

IDIFSA

Mapping Parts

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Definition of parts mapping

A process used to create a visual representation of an individual's internal system.

- May include a single part or multiple parts. One session or many
- Often used to organize and provide perspective
- May Include descriptions, names, images, qualities, and roles (exile, manager, firefighter)
- Sometimes documents the healing process including aspects of retrieval, unburdening, and qualities/wants.
- May include relationships such as polarizations, alliances and hierarchies.

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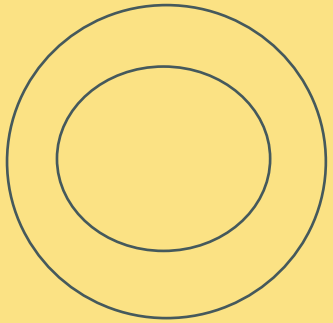
Examples of Parts Mapping

Circles:



Body outline:



Journaling:

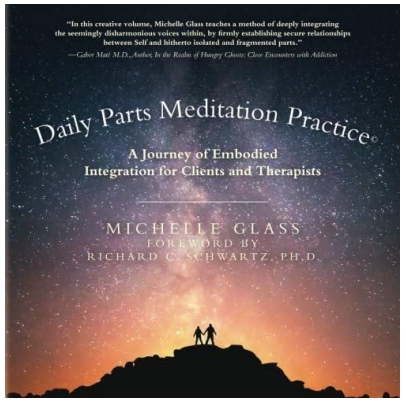
- Lists
- Timelines
- Notecard style

Externalization:

- Collage
- Sculptures
- Drawings/paintings
- Sand tray
- Other

More Examples

Books:



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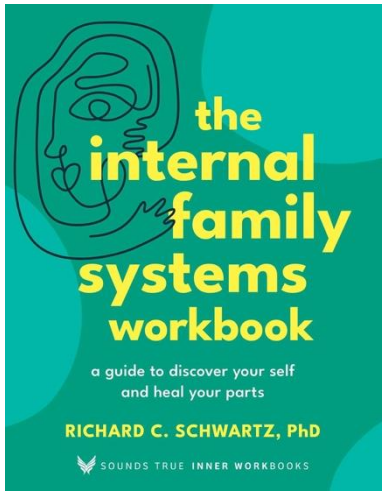

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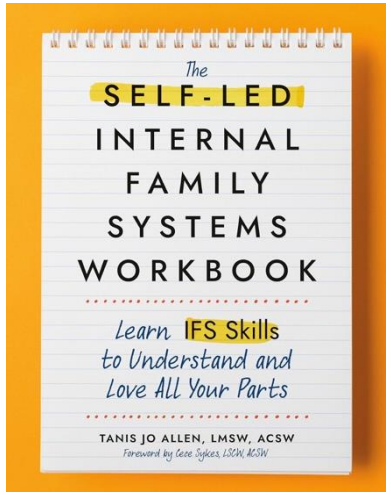

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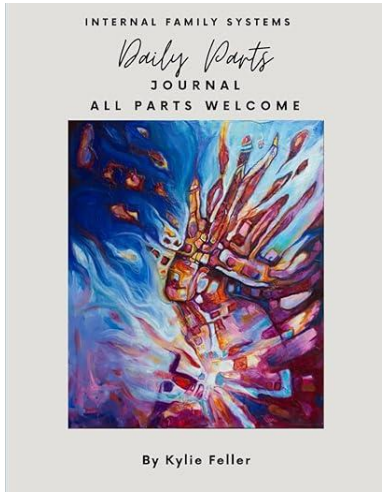

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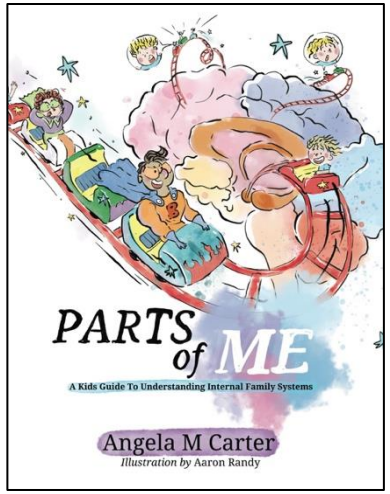

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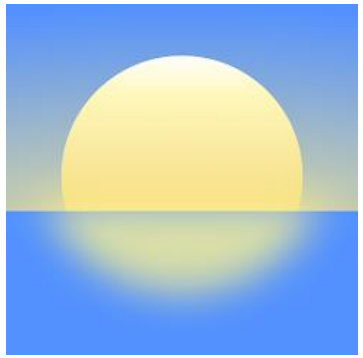
Apps:



IFS Guide



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Practice Mapping
your own Parts
ID.I.F.S.A