgotten?"
4. "**How** do you feel when you remember past experiences of rejection or neglect? How can your calm, wise self provide comfort to these parts?"
5. "**Can** you recall a moment when a vulnerable part of you felt heard and understood? What impact did that have on your overall well-being?"
6. "**When** you notice feelings of deep sadness or fear, what might your calm, wise self say to reassure and support these vulnerable parts?"
7. "**What** past experiences might have led certain parts of you to feel exiled or ignored? How can understanding these experiences help you connect with them more compassionately?"
8. "**How** do you usually respond to intense feelings of vulnerability or pain? What role does your calm, wise self play in these moments?"
9. "**Imagine** a conversation between your calm, wise self and a part of you that feels deeply wounded. What would your calm, wise self say to offer comfort and healing?"
10. "**What** steps can you take to build a more trusting and nurturing relationship between your calm, wise self and the parts of you that carry old wounds, especially when they feel most vulnerable?"

SELF TO FIREFIGHTER RELATIONSHIP

1. "**Can** you recall a time when you turned to a strong distraction or impulsive behavior to avoid feeling emotional pain? How did the calm, wise part of you respond?"
2. "**What** are some activities or behaviors you use to escape from intense emotions? How can your calm, wise self understand and address the needs behind these actions?"
3. "**When** you feel the urge to engage in an impulsive behavior, how can you gently check in with the part of you that is seeking relief?"
4. "**How** do you feel after you've engaged in a behavior to distract yourself from pain? What might your calm, wise self say to this part about its efforts?"
5. "**Can** you think of a moment when a part of you reacted impulsively to protect you from emotional distress? How can you acknowledge its intentions while offering it support?"
6. "**What** triggers or situations make you more likely to turn to extreme measures to avoid discomfort? How can your calm, wise self provide reassurance in these moments?"
7. "**How** do you usually respond to intense emotions or distressing thoughts? What role does your calm, wise self play in these situations?"
8. "**Imagine** a conversation between your calm, wise self and a part of you that acts impulsively to manage pain. What would your calm, wise self say to offer comfort and guidance?"
9. "**What** past experiences might have led certain parts of you to develop strong reactions to emotional pain? How can understanding these experiences help you connect with them more compassionately?"
10. "**What** steps can you take to build a more trusting and supportive relationship between your calm, wise self and the parts of you that react strongly to emotional distress, especially during challenging times?"

TREATMENT APPROACH
QUESTIONS: DIRECT ACCESS

IFS TREATMENT APPROACHES: DIRECT ACCESS

DIRECT ACCESS TO THE MANAGER PART

1. "**Can** you let the part of you that likes to plan and organize speak? What does this part want us to know about why it does what it does?"
2. "**From** the perspective of the part of you that is highly critical, what are its main concerns or fears?"
3. "**Can** you allow the part of you that feels responsible for others to share its thoughts? What drives its need to take care of everyone?"
4. "**What** does the part of you that strives for perfection want to say about its role and how it feels?"
5. "**When** you think about the part of you that seeks to control situations, what does it want to communicate about its intentions and worries?"
6. "**Can** you let the part of you that pushes you to work hard speak? What does it want us to understand about its motivations?"
7. "**From** the perspective of the part of you that avoids mistakes at all costs, what are its biggest fears and goals?"
8. "**What** does the part of you that sets high standards for yourself want to express about why it sets those standards?"
9. "**Can** you allow the part of you that manages your emotions to share its thoughts? What does it want us to know about its role in your life?"
10. "**When** you speak from the part of you that feels the need to be in control, what does it want to say about its purpose and what it's trying to protect you from?"

DIRECT ACCESS TO THE FIREFIGHTER PART

1. "**Can** you let the part of you that turns to distractions speak? What does this part want us to know about why it chooses these behaviors?"
2. "**From** the perspective of the part of you that seeks relief through impulsive actions, what are its main concerns or fears?"
3. "**Can** you allow the part of you that reacts strongly to stress or pain to share its thoughts? What drives its need to protect you in this way?"
4. "**What** does the part of you that engages in risky behaviors want to say about its role and how it feels?"
5. "**When** you think about the part of you that tries to escape emotional pain, what does it want to communicate about its intentions and worries?"
6. "**Can** you let the part of you that seeks comfort in substances or habits speak? What does it want us to understand about its motivations?"
7. "**From** the perspective of the part of you that uses anger or rage to cope, what are its biggest fears and goals?"
8. "**What** does the part of you that dissociates or disconnects want to express about why it uses this coping mechanism?"
9. "**Can** you allow the part of you that engages in self-harm to share its thoughts? What does it want us to know about its role in your life?"
10. "**When** you speak from the part of you that avoids painful emotions through extreme measures, what does it want to say about its purpose and what it's trying to protect you from?"

IFS TREATMENT APPROACHES: DIRECT ACCESS

DIRECT ACCESS TO THE EXILES PART

1. "**Can** you recall a time when you felt overlooked or unimportant? How do those memories make you feel now?"
2. "**When** you experience a sense of unfulfillment, do any specific memories or feelings from your past come up?"
3. "**What** are some situations in your life where you feel your needs are not being met? How do these situations affect you?"
4. "**How** do you respond when you feel neglected or ignored by others? What emotions arise within you?"
5. "**Are** there parts of you that seem to carry a deep longing for attention or care? What stories or past experiences do these parts hold?"
6. "**Think** about times when you've felt deprived or unfulfilled. How did those moments impact your view of yourself and your relationships?"
7. "**When** you feel a strong sense of being overlooked, can you identify a part of yourself that is particularly affected by these feelings? How does this part express itself?"
8. "**How** do you cope with feelings of neglect or deprivation? Are there particular strategies or behaviors you use to manage these feelings?"
9. "**What** early experiences of neglect or lack of attention might still be influencing how you feel today? How do these experiences shape your sense of self-worth?"
10. "**Imagine** a part of you that feels deeply neglected or unfulfilled. How does this part seek acknowledgment and care, and what might it need to feel more supported and valued?"

TREATMENT APPROACH
QUESTIONS: WITNESSING

IFS TREATMENT APPROACHES: WITNESSING

WITNESSING

1. "**Can** you describe how this part of you feels right now, without trying to change or fix it?"
2. "**What** thoughts and emotions does this part have? Can you just notice them without judging?"
3. "**How** does this part of you express itself? What behaviors or reactions do you observe?"
4. "**Can** you gently ask this part what it wants you to know about its experience?"
5. "**What** physical sensations do you notice when you focus on this part? How does your body respond?"
6. "**Can** you observe the role this part plays in your life and how it tries to help you?"
7. "**What** memories or images come up when you think about this part? Can you witness these without trying to alter them?"
8. "**How** does this part influence your thoughts and actions? Can you just observe its impact?"
9. "Can you listen to what this part is trying to say, without feeling the need to respond or fix anything?"
10. "**How** does it feel to sit with this part, offering it your full attention and compassion without any intention to change it?"

WITNESSING: SELF TO MANAGER

Identify and Focus on a Part:

1. "**Can** you recognize a moment when you felt the need to control a situation or felt overwhelmed by planning? What emotions or thoughts were present?"
2. "**When** you notice yourself being highly critical or striving for perfection, what feelings and urges come up?"
3. "**How** do you feel when you find yourself prioritizing others' needs over your own? What persistent thoughts accompany these actions

Observe the Part:

1. "**As** you focus on this part that likes to plan or control, what specific thoughts or impulses are associated with it?"
2. "**What** emotions does this part of you experience when it feels the need to manage everything?"
3. "**Can** you describe the physical sensations you notice in your body when this Manager part is active?"
4. "**What** past experiences or memories come up when you think about this part and its role?"
5. "**How** does this Manager part view its responsibilities and its impact on your life?"
6. "**What** does this part believe would happen if it didn't take control or manage the situation?"

Acknowledge the Part:

1. "**Can** you let this part know that you see it and understand its intentions to keep you safe or in control?"
2. "**How** can you convey to this part that its efforts are appreciated, even if they sometimes feel overwhelming?"
3. "**What** can you say to this part to let it know that it is accepted just as it is, without needing to change right now?"
4. "**How** can you reassure this part that you value its perspective and that you are here to listen?"
5. "**What** words of acknowledgment can you offer to this part to help it feel seen and heard?"
6. "**Can** you thank this part for its dedication and effort in trying to help you manage your life?"

IFS TREATMENT APPROACHES: WITNESSING

WITNESSING: SELF TO FIREFIGHTER

Identify and Focus on a Part:

1. "Can you recall a moment when you felt a strong urge to distract yourself or react impulsively? What emotions or thoughts were present?"
2. "When you notice yourself turning to extreme behaviors to cope, what feelings or urges come up?"
3. "How do you feel when you engage in behaviors to escape from intense emotions? What persistent thoughts accompany these actions?"

Observe the Part:

1. "As you focus on this part that seeks to distract or protect you, what specific thoughts or impulses are associated with it?"
2. "What emotions does this part of you experience when it feels the need to step in and take over?"
3. "Can you describe the physical sensations you notice in your body when this Firefighter part is active?"
4. "What past experiences or memories come up when you think about this part and its role?"
5. "How does this Firefighter part view its responsibilities and its impact on your life?"
6. "What does this part believe would happen if it didn't act to protect or distract you?"

Acknowledge the Part:

1. "Can you let this part know that you see it and understand its intentions to protect you from pain?"
2. "How can you convey to this part that its efforts to help you are appreciated, even if they sometimes feel overwhelming?"
3. "What can you say to this part to let it know that it is accepted just as it is, without needing to change right now?"
4. "How can you reassure this part that you value its perspective and that you are here to listen?"
5. "What words of acknowledgment can you offer to this part to help it feel seen and heard?"
6. "Can you thank this part for its dedication and effort in trying to protect you, and let it know that you are there to support it?"

WITNESSING: SELF TO EXILES

Identify and Focus on a Part:

1. "Can you recall a moment when you felt a deep sense of sadness, fear, or shame? What emotions or thoughts were present?"
2. "When you notice intense feelings of vulnerability or hurt, what urges or reactions come up?"
3. "How do you feel when memories of rejection, neglect, or trauma resurface? What persistent thoughts accompany these memories?"

Observe the Part:

1. "As you focus on this part that feels hurt or vulnerable, what specific thoughts or impulses are associated with it?"
2. "What emotions does this part of you experience when it feels isolated or ignored?"
3. "Can you describe the physical sensations you notice in your body when this Exile part is active?"
4. "What past experiences or memories come up when you think about this part and its role?"
5. "How does this Exile part perceive its own pain and its impact on your life?"
6. "What does this part believe would happen if it expressed its full range of emotions?"

Acknowledge the Part:

1. "Can you let this part know that you see it and understand its feelings of pain or sadness?"
2. "How can you convey to this part that its experiences are valid and that you are here to listen?"
3. "What can you say to this part to let it know that it is accepted just as it is, without needing to change right now?"
4. "How can you reassure this part that you value its perspective and that you are here to provide comfort?"
5. "What words of acknowledgment can you offer to this part to help it feel seen and heard?"
6. "Can you thank this part for its courage in revealing its pain and for its role in your inner world?"

TREATMENT APPROACH
QUESTIONS: UNBURDENING

IFS TREATMENT APPROACHES: UNBURDENING

UNBURDENING

1. "**Can** you identify a specific emotion or belief that this part is carrying? What does this burden feel like?"
2. "**What** past experiences or memories are associated with this burden? How has it affected this part of you over time?"
3. "**If** this part could speak, what would it say about the weight it's been carrying? How has this burden impacted its role in your life?"
4. "**What** does this part need in order to feel safe enough to let go of its burden? How can you or other parts support this process?"
5. "**Can** you imagine a safe place or environment where this part can release its burden? What does that place look and feel like?"
6. "**What** resources or strengths do you have that can help this part unburden itself? How can your core Self assist in this process?"
7. "**How** does this part feel about the possibility of letting go of its burden? What fears or concerns might it have?"
8. "**What** positive changes do you think this part might experience once it releases its burden? How might your overall system benefit from this transformation?"
9. "**Can** you envision a ritual or symbolic act that would help this part release its burden? What would that look like?"
10. "**After** the burden is released, how can you reassure this part and integrate it back into your system with a new, lighter role?"

CONNECTION TO THE EXILE

1. "**Can** you spend a moment with the part of you that feels most hurt right now? What do you notice when you gently focus on it?"
2. "**What** does this vulnerable part of you want to share about its feelings or experiences? How can you listen with kindness?"
3. "**Can** you ask this part what it needs from you to feel understood and supported?"
4. "**When** you think about this part, what images or memories come to mind? How do they make you feel?"
5. "**What** would it mean for this part to feel safe and cared for? How can you create that feeling for it?"
6. "**How** does this part react when it feels your compassionate presence? What changes do you notice?"
7. "**If** this part could speak freely, what would it say about its fears and hopes?"
8. "**What** can you do to help this part know it is not alone in its pain?"
9. "**How** does this part want you to respond when it feels vulnerable or scared?"
10. "**What** small steps can you take to show this part that it is valued and respected?"

IFS TREATMENT APPROACHES: UNBURDENING

WITNESSING THE EXILE'S STORY

1. "**Can** you ask this part to share a memory that holds a lot of emotion for it? What do you see and feel when it shows you this memory?"
2. "**What** does this part want you to know about its experiences? Can you listen to its story with an open heart?"
3. "**When** this part shows you a painful moment from the past, what feelings come up for you?"
4. "**Can** you gently ask this part to describe what it went through and how it felt at the time?"
5. "**What** details does this part remember most vividly about its story? How do these details affect you now?"
6. "**As** you listen to this part's story, what emotions does it express, and how can you offer it comfort?"
7. "**What** does this part need you to understand about its past experiences and the impact they've had?"
8. "**Can** you ask this part to show you a moment when it felt most alone or scared? How does it feel sharing this with you?"
9. "**What** messages or beliefs did this part take on because of its experiences? How can you help it feel understood?"
10. "**How** does this part react when it feels heard and acknowledged? What changes do you notice in its emotions or behavior?"

EXPERIENCING THE EXILE'S EMOTIONS

1. "**Can** you sit with this part and gently ask it to share its strongest emotions with you? How do these emotions feel in your body?"
2. "**What** feelings come up when you focus on this part's pain or sadness? How can you let yourself fully experience these emotions without trying to change them?"
3. "**Can** you describe the emotions this part is expressing? How do these feelings resonate with you?"
4. "**When** this part feels deeply, what physical sensations do you notice? How can you stay present with these sensations?"
5. "**How** does it feel to simply be with this part's emotions without trying to fix or solve anything?"
6. "**What** are the primary emotions that this part is experiencing? How can you offer it compassion as it feels these emotions?"
7. "**Can** you ask this part what it needs most from you as it shares its emotions? How can you provide that support?"
8. "**How** do you respond internally when this part's emotions become intense? What can you do to remain grounded and present?"
9. "**What** does this part feel when it knows you are there, fully present and accepting of its emotions?"
10. "**How** does this part's emotional experience change when it feels truly seen and understood by you?"

IFS TREATMENT APPROACHES: UNBURDENING

UNBLENDING FROM THE EXILE

1. "**Can** you take a moment to notice if you are feeling overwhelmed by the emotions of this part? How can you gently remind yourself that you are separate from these feelings?"
2. "**When** you feel intensely connected to this part's pain, what can you do to create a bit of distance while still offering support?"
3. "**How** can you reassure this part that you are here to help, without getting lost in its emotions?"
4. "**What** steps can you take to ground yourself in the present moment, reminding yourself that you are not the same as this part's experiences?"
5. "**If** you find yourself adopting this part's beliefs about yourself, how can you gently remind yourself that these beliefs belong to the part, not to you?"
6. "**Can** you observe this part's emotions from a place of calm and compassion, without becoming overwhelmed by them?"
7. "**How** can you differentiate between your own feelings and the feelings of this part? What helps you stay centered in your Self?"
8. "**When** this part's emotions start to feel like your own, what techniques can you use to regain your sense of Self?"
9. "**What** reminders can you give yourself to stay connected to your own sense of calm and clarity, even as you witness this part's distress?"
10. "**How** can you offer empathy and understanding to this part while maintaining a sense of your own identity and emotional balance?"

COMPASSIONATE WITNESSING

1. "**Can** you gently ask this part to share its pain with you? How can you listen with an open heart and mind?"
2. "**What** does this part need from you right now to feel heard and understood?"
3. "**Can** you describe what this part's pain feels like, and how you can offer it your compassion?"
4. "**How** does it feel to sit with this part and simply be present with its emotions, without trying to change anything?"
5. "**What** messages of understanding and acceptance can you offer to this part as it shares its pain?"
6. "**How** can you show this part that you are here to support it, no matter what it is feeling?"
7. "**Can** you imagine holding this part's pain with tenderness and care? What does that look like for you?"
8. "**What** does this part need to hear from you to know that its feelings are valid and important?"
9. "**How** can you reassure this part that it is safe to express its pain, and that you will be here to witness it with compassion?"
10. "**As** you witness this part's pain, what words of comfort and empathy can you offer to help it feel seen and accepted?"

IFS TREATMENT APPROACHES: UNBURDENING

UNBURDENING THE EXILE

1. "**Can** you gently ask this part if it feels ready to let go of some of its pain? What does it need from you to feel safe in doing so?"
2. "**When** you think about the memory this part holds, what did it need most at that time that it didn't receive?"
3. "**How** can you provide comfort and support to this part as it revisits its painful memories?"
4. "**What** would it look like for this part to release its burden? How can you help it visualize this process?"
5. "**Can** you ask this part what it would like to feel instead of the pain it has been carrying?"
6. "**How** does this part feel about the idea of letting go of its burden? What reassurances does it need from you?"
7. "**What** message or gift can you offer to this part to help it feel ready to unburden itself?"
8. "**Can** you imagine a safe space where this part can release its burden? What does this space look like for you?"
9. "**How** can you support this part in expressing any remaining emotions it needs to release before letting go of its burden?"
10. "**After** this part releases its burden, how can you continue to offer it the care and attention it needs to feel secure and valued?"

CONFIRMATION AND INTEGRATION

1. "**How** does this part of you feel now that it has let go of its pain? What emotions are coming up?"
2. "**Can** you ask this part to describe the sense of relief or lightness it might be experiencing now?"
3. "**What** positive feelings or new sensations does this part notice after releasing its burden?"
4. "**How** can you welcome this part back into your system with its new, lighter role? What does it need to feel integrated?"
5. "**What** new role or purpose would this part like to take on now that it no longer carries its old burden?"
6. "**Can** you ask this part what positive qualities it now feels it can bring to your life, such as joy or creativity?"
7. "**How** does it feel to envision this part contributing to your overall well-being in a positive way?"
8. "**What** steps can you take to ensure this part feels supported and valued in its new role?"
9. "**How** can you celebrate this part's transformation and the relief it feels after unburdening?"
10. "**What** message of gratitude or appreciation can you offer to this part for its willingness to release its pain and take on a new role?"

BEFORE & AFTER
UNBURDENING QUESTIONS

BEFORE & AFTER UNBURDENING PARTS: MANAGER

BEFORE

1. "**What** do you feel you need to control the most in my life, and why is that so important to you?"
2. "**How** do you feel when you see the exile parts starting to surface? What fears or concerns come up for you?"
3. "**What** are the main responsibilities you believe you must handle to keep things functioning smoothly?"
4. "**How** do you feel about the amount of work you do to keep everything in order? Does it ever feel overwhelming?"
5. "**What** are you afraid might happen if you were to let go of some of your control?"
6. "How do you think your efforts to plan, organize, or criticize are helping protect me?"
7. "**What** are some moments when you felt particularly successful in keeping things under control? What made those moments stand out?"
8. "**What** do you need from me or other parts of me to feel less burdened by your responsibilities?"
9. "**Can** you share a time when you felt like your efforts weren't enough? How did that impact you?"
10. "**What** do you wish the other parts of me understood about the pressures and challenges you face in trying to keep everything together?"

AFTER

1. "**Now** that you no longer carry the burden of constantly controlling everything, how do you feel about your role in my life?"
2. "**What** new, positive qualities or strengths can you bring to our system now that you are unburdened?"
3. "**How** can you use your skills in planning and organizing in a way that feels more balanced and less stressful?"
4. "**What** does it feel like to work alongside other parts of me without having to keep them at bay?"
5. "**How** can you support my goals and well-being in a more relaxed and flexible manner?"
6. "**What** new perspectives or insights do you have now that you don't have to be constantly vigilant?"
7. "**How** can you help nurture my creativity and joy, using your skills in a supportive way?"
8. "**What** role would you like to take on that allows you to contribute positively without overexerting yourself?"
9. "**How** do you envision collaborating with the other parts of me to create a harmonious and balanced inner world?"
10. "**What** message would you like to share about your new experience and how it feels to be free from your previous burdens?"

BEFORE & AFTER UNBURDENING PARTS: FIREFIGHTER

BEFORE

1. "**When** you feel the need to numb out pain or distract me, what specific emotions or memories are you trying to protect me from?"
2. "**What** are some situations that trigger you to react strongly and take over? How do you feel during these moments?"
3. "**How** do you typically try to soothe or distract me from the exile's pain? What strategies do you use?"
4. "**What** are you afraid might happen if you didn't step in to protect me from these painful emotions?"
5. "**Can** you recall a time when you felt successful in keeping me safe from pain? What did you do, and how did it feel?"
6. "**How** do you feel when you have to isolate or withdraw to protect me? Does this ever feel lonely or overwhelming?"
7. "**What** do you believe you are achieving by avoiding or dissociating from difficult emotions?"
8. "**What** are the most challenging aspects of your role as a protector? What weighs on you the most?"
9. "**How** do you cope with the burden of having to constantly react and protect me from emotional pain?"
10. "**What** do you wish other parts of me understood about the efforts and struggles you face in trying to keep me safe?"

AFTER

1. "**Now** that you no longer carry the burden of having to react so strongly, how do you feel about your role in my life?"
2. "**What** new, positive ways can you help me cope with challenging emotions without needing to numb or avoid them?"
3. "**How** can you use your skills in a healthier way to support my well-being and balance?"
4. "**What** does it feel like to work alongside other parts of me without having to take over completely?"
5. "**How** can you contribute to my life in a way that brings comfort and relief without resorting to extreme measures?"
6. "**What** new insights or perspectives do you have now that you don't have to react so defensively?"
7. "**How** can you help nurture my resilience and inner strength, using your abilities in a supportive way?"
8. "**What** role would you like to take on that allows you to contribute positively and peacefully?"
9. "**How** do you envision collaborating with the other parts of me to create a harmonious and balanced inner world?"
10. "**What** message would you like to share about your new experience and how it feels to be free from your previous burdens?"

BEFORE & AFTER UNBURDENING PARTS: EXILES

BEFORE

1. "**Can** you describe the emotions or memories that you carry? What are the most significant moments that stand out?"
2. "**What** does it feel like to hold onto these painful experiences? How do they affect you on a daily basis?"
3. "**How** do you feel when other parts of me try to push you away or keep you hidden?"
4. "**What** are your biggest fears or concerns about being seen and heard?"
5. "**Can** you recall a time when you felt particularly isolated or neglected? What was that experience like for you?"
6. "**What** do you need from me right now to feel safe enough to share your pain?"
7. "**How** do you think your experiences have shaped the way you see yourself and the world around you?"
8. "**What** are some ways you try to communicate your pain or needs to me?"
9. "**How** do you feel when you think about the possibility of letting go of some of your pain?"
10. "**What** would it take for you to trust me enough to begin the process of unburdening?"

AFTER

1. "**How** do you feel now that you have let go of some of your pain and burdens? What changes do you notice in yourself?"
2. "**What** new emotions or sensations are you experiencing after releasing your burdens?"
3. "**How** can you contribute positively to our overall well-being now that you are unburdened?"
4. "**What** new role or purpose would you like to take on in our internal system?"
5. "**How** do you feel about being more integrated with the other parts of me?"
6. "**What** strengths or positive qualities do you now feel you can bring to our life?"
7. "**How** can we continue to support you in your new, lighter role?"
8. "**What** message do you have for the other parts of me about your transformation and new role?"
9. "**How** can you help nurture our overall sense of joy, creativity, or peace now that you are no longer carrying your old burdens?"
10. "**What** steps can we take together to ensure you feel valued and appreciated in your new role?"



**PARTS IN CONFLICT
QUESTIONS**

PARTS IN CONFLICT

1. "**Can** you describe a situation where you felt pulled in different directions by conflicting parts of yourself? What was that experience like?"
2. "**What** does each part want you to know about its perspective and why it feels strongly about this issue?"
3. "**How** do these conflicting parts affect your emotions and behavior when they are at odds with each other?"
4. "**Can** you ask each part what its main concerns or fears are regarding the situation? How do these fears impact their actions?"
5. "**What** would each part need to feel heard and understood by you and by the other parts?"
6. "**How** can you create a safe space for both parts to express their feelings and needs without judgment?"
7. "**What** common goals or desires do these parts share, even if they have different ways of trying to achieve them?"
8. "**How** do you feel when you listen to each part's story and understand its point of view? What insights do you gain?"
9. "**What** steps can you take to help these parts find a compromise or a way to work together harmoniously?"
10. "**How** can you reassure both parts that their needs and concerns are valid and that you are committed to finding a balance that respects each of them?"



6 F'S OF PARTS MAPPING QUESTIONS

6 F'S OF PARTS MAPPING

FIND

1. "**Can** you think of a recent moment when you felt anxious or impulsive? What thoughts or feelings were present at that time?"
2. "**When** you notice a particular behavior that troubles you, what emotions or sensations arise in your body?"
3. "**Can** you describe the part of you that seems to drive this behavior or feeling? What is its presence like?"
4. "**What** does this part feel like when it comes up? Can you sense where it might be located in your body?"
5. "**How** does this part affect your thoughts and actions in the present moment?"
6. "**Can** you focus on a symptom you're experiencing right now and explore the part that might be behind it?"
7. "**When** this troubling part shows up, what does it seem to want or need from you?"
8. "**Can** you recall a time when this part was particularly strong? What triggered its appearance?"
9. "**How** do you typically respond to this part when it surfaces? What emotions do you feel toward it?"
10. "**As** you focus on this part, what images, memories, or sensations come to mind? How do these inform your understanding of this part?"

FOCUS

1. "**Can** you take a moment to focus on this part? What sensations do you notice in your body as you do?"
2. "**As** you pay attention to this part, what emotions come up? How do these emotions feel?"
3. "**What** thoughts or images arise when you concentrate on this part and its presence?"
4. "**Can** you describe in detail what this part feels like when you give it your full attention?"
5. "**How** does this part's energy affect your overall mood and state of mind?"
6. "**What** physical sensations are associated with this part? Do you feel tension, warmth, or anything else specific?"
7. "**When** you focus on this part, what messages or words come to mind?"
8. "**How** does it feel to simply sit with this part without trying to change anything? What do you observe?"
9. "**What** is this part's main concern or focus as you concentrate on it right now?"
10. "**As** you continue to focus on this part, what new insights or understandings are emerging?"

6 F'S OF PARTS MAPPING

FLESH OUT

1. "**Can** you ask this part when it first appeared in your life? What was happening at that time?"
2. "**What** does this part believe its main role or job is in your life?"
3. "**Can** you explore what this part is most concerned about or afraid of? What are its biggest worries?"
4. "**What** does this part want or need from you to feel understood and supported?"
5. "**Can** you describe a situation where this part stepped in to help or protect you? How did it do that?"
6. "**What** does this part think would happen if it didn't perform its role? How does it feel about that possibility?"
7. "**Can** you ask this part what its deepest desires or goals are? What is it trying to achieve for you?"
8. "**How** does this part view the other parts of you? What relationships does it have with them?"
9. "**Can** you explore any specific memories or experiences that this part is holding onto? How do these shape its actions?"
10. "**What** would make this part feel more at ease or less burdened? How can you help it achieve that?"

FRIEND

1. "**Can** you take a moment to thank this part for sharing its story with you? How does it respond to your appreciation?"
2. "**What** kind words or messages can you offer this part to show that you value its presence in your life?"
3. "**How** can you express curiosity about this part's experiences and feelings in a way that feels genuine and kind?"
4. "**What** does this part need to feel seen and heard by you right now?"
5. "**Can** you ask this part what it needs to feel safer and more trusting of you?"
6. "**How** can you show compassion to this part for the role it has played in trying to protect or help you?"
7. "**What** positive qualities or strengths does this part bring to your life? How can you acknowledge these?"
8. "**Can** you imagine spending time with this part, just listening and offering your supportive presence? What does that look like?"
9. "**What** actions or words from you would help this part feel more valued and respected?"
10. "**How** can you reassure this part that you are here to support it and that you appreciate its efforts?"

6 F'S OF PARTS MAPPING

FACILITATE UNBURDENING

1. "Can you ask this part to share a memory or experience that has been particularly painful for it? What does it want you to know?"
2. "What emotions does this part feel most strongly when it recalls this memory? How can you offer it comfort in this moment?"
3. "How can you reassure this part that it is safe now to express and release the emotions tied to this memory?"
4. "What beliefs or messages did this part take on because of this experience? How can you help it see things differently?"
5. "Can you imagine providing this part with the support and protection it needed at the time of the painful experience?"
6. "How does this part feel about the idea of letting go of its burden? What reassurances does it need from you?"
7. "What positive qualities or feelings does this part want to embrace once it has released its burden?"
8. "Can you visualize a safe place or environment where this part can let go of its pain? What does that place look like?"
9. "What words of healing or comfort can you offer to this part to help it release the weight it has been carrying?"
10. "How can you continue to support this part after it has unburdened itself, ensuring it feels valued and protected?"

FOLLOW UP

1. "How does this part feel about the changes we've made together? Is there anything it needs to feel more comfortable?"
2. "Can you check in with this part and ask how it's been feeling since the unburdening process?"
3. "What can you do regularly to show this part that you are still here to support and care for it?"
4. "Are there any agreements or promises this part would like to make with you about how you will respond in the future?"
5. "How can you reassure this part that its needs will continue to be met moving forward?"
6. "What signs can you look for to know when this part needs attention or support?"
7. "How can you make sure this part feels included and valued in your daily life?"
8. "Can you ask this part what it needs to feel safe and secure with the new changes?"
9. "What are some ways you can celebrate and acknowledge the progress this part has made?"
10. "How often would this part like you to check in and see how it's doing? What would those check-ins look like?"



CREATIVE IMAGERY
QUESTIONS

CREATIVE IMAGERY MAPPING TECHNIQUE

IDENTIFYING PARTS

1. "**Can** you visualize a recent situation where you felt a strong emotion? What part of you was most present in that moment?"
2. "**As** you imagine your inner world, can you identify any parts that frequently speak up or take action? What do they look or feel like?"
3. "**Can** you think of a time when you felt particularly stressed or overwhelmed? What part of you was trying to manage that situation?"
4. "**When** you picture a moment of relaxation or joy, which part of you is experiencing that feeling?"
5. "**Can** you describe a part of you that often feels the need to protect or control? How does it show up in your imagery?"
6. "**Imagine** a time when you wanted to avoid a difficult emotion. What part of you stepped in to help you cope?"
7. "**Can** you visualize a part of you that carries a lot of pain or sadness? What does it look like, and how does it feel?"
8. "**When** you think about your daily tasks and responsibilities, which part of you takes the lead in organizing and planning?"
9. "**As** you create an image of your inner world, can you identify a part that feels critical or judgmental? How does it manifest in your mind?"
10. "**Can** you picture a part of you that seeks connection and care for others? What does this part look like, and what role does it play?"

CREATING A VISUAL REPRESENTATION

1. "**As** you think about the part that feels protective, what symbol or image comes to mind that represents it best?"
2. "**Can** you choose a color that resonates with the part of you that feels joyful or carefree? What color feels right?"
3. "**What** shape or figure comes to mind when you imagine the part that often feels anxious or worried?"
4. "**If** you were to draw the part of you that seeks control, what would it look like? Can you sketch or describe it?"
5. "**What** image or symbol represents the part of you that carries sadness or pain? How does it look on paper?"
6. "**Can** you visualize the part of you that is critical or judgmental? What colors or shapes represent this part?"
7. "**When** you think about the part of you that wants to avoid conflict, what symbol or image best captures its essence?"
8. "**What** picture or drawing represents the part of you that feels creative and inspired?"
9. "**Can** you create an image or symbol for the part that feels nurturing and caring? What does this part look like visually?"
10. "**What** colors, shapes, or images come to mind when you think about the part of you that seeks to keep everything organized?"

CREATIVE IMAGERY MAPPING TECHNIQUE

ESTABLISHING RELATIONSHIPS

1. "**Can** you identify any parts that frequently interact with each other? How do these interactions typically play out?"
2. "**Are** there any parts that seem to be in conflict with one another? What kinds of disagreements or tensions arise between them?"
3. "**Which** parts seem to cooperate or work well together? How do they support each other?"
4. "**Can** you think of any parts that act as protectors for other, more vulnerable parts? How do they provide protection?"
5. "**Are** there parts that try to hide or suppress other parts? What is the reason behind this behavior?"
6. "**How** do the relationships between your parts influence your overall feelings and behaviors?"
7. "**Can** you describe a situation where two or more parts were active at the same time? How did they interact or conflict?"
8. "**What** does the part that feels most in control think about the other parts? How does it interact with them?"
9. "**How** does the part that often feels vulnerable react to the more protective or controlling parts?"
10. "**Can** you imagine a dialogue between two parts that typically conflict? What would they say to each other?"

LOCATING BURDENS

1. "**Can** you ask this part if it is carrying any heavy emotions or painful memories? What does it reveal to you?"
2. "**What** specific beliefs or thoughts does this part hold that might be weighing it down?"
3. "**Can** you identify any past experiences or events that have contributed to the burdens this part carries?"
4. "**How** does this part's burden affect its behavior and interactions with other parts of you?"
5. "**What** emotions come up for you as you focus on the burdens this part is holding?"
6. "**Can** you visualize the burden this part is carrying? What does it look or feel like?"
7. "**How** has carrying this burden impacted this part's role and purpose in your life?"
8. "**What** does this part need from you in order to feel safe enough to share its burdens?"
9. "**Can** you imagine a dialogue with this part where it explains the source of its pain or burden? What does it say?"
10. "**How** do you feel about the idea of helping this part release its burden? What support can you offer to facilitate this?"

UNDERSTANDING THE SYSTEM AS A WHOLE

1. "**As** you look at your completed parts map, what patterns or themes do you notice among your different parts?"
2. "**How** do the various parts of your system interact with each other as a whole? What dynamics stand out to you?"
3. "**What** are the most common roles that your parts take on, and how do they affect your overall sense of well-being?"
4. "**Can** you see any parts that seem to dominate or take up a lot of space in your internal system? What impact does this have?"
5. "**How** do the protective parts and vulnerable parts relate to each other within the larger system?"
6. "**What** connections can you draw between the burdens certain parts carry and the overall functioning of your internal system?"
7. "**How** does understanding your internal system as a whole change your perspective on individual parts and their behaviors?"
8. "**Are** there any parts that seem isolated or disconnected from the rest of your system? How might this affect you?"
9. "**What** overall strengths and resources do you see within your internal system? How can they support your healing and growth?"
10. "**How** can you use the insights from your parts map to guide your next steps in therapy and personal development?"