



A Workbook for IFS Parts Mapping

Welcome to Your Inner World

Do you ever feel overwhelmed by the number of different feelings, thoughts, and impulses inside you?

The Internal Family Systems (IFS) model gives us a compassionate way to understand these inner dynamics.

This workbook, based on the video "What is IFS Parts Mapping?", will guide you through several creative and intuitive methods to visually map your internal system.

Table of contents

- [What is Parts Mapping?](#)
- [The Campfire Exercise: Guided Steps](#)
- [Worksheet: My Campfire Map](#)
- [Worksheet: Campfire Exploration](#)
- [Part 2: Mapping with Bubbles & Arrows](#)
- [Worksheet: Bubbles & Arrows Map](#)
- [Legend \(personalize it as you wish\)](#)
- [Part 3: Intuitive Drawing](#)
- [Worksheet: My Intuitive Drawing](#)
- [Final Reflections](#)
- [Your Journey Continues](#)

What is Parts Mapping?

Parts mapping is the practice of visually representing your parts to:

- **See the relationships** between them.
- **Keep track of valuable information** about each part in a way that makes sense to you.
- **Gain clarity** on how your parts work together to create certain patterns and behaviors.
- **Build trust** with your parts by acknowledging them and not forgetting them.

The goal is not to create a perfect, rigid chart, but to foster a deeper, more heartfelt connection with yourself.



Part 1: The Campfire Exercise

A Space for All Your Parts to Be Heard

This is a powerful exercise for exploring a specific topic, decision, or internal conflict where many parts have a voice. It creates a safe, contained space for all parts to be heard without judgment.

When to Use It:

- When you need to make a decision and feel pulled in different directions.
- When you feel a chaotic or cluttered inner state.
- When you want to understand the different parts involved in a specific pattern or behavior.

The Campfire Exercise: Guided Steps

1

Set the Intention

Find a quiet space. Identify the topic, decision, or situation you want to explore.

2

Ground Yourself

Take a few deep breaths. Connect with your breath, and allow a sense of curiosity to lead the way.

3

Visualize the Campfire

Imagine a warm, crackling campfire in a safe and peaceful place. You, in your curiosity, are the keeper of this fire.

4

Send Out the Invitation

Gently invite all the parts of you that are connected to your chosen topic to join you around the campfire.

5

Listen to Each Part

As parts arrive, welcome them. Give each part your full attention and ask what it wants you to know.

6

Witness and Acknowledge

Simply receive the information without judgment. Thank each part for sharing.

7

Map it Out

Capture what you learned on the worksheet on the next page.

The Campfire Exercise: Meditation

If you prefer, you can also use the Guided Meditation [overhere](#).

Worksheet: My Campfire Map

What I am Exploring:



Worksheet: Campfire Exploration



Part 2: Mapping with Bubbles & Arrows

A Structured Look at Your Inner System

This is a more structured way to map the relationships between your parts, especially protectors and the exiles they protect.

The Components

Parts:

Represent each part with a bubble or box.

Relationships:

Use lines and symbols to show connections.

- **Protection:** An arrow shows a protector's relationship to an exile. (Protector→Exile)
- **Polarization:** A double-ended arrow shows two parts in conflict. (PartA ↔ PartB)
- **Blending:** you can draw a bigger or smaller bubble to show how blended or loud a part is
- ...

Feel free to create your own and to feel into what makes the most sense for you.

Worksheet: Bubbles & Arrows Map

What I am Mapping:



Legend (personalize it as you wish)

→ : Protects

↔ : Polarized with

Part 3: Intuitive Drawing

Letting Your Parts Express Themselves Visually

This method bypasses the analytical mind and allows parts to express their essence, energy, and story through drawing. Remember: **"Accept how your art looks like."**

The goal is expression, not a masterpiece. If a Judging part comes in... it's a great opportunity to get to know it better 😊

Two Approaches to Intuitive Drawing

Drawing *After* a Session

Use this to integrate and remember what happened during an IFS session.

1. Recall the session and the key parts.
2. Intuitively place the parts on the page where you felt them.
3. Let each part take a shape, color, or form.
4. Add notes and key phrases

Drawing *As* the Session

Use this as a form of active meditation to discover your parts.

1. Start with a simple prompt (e.g., "Draw my planning part").
2. Begin drawing that part without a plan.
3. Notice if other parts want to join the picture.
4. Allow the drawing to evolve as more of the system reveals itself.

Worksheet: My Intuitive Drawing

My Intention:



Final Reflections

Integrating Your Experience

1

Which mapping method resonated the most with you, and why?

2

What was the most surprising thing you learned about your system from these exercises?

3

How can you use these maps to continue building a trusting and compassionate relationship with all your parts?

Your Journey Continues

Remember, your internal map is a living document.

It will change and evolve as you do.

Return to these exercises whenever you need clarity, connection, or a space to listen to your rich, inner family.

If you haven't already, make sure to subscribe to my [YouTube Channel](#) for more resources and help in healing from trauma and exploring your inner wonderland.

May you be safe.

Warmly,
Valentina