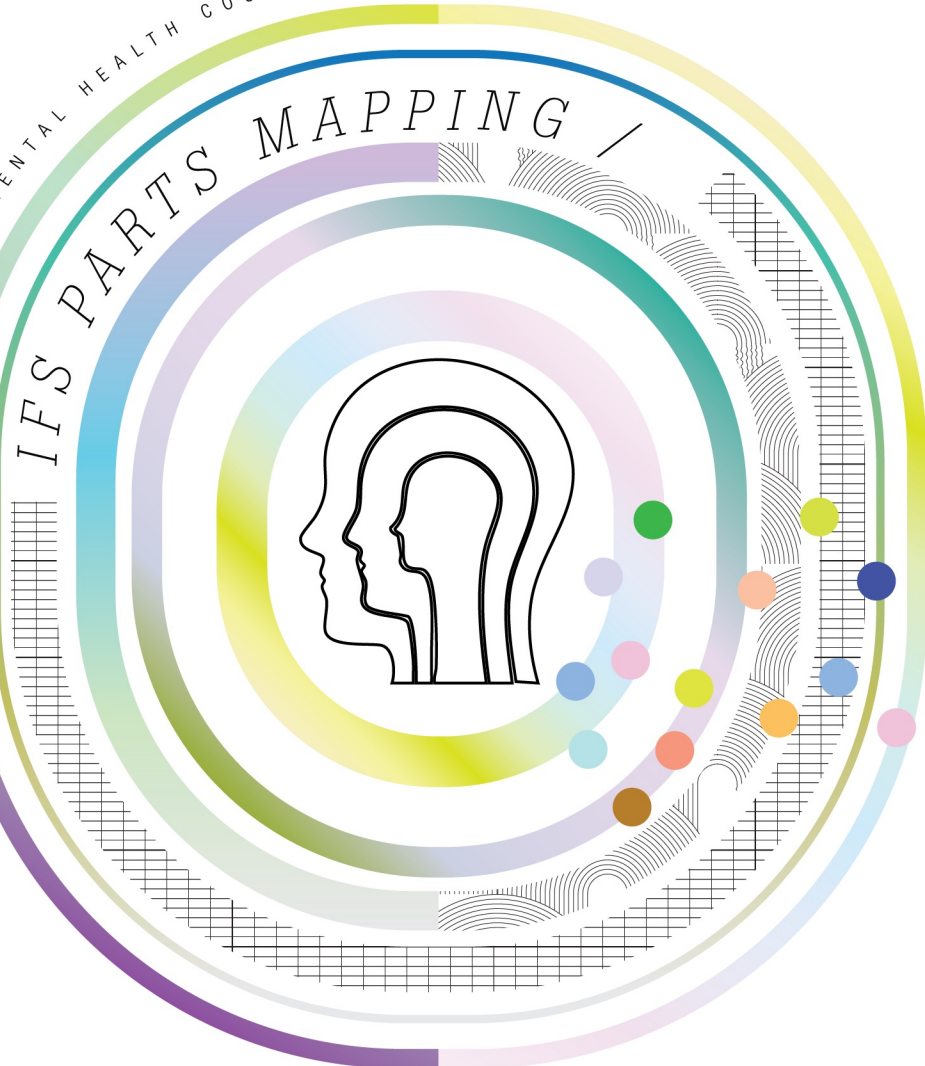


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FOR MENTAL HEALTH COUNSELING

IFS PARTS MAPPING



IFS Mapping Tool

This Internal Family Systems (IFS) Parts Mapping tool is designed as a structured, experiential resource to support clinicians and clients in exploring the multiplicity of the mind through a compassionate, non-pathologizing lens. Grounded in the Internal Family Systems model developed by Richard Schwartz, this framework conceptualizes the psyche as composed of distinct "parts," each carrying unique roles, emotions, and protective functions within an internal system (Schwartz, 1995, 2021).

The purpose of this mapping process is to help individuals identify, differentiate, and build relationships with their internal parts while increasing access to Self-energy, characterized by qualities such as calmness, curiosity, clarity, compassion, confidence, courage, creativity, connectedness, and choice (Schwartz, 2021). As illustrated in the structured sequence (e.g., Find, Focus, Feel, Befriend, and Find Out), this tool guides users through a stepwise process of attunement, promoting internal awareness and facilitating a shift from reactivity to relational engagement with one's internal experience. These processes align with core IFS interventions that emphasize unblending, witnessing, and developing Self-to-part relationships (Schwartz, 1995; Sweezy & Ziskind, 2013), as well as contemporary EMDR-informed parts integration approaches (Hart, n.d.).

This resource is particularly relevant within trauma-informed and neurodivergence-affirming frameworks, where internal experiences are often complex, layered, and adaptive. Trauma theory and emerging neuroscience literature suggest that what are often labeled as symptoms—such as hypervigilance, dissociation, or emotional dysregulation—can be understood as adaptive responses shaped by the nervous system in the context of overwhelming or chronic stress (van der Kolk, 2014; Siegel, 2012). Within this framework, IFS offers a non-pathologizing approach that reframes these responses as protective strategies enacted by parts attempting to maintain safety and stability (Schwartz, 2021).









Designed for use in both clinical and psychoeducational settings, this mapping tool integrates somatic awareness, emotional identification, and reflective inquiry. These elements are consistent with integrative trauma treatment approaches that emphasize bottom-up processing, mindful awareness, and internal relational healing (Ogden et al., 2006; Shapiro, 2018). Additionally, this tool reflects adaptations informed by clinical training and application in EMDR and parts-based interventions (Hart, n.d.), supporting flexible use across diverse client populations, including those with ADHD and other neurodivergent profiles.

Ultimately, this work invites a fundamental shift: from attempting to control or eliminate internal experiences to understanding, honoring, and integrating them. In doing so, it supports the development of internal coherence, self-compassion, and a more adaptive, resilient internal system.

References

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<p>8 C's OF SELF ENERGY</p> 	<p>6 F'S</p> 	<p>FIND</p> 	<p>FOCUS</p> 	<p>FEEL</p> 	<p>BEFRIEND</p> 	<p>FIND OUT</p> 	<p>FEARS</p> 
<p>/ Calmness Inner peace, relaxed presence.</p> <p>/ Curiosity Open interest, non-judgmental inquiry.</p> <p>/ Clarity Clear seeing, grounded decision-making.</p> <p>/ Compassion Kindness toward self and others.</p> <p>/ Confidence Self-assurance, inner strength.</p> <p>/ Capable I can do hard things.</p> <p>/ Creativity Inspiration, imaginative flow.</p> <p>/ Courage Brave action despite fear.</p> <p>/ Connected-ness Felt sense of belonging and interrelatedness.</p> <p>/ Choice Awareness and ability to act with intention (not compulsion).</p>	<p>/ Find the part.</p> <p>/ Focus on the part.</p> <p>/ Find out how the client Feels toward the part.</p> <p>/ BeFriend the part.</p> <p>/ Find out about the part.</p> <p>/ Find the parts Fears.</p> <p>/////The 6Fs of IFS: The following IFS steps help the client's system develop a trusting Self to Part relationship. The clinician remains curious and compassionate as they assist the client through this process. Getting to know parts is permission-focused, and we do not force our way into anyone's system.</p>	<p>/ Find the part. (this becomes our target part)</p> <p><i>"Take a moment, go inside, and FIND the part. Notice how it manifests itself through emotions, body sensations, or thoughts."</i></p> <p>"How are you noticing this part in or around your body?"</p> <p>"How do you experience that part?" (e.g., emotions, body sensations, thoughts)</p> <p>"How does that part of you show up?"</p> <p>"How do you sense or experience that part?"</p>	<p>/ Focus & Flesh out part.</p> <p><i>"As you stay and connect with this part, what more do you notice about it?"</i></p> <p>"As you notice this part, what happens in your body?"</p> <p>"Is there someplace in your body where you are feeling this ____ (emotion / part)?"</p> <p>"As you stay with this ____ (body sensation), are there any feelings/emotions connected with it?"</p> <p>"Take some time to feel that ____ (body sensation)."</p> <p>"As you FOCUS your attention on that part, what are you noticing about it?"</p> <p>"Stay with it and notice what it's like. Are there any words that go with that part?"</p> <p>"Focus your attention on however you're experiencing it."</p> <p>"Can you describe it?"</p>	<p>/ FEEL</p> <p><i>"As you focus on that part, how do you feel toward it?"</i></p> <p>(Note: this checks for Self-energy).</p> <p>If the response is a quality of Self (see 8 C's), continue to befriend as you have a Self-to-part relationship.</p> <p>If the response is anything other than a quality of Self-energy, acknowledge the part(s) and ask if they would be willing to step back and give the client some space to get to know the target part.</p> <p>Continue to repeat this process until all parts step back and Self-energy arrives.</p> <p>If a part will not step back, it becomes the new target part until it is willing or able to allow space. (Return to the top of the 6 F's with this part).</p>	<p>/ BeFriend the part.</p> <p>Note: This step may be lengthy as the client gets to know their part and develops a trusting relationship.</p> <p><i>"Does this part sense your presence?"</i></p> <p>"Would you like to send this part a signal of your care, calmness, openness, etc.?"</p> <p>"Would getting a little closer to the part be okay?"</p> <p>"Take your time to be there with the part in any way that feels right for it."</p> <p>"What would you like to say to this part?"</p> <p>"How does this feel to that part?"</p> <p>"How does this feel to you?"</p>	<p>/ Find out about the part.</p> <p><i>"Can you ask the part _____?"</i></p> <p>"Is there anything the part wants you to know about it?"</p> <p>"What does that part do for you?"</p> <p>"What does that part need from you?"</p> <p>"What is the intention of its job or role?"</p> <p>"Is there anything it wants to show you?"</p> <p>"How did that part get its job?"</p> <p>"How long has the part been doing this job?"</p> <p>"What would it rather do if it wasn't doing this job?"</p>	<p>/ Find the parts Fears.</p> <p>Ask client to ask the part <i>"What is the part afraid would happen if..."</i></p> <p>"...you didn't do _____(this job)?"</p> <p>"...you didn't listen to it?"</p> <p>"...it didn't act that way?"</p> <p>"...you were to get to know that other part?" (If the target part is preventing access to another part.)</p> <p>"What would be bad about that?"</p>

FIND ↓



"Take a **moment, go inside,** and **FIND** the part."
Notice how it manifests itself through **emotions, body sensations, or thoughts.**"

↓

"How are you noticing this part in or around your body?"

↓

"How do you **experience** that part?"

- / EMOTIONS,
- / BODY SENSATIONS
- / THOUGHTS

↓

"How does that part of you **show up**?"

↓

"How do you **sense or experience** that part?"

↓

→

FOCUS ↓



"As you stay and **connect with this part, what more do you notice** about it?"

↓

"As you notice this part, what **happens** in your **body**?"

↓

"Is there someplace in your **body** where you are feeling this ___(**emotion / part**)?"

↓

"As you stay with this ___(body sensation), are there any **feelings / emotions** connected with it?"

↓

"Take some time to **feel** that ___(**body sensation**)."

↓

"As you **FOCUS** your attention on that part, what are you noticing about it?"

↓

"Stay with it and **notice what it's like. Are there any words** that go with that part?"

↓

"Focus your attention on however you're **experiencing** it. **Can you describe it?**"

↓

→

FEEL ↓



"As you focus on that part, how do you **feel toward it**?" (Note: this checks for Self-energy).

↓

IF the response is a quality of Self (see 8 C's), continue to befriend as you have a **Self-to-part** relationship.

↓

No
(8 C's are NOT present)

Yes
(8 C's are present)

IF the response is **anything other** than a quality of Self-energy, acknowledge the part(s) and ask if they would be willing to step back and give the client some space to get to know the target part.

↓

Would the part be willing to step back

No

Yes

↓ [NEW TARGET]

Continue to **repeat** this until all parts step back and Self-energy arrives.

IF a part will not step back, it becomes the **new target** part until it is willing or able to allow space. (Return to the top of the 6 F's with this part).

BEFRIEND



/Note: This step may be lengthy as the client gets to know their part and develops a trusting relationship.

"Does this part **sense your presence**?"

↓

"Would you like to send this part a **signal of your care, calmness, openness, etc.?**"

↓

"Would getting a little **closer** to the part be okay?"

↓

"Take your time to **be there** with the part in any way that **feels right** for it."

↓

"What would you like to **say** to this part?"

↓

"How does this **feel** to that part?"

↓

"How does this **feel** to you?"

↓

→

FIND OUT



"Can you ask the part _____?"

↓

"Is there anything the part **wants you to know** about it?"

↓

"What does **that part do** for you?"

↓

"What does that part **need from you**?"

↓

"What is the **intention of its job** or role?"

↓

"Is there **anything it wants to show** you?"

↓

"How did that part **get its job**?"

↓

"How long has the part been doing this job?"

↓

"What would it **rather** do if it wasn't doing this job?"

↓

→

FEARS



Ask client to ask the part

"What is the part **afraid** would happen if..."

↓

"...you didn't do _____ (this job)?"

→

"...you didn't listen to it?"

→

"...it didn't act that way?"

→

"...you were to get to know that other part?" (If the target part is preventing access to another part.)

→

"What would be bad about that?"

→

Created from Kedhal Harts EMDR

→ PART

→ BODY SENSATIONS

8 C's
of
SELF ENERGY



/ Calmness

/ Curiosity

/ Clarity

/ Compassion

/ Confidence

/ Capable

/ Creativity

/ Courage

/ Connectedness

/ Choice

→

/ PART:

/ LOCATION: IN BODY / OUTSIDE BODY

/ COLOR / SHAPE / AGE

/

/ THOUGHTS:

/ EMOTION:

/ BODY SENSATIONS:

/ JOB/ROLE:

/ NEEDS:

/ FEELINGS TOWARDS PART:

/ PARTS FEELING TOWARDS YOU:

/ WHAT DOES THE PART WANT YOU TO KNOW ABOUT IT:

/ WHAT DOES PART NEED?

8 C's
of
SELF
ENERGY



/ Calmness

/ Confidence

/ Connected-
ness

/ Curiosity

/ Capable

/ Choice

/ Clarity

/ Creativity

/ Compassion

/ Courage

→ PART

→ BODY SENSATIONS

PARTS

MAP

