

# humantold

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## Find, Focus On, and Flesh Out a Target Part

This exercise walks you through the process of locating a target part, and addresses the first three steps in IFS. You may want to record the instructions below on a phone or other device so you can listen to them. Begin by turning your attention inward.

- Breathe and go slow.
- Remind your parts that there is room for everyone.
- Notice sensations, feelings, and thoughts.
  - Ask: "Who needs my attention?"

Write that down:

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- Continue to observe, be patient, and notice what shows up.
- Notice if any sensations, feelings, or thoughts are being dismissed internally as insignificant or not real.

If so, start by being curious about the part who is trying to steer you this way. Write that down:

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If not, choose whatever comes to mind first as your starting point. Notice where this part (sensation, feeling, thought) is located in, on, or around your body.

- Do you see the part?
- Feel it?
- Hear it?
- Sense it in some other way?

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Write down what you notice:

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Adapted from: Frank G. Anderson et al. *Internal Family Systems Skills Training Manual*.