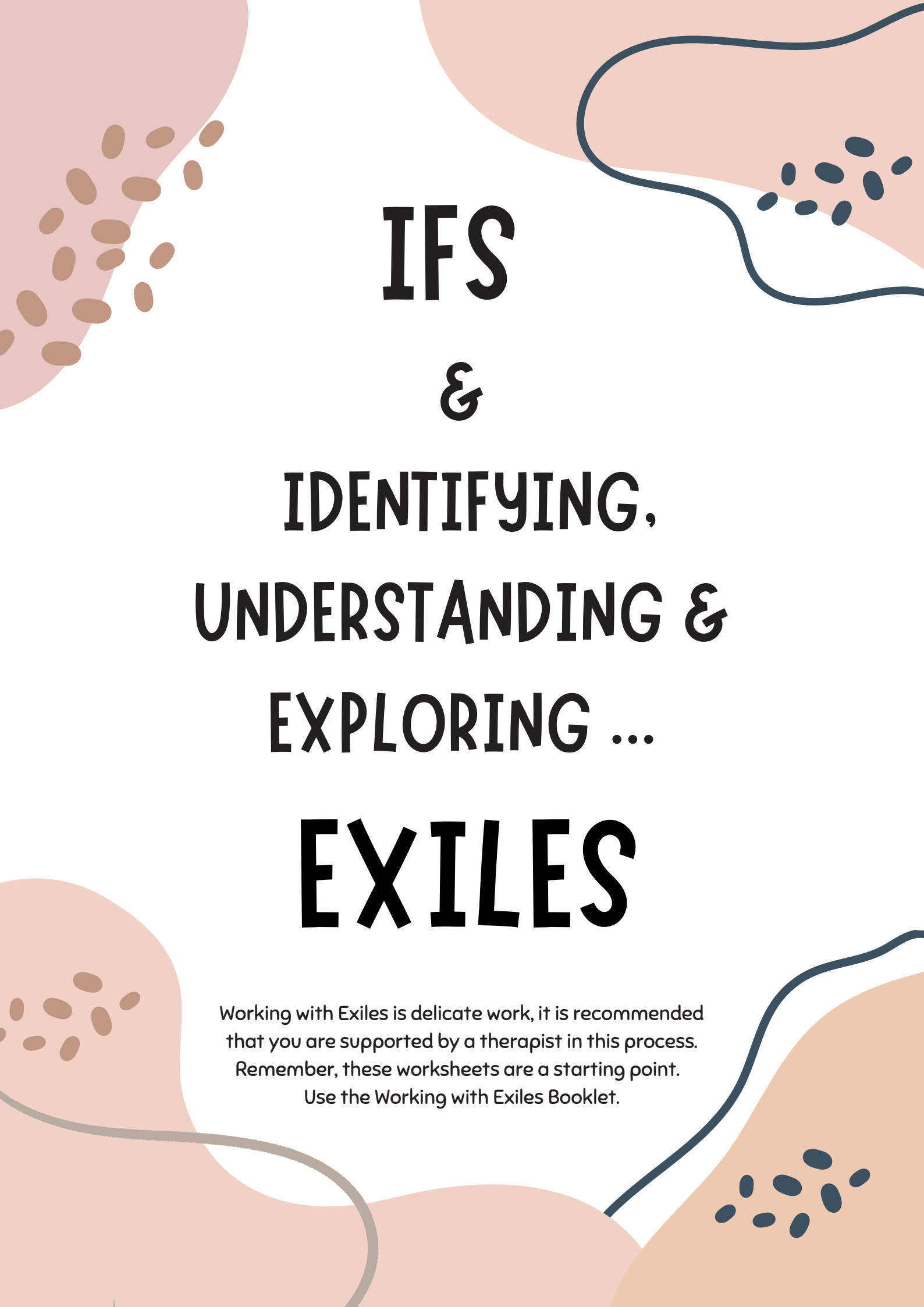


The background features several abstract, organic shapes in muted colors: a large light orange shape in the top left with small brown dots, a large yellow-orange shape in the top right, a light beige shape in the bottom left with a dark blue leaf-like pattern, and a light pink shape in the bottom right with a white line-art flower. A thin dark blue line curves across the bottom right.

IFS & GETTING TO KNOW YOUR VULNERABLE PARTS



IFS & IDENTIFYING, UNDERSTANDING & EXPLORING ... EXILES

Working with Exiles is delicate work, it is recommended that you are supported by a therapist in this process. Remember, these worksheets are a starting point. Use the Working with Exiles Booklet.

EXILE

VULNERABLE

HISTORY OF TRAUMA

ISOLATE SELF

FRAGILE

FEELINGS OF PAIN,
TERROR, FEAR

POOR PROTECTIVE
SKILLS



DESPERATE TO FEEL HEARD

DESPERATE FOR CARE

TYPES OF EXILES



INVISIBLE



WORTHLESS



NEGLECTED



SHAMED



ABANDONED



TRAUMATIZED

TYPES OF EXILES

THE INVISIBLE EXILE

Inner wounded Part that has been overlooked or ignored by the individual's conscious awareness. Unlike other Exiles that may manifest with intense emotions, memories, or beliefs, the Invisible Exile remains hidden from conscious recognition, often due to the individual's avoidance, denial, or dissociation from their inner pain or trauma.

THE NEGLECTED EXILE

Represents a Part of the psyche that has been overlooked, disregarded, or marginalized by the individual's conscious awareness. Similar to the Invisible Exile, the Neglected Exile holds wounds or unmet needs that have not received adequate attention or validation.

THE ABANDONED EXILE

Represents a Part of the psyche that has experienced profound abandonment, rejection, or neglect. This type of Exile holds deep wounds associated with feelings of being deserted, unloved, or unworthy of care and attention.

THE WORTHLESS EXILE

Represents a Part of the psyche that holds deep-seated beliefs and emotions related to feelings of worthlessness, inadequacy, or unworthiness. This type of Exile often arises from experiences of rejection, criticism, or invalidation, which contribute to a profound sense of diminished self-worth and self-esteem.

THE SHAMED EXILE

Represents a Part of the psyche that holds deep-seated feelings of shame, humiliation, or inadequacy. This type of Exile arises from experiences of perceived or actual rejection, judgment, or criticism, which contribute to a profound sense of being flawed or unworthy.

THE TRAUMATIZED EXILE

Represents a Part of the psyche that holds deep-seated wounds resulting from past traumatic experiences. Traumatized Exiles carry the emotional and psychological residue of trauma, which can profoundly impact an individual's well-being and functioning.

EXILE PROTECTED BY MANAGER & FIREFIGHTER PARTS

Within the IFS model, Exiles are Parts of the psyche that hold memories, emotions, or beliefs about past traumas or painful experiences. Managers and Firefighters Parts often protect these Exiles which can contribute to emotional distress and dysfunctional patterns if left unaddressed. Here are some types of Exiles commonly identified in IFS therapy:

THE EMOTIONAL EXILES

These Exiles hold intense emotions associated with past traumatic events or painful experiences. Examples include Parts that carry feelings of sadness, fear, anger, shame, or guilt related to past traumas.

THE MEMORY EXILES

Memory Exiles hold specific memories of past traumas or adverse experiences. These memories may be consciously or unconsciously repressed as a protective mechanism to avoid experiencing associated pain or distress.

THE BELIEF EXILES

Belief Exiles hold negative beliefs or self-perceptions that developed as a result of past traumas or negative experiences. Examples include beliefs about worthlessness, incompetence, unlovability, or powerlessness.

THE DEVELOPMENTAL EXILES

Developmental Exiles are Parts of the psyche that carry wounds or unmet needs from childhood experiences. These Exiles may hold unresolved emotions or unfulfilled needs related to attachment, safety, nurturance, or validation.

THE CREATIVE EXILES

Creative Exiles hold suppressed or dormant aspects of the Self, such as artistic talents, creative expression, or imaginative capacities. These Exiles may have been stifled or repressed due to past criticism, rejection, or invalidation.

THE SPIRITUAL EXILES

Spiritual Exiles hold wounds or disconnections related to spiritual or existential aspects of the Self. These Exiles may carry feelings of alienation, disconnection, or existential angst resulting from experiences of loss, trauma, or existential questioning.

THE IDENTITY EXILES

Identity Exiles hold aspects of the Self that have been fragmented or disowned due to past traumas or external pressures. These Exiles may include suppressed aspects of identity-related to gender, sexuality, culture, or other facets of self-expression.

THE ATTACHMENT EXILES

Attachment Exiles hold wounds or disruptions in attachment relationships, such as experiences of abandonment, neglect, or betrayal. These Exiles may carry deep-seated fears of rejection, abandonment, or engulfment in relationships.

BODY EXILES

Body Exiles hold trauma or distress experienced at a somatic level, such as physical injuries, illnesses, or sensations associated with past traumatic events. These Exiles may manifest as chronic pain, psychosomatic symptoms, or disconnection from bodily sensations.

THE GENERATIONAL EXILES

Generational Exiles hold intergenerational trauma or unresolved wounds passed down through family systems. These Exiles may carry burdens or legacies of past traumas experienced by ancestors, which continue to impact the individual's psyche and emotional well-being.

GETTING TO KNOW YOUR EXILES *The Process*

EXILES

1. SELF-REFLECTION

Spend time in introspection to understand your emotions, thoughts, and behaviors. Reflect on your past experiences, particularly those that may have caused emotional pain or trauma.

2. IDENTIFYING TRIGGERS

Pay attention to situations, events, or people that trigger intense emotional reactions or discomfort. These triggers often provide clues about underlying wounds carried by your Exile part.

3. EMOTIONAL AWARENESS

Practice mindfulness to become more aware of your emotions as they arise. Acknowledge and accept them without judgment. Journaling can be helpful in this process, allowing you to track patterns and gain insight into your emotional landscape.

4. CHILDHOOD EXPERIENCE

Childhood experiences often shape our inner world and influence our adult behaviors. Reflect on your upbringing and any significant events or relationships that may have contributed to feelings of rejection, abandonment, or shame.

5. CONNECT WITH YOUR INNER CHILD

Visualize and connect with your inner child, the Part of you that experienced past hurts and trauma. Offer compassion, comfort, and validation to this inner aspect of yourself.

6. INNER DIALOGUE

Engage in an inner dialogue with your Exile Part. Ask questions, listen to its concerns, and offer reassurance and understanding. Cultivate a compassionate and nurturing relationship with this aspect of yourself.

7. EXPRESS EMOTIONS CREATIVELY

Explore creative outlets such as writing, art, music, or movement to express and process your emotions. Creative expression can help you access deeper layers of your psyche and release pent-up feelings.

8. PRACTICE SELF-COMPASSION

Be gentle and patient with yourself as you navigate this inner journey. Offer yourself the same kindness and understanding that you would extend to a dear friend facing similar challenges.

9. INTERGRATION

Ultimately, the goal is to integrate your Exile part into your sense of Self in a healthy and balanced way. This involves acknowledging and honoring your past experiences while fostering Self-compassion, resilience, and inner healing.

EXPLORING PARTS *Reflective Questions*

Self-refelction **EXILE**

Reflect on your past experiences, particularly those that may have caused emotional pain or trauma. Moments in your life when you have felt emotions linked to being Exiled. These feelings may include, feeling invisible, abandoned, worthlessness, neglect, shame, or trauma.

Describe the identified past experience.

As you recall these moments, what Parts of yourself do you see?

Explore each of the types of Exiles identified described in the previous pages.

EXPLORING PARTS *Reflective Questions*

Self-refelction **EXILE**

What are the deep, painful emotions or memories that I have been avoiding or suppressing?

When did I first feel these emotions or experience these memories?

Why did you feel the need to hide this Part of yourself?

EXPLORING PARTS *Reflective Questions*

Identifying Triggers **EXILE**

What situations or events bring up these Exile Parts?

Who triggers these Exiles? What are the actions of others that trigger your Exile Parts?

What feelings arise when the Exile is triggered?

EXPLORING PARTS *Reflective Questions*

Identifying Triggers **EXILE**

List the places that trigger these Exile parts. Reflect on why these particular places are triggering.

What do these triggers tell you about underlying wounds?

Reflective Questions

EXILE

Observe your thoughts and feelings without judgment, recognizing them as just thoughts and feelings, not facts. Write down what you are feeling and why. In this process, recognize that it's the Exile Part and not your whole Self. Highlight the “facts” your Exile Part may be holding onto. You can explore this further with reflective journaling.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXPLORING PARTS *Reflective Questions*

Childhood experiences **EXILE**

Focus on the feelings of rejection, abandonment, or shame. Reflect on your upbringing and write down any significant events or relationships that may have contributed to these feelings.

How has this childhood experience and feelings influenced your adult behaviors?

EXPLORING PARTS *Reflective Questions*

Connect with your Inner Child **EXILE**

When have I felt most authentic, creative, and carefree in my life? When have I felt most in touch with my inner child?

What activities or experiences allow me to connect with my true self and inner joy?
How can I nurture and let my inner child lead my life more often?

EXPLORING PARTS *Reflective Questions*

Connect with your Inner Child **EXILE**

Are there any Protective Parts that interfere with my connection to my inner child?

How can you offer compassion, comfort, and validation to this inner aspect of yourself?

EXPLORING PARTS *Reflective Questions*

Inner Dialogue **EXILE**

If your Exile Parts could express its concerns, what would it say to you?

Ask your Exile Parts, what do they need from you?

How can you cultivate compassionate and nurturing relationship with your Exile Part?

EXPLORING PARTS *Reflective Questions*

Express emotions creatively **EXILE**

Explore creative ways to release feelings you may be holding onto. This could be writing, art, music, or movement to express and process your emotions. Think of activities that reconnect with your inner child in a carefree way.

Mindfulness-based activities



- Yoga
- Physical grounding activities
- Somatic awareness activities
- Grounding activities such as body scans and engaging with your 5 senses
- Visualization exercises- imaging the Self taking control back from the exile part.

Dance and movement

Use movement to express your emotions through dance or physical exercise. Allow your body to move freely, without judgment, as you let your emotions flow through you. Enrol in a yoga class or use the Somatic Awareness flashcards to start.



Journaling

Use the IFS journal prompts provided or start with writing down your feelings and thoughts, mindfully noting that these are not facts. You can also try writing poetry, short stories, or personal essays as a way to express and explore your emotions through language.



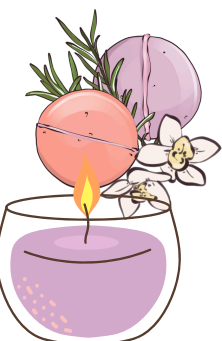
Arts & Crafts

Engage in hands-on crafts such as knitting, sewing, pottery, or woodworking. The process of creating something with your hands can be meditative and therapeutic, allowing you to channel your emotions into tangible objects.



Self-care

Engage in self-soothing activities that help you feel safe and loved. These activities can range from lighting a candle, taking a warm bath, using essential oils, walking in nature, going to a spa or listening to music.



EXPLORING PARTS

Reflective Questions

Practicing self-compassion

EXILE

Working with Exiled Parts is delicate work. It may be hard to practice Self-compassion. It is often difficult for us to be gentle with ourselves, however, it is often easier to extend this kindness to others. Write a letter to a dear friend facing similar challenges. Then, write a letter of what that dear friend would say to you in response. Once you have completed these two letters, write the letter to your Exiled Part from Self. Think about how you currently relate to these Parts. What would it look like to approach them with more compassion and understanding? Use the 8 C's of Self to guide you in this process.

A LETTER TO A DEAR FRIEND...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXPLORING PARTS

Reflective Questions

Practicing Self-compassion

EXILE

A LETTER FROM A DEAR FRIEND...

Reflective Questions

EXILE

A COMPASSIONATE LETTER TO SELF....

EXPLORING PARTS

Reflective Questions

Integration EXILE

What steps can you take to integrate these Exiled Parts into your Self?

How can you honor their experiences while not letting them take control?

How can you help these wounded Parts feel acknowledged, understood, and cared for?