

IFS Prompt Flow – Grieving What I Never Had

■ *What This Is*

A trauma-informed journaling flow to help you connect with emotional parts (inner child, protectors), release stored grief, and re-engage with Self-energy in a safe, structured way. This is not therapy, but a private self-reflection ceremony.

■ ■ *Safety First – Emotional Grounding*

Before starting, please take 3 deep breaths. Play music that soothes or unlocks emotion. Use a hand-to-heart touch or hold a comforting object. Safety before depth.

■ *Prompt Flow (Use in GPT, Notion, or Journal)*

1. ****Trigger Check-In**** – “What recently triggered you emotionally—even subtly?”
2. ****Inner Child Voice**** – “What would the 8–12-year-old you say about this pain?”
3. ****Protector Voice**** – “What part of you stepped in to manage it? What was it afraid of?”
4. ****Self Energy Response**** – “What would your grounded Self say to both parts right now?”
5. ****Blessing**** – Choose: Spiritual – “God sees you.” or Secular – “You are safe.”
6. ****Integration Line**** – “One truth I want to carry into tomorrow is...”

■ *Reuse & Confidentiality*

This prompt flow is reusable any time you're emotionally triggered, shut down, or longing for release. Paste the prompts into your own private GPT chat or journal. You never need to send your responses to anyone.

■ FAQ

Q: Do I send this to you?

A: No. This is fully confidential and self-directed.

Q: I'm not spiritual. Can I use this?

A: Yes. Both spiritual and secular blessing options are included.

Q: What if I don't cry or feel much?

A: That's okay. Presence and permission are enough. Let your system move at its pace.