

# Premium IFS Grief Release – Sample Flow

## ■ *Trigger: Open House Rejection (Age 10)*

I was so proud of my little art stall. I had been dreaming of being an artist. But when I told my mom and showed her what I had made, she didn't praise me—she shut it down. I felt exposed, humiliated, like my dreams were childish and embarrassing.

## ■ ■ *Younger Self Speaks:*

"I was so excited to show her. I really believed she'd be proud. I worked so hard on those drawings. When she dismissed them, I felt like I was stupid for even trying. Like my dreams were dumb. I stopped drawing after that."

## ■ ■ *Protector Speaks:*

"I told myself to stop talking about dreams. I started pretending not to care. I made jokes about my own passions so no one else could mock me first. I focused on doing things that seemed 'practical' instead. If I act indifferent, I won't get hurt again."

## ■ ■ *Self Responds:*

"I'm so sorry you were left alone with that pain. You were so brave to share something so personal. You didn't deserve that dismissal. Your art mattered then—and it still does. I'm here now. You can show me what you made. I will always care."

## ■ ■ *Blessing:*

"You were never silly for dreaming. You were sacred. You are allowed to create, even now. The boy who loved art is still inside—and he is safe with me."

## ■ *Truth to Carry Forward:*

"My dreams are not childish. They are sacred echoes of who I truly am."