

Spokane IFS Collective

Lesson One Find the Part

The six Fs are:

Find the part

Focus on the part

Flesh it out

Notice how you **Feel** toward the part

Be-Friend the part (**Facilitate** the relationship)

Find out about the **Fears** of the part

Find the part

Notice the body

Get Curious

Notice Emotions

Notice Images

Notice Memories

Notice and acknowledge all the parts that are showing up

Ask for space

Begin to build the relationship

Connect with the part

Find the part

Notice the body

Heart and throat – constricted, tightening

Get Curious

Familiar?

How long has it been around?

Is it aware of you? (is the anxiety aware of you?)

How do you feel toward that part?

Notice Emotions

Anxious/ anxiety

Compassionate toward

Notice Images

Sitting with it, it's little

Notice Memories

Notice and acknowledge all the parts that are showing up

Ask for space

Begin to build the relationship

How are you in relationship to it now? (proximity)

Hang with it. What does it have to show and tell?

Connect with the part

What are you doing?

Let the part know about the compassion

I really could find some time with you

Find the part

Big picture (context) to small picture

Notice the body

Get Curious

Notice Emotions

Notice Images

Notice Memories (more context)

Notice and acknowledge all the parts that are showing up

Ask for space

Begin to build the relationship

Connect with the part

