Parts map

15–20 minutes

One page for each part you notice. Start with the ones that show up most; you are not trying to be complete.

1 What I call it

The Critic, The Planner, The one who goes quiet…

2 What kind of part it seems to be

☐ Manager ☐ Firefighter ☐ Exile ☐ Not sure yet

3 Where I feel it

Tight jaw, hollow chest, restless hands…

4 What it says or believes

"If you stop for a second it all falls apart."

5 What it seems to protect me from

Being seen as careless. Feeling small again.

6 When I first noticed it

Around the time I started at…

One page per part. Print as many copies as you need, and list them all on the Parts register.

Not sure where to start? The free IFS assessment drafts a first map from your answers: traitpath.com/ifs-discovery/assessment