

INTERNAL FAMILY SYSTEMS

Use these directions to lead yourself through Internal Family Systems. When we are not conscious of our "essence" self and we endure trauma, our responses are frozen into parts within our psyche and body. This process allows us to heal these parts so our "essence" self is more influential in our experience than our wounded and protector parts.

Directions: Sit quietly. Open your eyes to refer to the flow chart, an otherwise close your eyes.

Is your discomfort physical, mental or emotional?

Discomfort "part" is physical.

Where do you feel it in your body?
How do you feel towards this "part"?

Does the "part" want to share something with you through words or images? Discomfort "part" is mental or emotional.

What is the "part" uncomfortable about? How do you feel towards this "part"?

Where do you feel this "part" in your body?

Is the "part" trying to protect you from something or does it have a story to tell?

Trying to protect me.

What is this part trying to protect me from? What is it afraid will happen?

Give appreciations and ask to step back. If physical discomfort gets too intense, reassure the part that you will listen, but ask to dial down the intensity.

Has a story to tell. Is the story about fear, shame or anger?

Invite the part to tell their story. If emotions get too intense, reassure the part that you will listen, but ask to dial down the intensity.

If another protector part interferes with the story, address the protector part.

How do you feel in your body? What comes up next?

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