



IFS PARTS MAPPING

4 Easy Techniques to
avoid Overwhelm and
create Trust

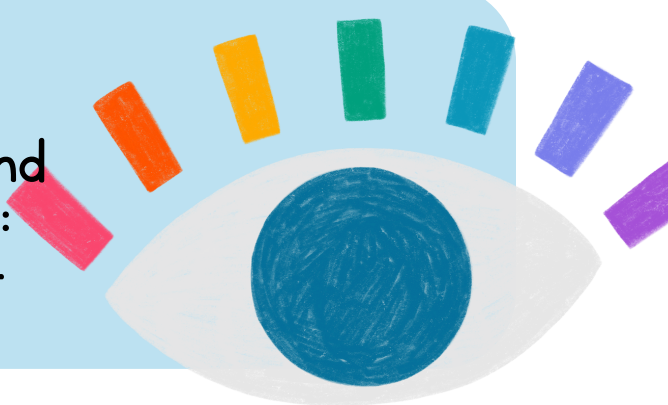


The Campfire

Invite your parts to sit with you
and, one by one, listen to their
fears, expectations, and hopes.

Bubbles & Arrows

Draw your parts in Bubbles and
connect them to each other:
Arrows for protection, Zig-
Zag for Polarization.

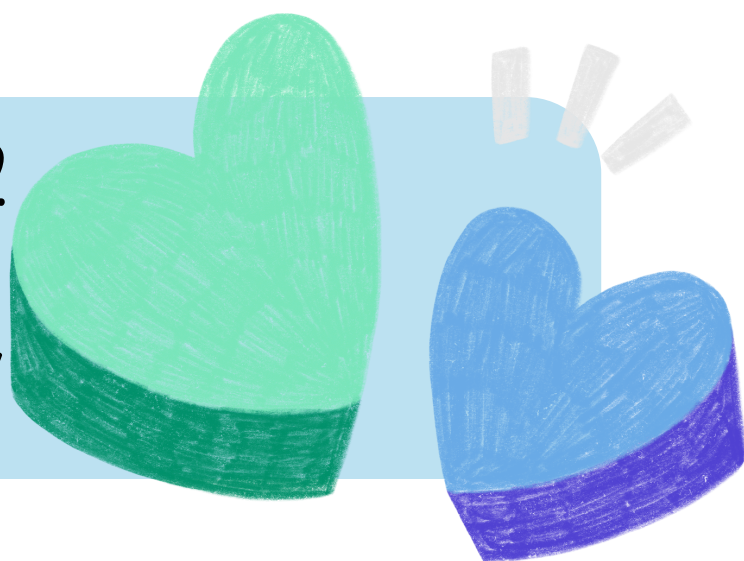


Intuitive Drawing #1

After a session, feel into each
part and draw it the way it
feels to be the most fitting.
Add any resonating words.

Intuitive Drawing #2

Start a session by feeling
into a part and letting it
draw itself. Then invite in any
other part connected to it.



Use Parts Mapping to
create a sense of
togetherness, playfulness,
and trust within your inner
wonderland.

