

humantold

Getting To Know Your Protector Parts (Part 2)

This worksheet provides more questions and prompts when connecting inward with the part of us that protects us from hurt or being overwhelmed. ***From an Internal Family Systems (IFS) lens.***

Choose a protector part you would like to get to know more about and utilize the questions below that you feel are appropriate for you.

- Remember to approach the part with openness by allowing time for it to answer and curiosity to ask follow up questions. Such as if the part responds "I want to keep safe," you might ask, "What do you want to keep safe from?" or "Who do you want to keep safe?"
- Allow for some separation from the part from self "being with, not in." You are treating it as a relationship.
- Connect with the parts intentions even if you may disagree with the methods or effects.
- It may be useful to have a name for the part, which could be a descriptive phrase, a person's name, name of a character, or anything else.
 - Make sure the part names itself. The name can change at any time in the future as your understanding of the part evolves.

Name of the part or role that it serves: _____

Questions to help you get to know your part:

1. What do you do?

2. What is your role in my system?

3. What would you like me to call you?

4. What do you feel?

humantold

5. What makes you feel so _____?

6. How do you relate to people?

7. How do you interact with other parts?

8. How do you feel about (an external event or feeling)?

9. What do you want for us?

10. What do you hope to accomplish by (doing your role)?

11. What are you afraid would happen if you didn't (do your role)?

12. What are you afraid we would feel or do if you didn't (do your role)?

13. How long have you been (doing your role)?

humantold

14. What caused you to take on this role, and when did you start?

15. How do you feel about your role?

16. What would you like from me?

17. Other:

18. Other:

Reflection:

Anderson, F.G., Sweezy, M., & Schwartz, R.C. (2017). Internal family systems skills training manual: Trauma-informed treatment for anxiety, depression, PTSD & substance abuse. Eau Claire, Wisconsin: PESI Publishing.

Weiss, B. (2013). Self-therapy workbook: An exercise book for the IFS process. Larkspur, CA: Pattern System Books.