

Identify the Parts	Where is it in your body? Is there a name for this part?	How do you feel toward this part?	What does this part feel its role is? Where did it come from? How long has it been around?	What does this part look like when it shows up?	What was the parts original positive intent?	Ask the part what it wants you to know. What stories does it want to share with you?	Why is this part's role not working anymore?	Ask the part: what is it afraid would happen if it doesn't do its job?	What is the part trying to protect you from or manage?	Ask the part: if it didn't have to do its job/role, what would it rather be doing?
(Ex. I'm so angry all the time)	(Ex. In my chest, hot face, fiery anger)	(Ex. I don't like my anger, I hate that its around so much, it causes me to say things that are out of character)	(Ex. I've had anger most of my marriage but especially after finding out about betrayal)	(Ex. I yell, scream, throw things, say horrible things to my partner hoping to hurt him)	(Ex. To keep me safe and distanced from the person that hurt me. To make me feel powerful when I felt powerless)	(Ex. Its scared. People are scary. It doesn't trust you to keep "us" safe since you exposed us to someone so harmful)	(Ex. I feel shameful afterward. Like this trauma has caused me to be someone I don't like anymore. And if my partner is recovering, it stops me from allowing that healing in)	(Ex. You'll let your guard down and expose "us" to be bamboozled again. If you hate, you'll keep your distance and stay in control and not allow uncertainty or vulnerability again.)	(Ex. Exposing yourself to harmful people, making yourself vulnerable to people who will lie, take advantage of us, not keep us safe)	(Ex. Relax, sit by a beach, stop thinking of all the ways I've been harmed)

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the journey from crisis to clarity

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