Spiritual Direction Questions for IFS

Asking Parts:

1. What do you want me to know?
2. What are you afraid might happen if you don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. What are you protecting? What memories are arising?
4. What age are you?
5. True self: How do you feel towards part?
6. Ask the part if it senses you get it, understand? Can you tell the part all that you see. Is there more it wants you to know?
7. Ask permission to go to the exile to be with it in the way it needs.
8. Is there anything it needs you to do for it? Anyone it needs you to talk to?
9. Ask it if you can bring it with you to the now? If not, you can go to a fantasy safe place.

*Tell it is never has to go back there again, is it ready to unload the feelings of fear? Where does it carry the feeling in their body? Help them unload and stay with it until it feels complete.*

\*NOW, bring in the protector in to see results. (Manager or Firefighter)