

Connecting with Your Parts

IFS questions to connect,
befriend, & heal your Parts.



**Meet, understand, and embrace
the diverse Parts within you,
while re-connecting to your
authentic Self.**

IFS therapy gently guides you to the root cause of anxiety, depression, trauma, and relationship challenges. Its nurturing and compassionate nature guides you towards profound shifts, healing, and empowerment in your personal healing journey.

Foster Connection with the Self

Establishing Presence and Trust

1. Can you feel my presence as I feel you?
2. Is there anything you need from me right now?
3. How can I best support you in this moment?
4. Can I hold space for you as you share your feelings?
5. Would you like to share anything with me?

Deepening the Connection

6. What can I do to help you feel more comfortable and safe?
7. How can I honor your presence in my system?
8. Can you show me how you experience the world?
9. What do you need from me to feel heard and understood?
10. Is there a way I can truly witness your concerns?

Nurturing Compassion and Understanding

11. How do you feel about me being there with you?
12. What positive intentions do you have for me?
13. Do you know who I am?
14. How much trust do you feel towards me?
15. Is there anything else you'd like to share with me today?

Get to Know Your Protective Parts

1. What is your role in my system?
2. How long have you been doing this role?
3. What are you protecting me from?
4. How do you try to protect me?
5. What would happen if you didn't do your job?
6. What do you most want for me?
7. How do you feel towards other parts of me?
8. When did you start doing this job? Would you like to shoe me?
9. What do you need from me in order to feel more at ease?
10. Are you tired or burdened by your role?
11. How old do you think I am?
12. Is there anything you want me to know about you that I haven't asked yet?
13. Do you know who I am? Do you trust me?
14. What would it look like for you to relax or step back?
15. How can I work with you in a way that honors your role while allowing more balance in my system?
16. What was going on when you started protecting me?
17. If you didn't have to work this hard, what else would feel natural and right for you to do?

Connect and Be with Firefighter Parts

Connecting with the Firefighter Part

1. Is it okay if I get to know you a little bit better?
2. How do you feel about me being here with you right now?
3. What do you need to feel safe enough to talk to me?
4. Can you show me how you prefer to communicate?
5. Is there a way I can make this space more comfortable for you?
6. What do you want me to see and feel about why you're here?
7. What are you protecting me from when you take over?
8. How do you feel when I try to reach out to you?

Exploring the Firefighter Part's Role

9. What happens in my system or in my life when you take control?
10. Do you feel misunderstood or judged by other parts of me?
11. How do you decide when to step in and take action?
12. Are there times when you wish you didn't have to work so hard?

Building Trust and Collaboration

13. If I could help you feel more supported, what would that look like?
14. Is there a way you would trust me to hold space?
15. What do you most need from me right now?

Connect and Be with Exiles

Creating Safety and Connection with the Exile

1. Is it okay if I sit with you for a while?
2. How are you feeling right now?
3. What do you need from me to feel safe enough to share more?
4. Can I just be with you, without trying to fix or change anything?
5. Is there something you've been wanting to tell me for a long time?
6. Do you feel like you've been alone for a long time?
7. How do you feel towards me being here with you now?

Understanding the Exile's Experience

8. What are you most afraid of if I get close to you?
9. Would you like to show me what is going on in your life?
10. What do you believe about yourself or others because of it?
11. How do you feel when the protective parts take over and keep you hidden?
12. What do you need the most from me right now?

Offering Compassion and Healing

13. Is it okay if I care for you right now, just as you are?
14. How can I help?
15. What would it feel like to be more connected to me?

Hey You! I'm glad we found each other.



My name is Valentina.

I craft **expanding and revealing journeys into the subconscious to heal what is hidden away**, so that you can live this one life on earth with ease, as the person you truly are, and a heart-filling sense of purpose and wholeness.

I work mostly with **Internal Family Systems (IFS)** – an innovative, effective, and evidence-based model for personal, relational, and societal change – and **Psychedelic-Assisted Therapy**, integrated with Mindfulness, Tapping, PSIP, and other Altered States of Consciousness modalities.

[Join my Inner Circle](#) for more free resources, workshops, and Q&As.

Warmly,
Valentina

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