



***Kids, Parents, & Everyone Have Parts:
A Book About
Internal Family Systems for the Young and Young at Heart.***

***Written By Lois Ehrmann and Lots of Special Kids
Most of the Illustrations done by Joe Phillips***



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The efforts made on this booklet are dedicated to my Home Group in our IFS Level I training: Paula, Maddy, Michelle, Judy, Lisa, Yvonne and Peg. Thank you for your support and love which contributed to the unfolding of this little book.

Before we get started:

*This is a book about all of us....kids and grown-ups alikeand about the family of parts we all have inside of us. We call this family of parts our **Internal Family System** and the more we understand our own parts and the way they work the more we see that what we do and how we act day to day makes sense. This is also a book about who you really are inside and about all the possible things you are truly able to do for yourself and others because you have a great and wonderful **Self!***

You are getting this book because there are people at CHOICES (or another counseling center) who care a great deal about you and your family and we want to get the word out to you and them. We studied this whole thingthis Internal Family System idea. We read the books by the man who first figured it out. His name is Richard Schwartz and the way he figured it out was by listening to the people he worked with in counseling. Just like you, the people he listened to had some of the same struggles and problems talked about in this book. The only difference was that they were grown-ups. At CHOICES though, we've been listening to children and teenagers as well as grownups. You see we think that kids can understand this whole thing too and that is because we have already talked to kids about these things and they did get it...they did understand!

The stories in this book are not real but they are based on the stories that many of the children who come to CHOICES have told us. We hope you like them and that they can be helpful to you in learning about your own parts and Self. There are also worksheet pages in this book to help you with some of the ideas and to help you get to know your own parts. We do hope some of them are fun too! Some of the kids we asked to try out the book did some pictures of their own parts. They and their parents said it was ok to put them in this book so that other kids and parents could see them.

And.... the drawings that are in the stories were put there to help make them less boring....Most although not all of those were drawn by a very special boy named Joe.

As you work on learning to love your Self and all your parts we wish you the best of adventures!!!

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Chapter 1: Feelings and Parts: Peter Figures Something Out!



Peter was 10 years old. He very smartly figured something out one day. It was an important thing for him to understand and he felt really happy once he figured it out!



It was 8:00 on a school night and his mom said, “Bedtime kiddo.....” and Peter didn’t want to go to bed. He wanted to stay up and watch more TV.

Mom said, “Oh no, sweetie, you have a busy day at school tomorrow and you need a good night’s sleep.”

Peter yelled, “I don’t want a good night’s sleep mom, I want to stay up and watch TV.”

Mom said, “No way Jose to bed NOW!” and she flipped the TV off.

Peter felt something hot rise up from the tips of his toes on up his legs, belly, chest, arms and head.....and his ears got really red. Suddenly he yelled, “I hate you....you never let me do what I want to do....” And he ran upstairs to his bedroom and slammed the door shut.

His mom just stayed downstairs and when she was sure he was staying up there she turned the TV back on and started watching her program.

Peter was still hot in his bed though and he punched his pillow with his tired but angry fist. Then he felt this really sick feeling hit him from the tippy top of his head on down into neck, chest and then his belly once again. He started thinking, “uh oh.....maybe I hurt mom’s feelings when I told her I hated her.....she’s really a pretty nice mom.....and I actually love her a lot...”

A tear came out of Peter's eye and he started to cry.

About 15 minutes into her show during one of the commercials Peter's mom decided to creep upstairs and check in on him to make sure he was in bed and didn't need anything from her. She was that kind of loving and caring mom.

She softly knocked on his door and opened it up and she saw Peter crying into his pillow.

"Hey Peter," she slowly said, "you're having a hard time settling down and going to sleep huh?" and she came and sat on the edge of his bed and started rubbing his back. Peter started crying more because he loved the way his mom did that for him. It always showed him that his mom really loved him. Slowly he turned around and said to his mom,

"I'm sorry Mom....I really love you.....I don't really hate you...."

His mom smiled and hugged him and said, "I know that even though I also saw that part of you that got so angry at me when





I told you it was bedtime and screamed out ‘I HATE YOU!!!!!’

“But I don’t really hate you Mom...I really love you...” Peter said.

“Peter,” said his mom, “sometimes you have a part of you that gets super angry and that part shouts out its anger and uses the word hate but I know that is an angry part of you not the ALL of you....just one part. You have a big part of you that loves me. You also have a part of you that knows for sure that I totally love you. I do love all the parts of you Peter. You have a really funny part too that brings about a lot of laughs in this family....”

Peter pulled away from his mom’s hug so he could look at her and said, “So downstairs my angry part yelled at you but up here my sad part started crying because I really love you....”

“I know.” Said his mom, “Sometimes you have a part that feels angry and yells and sometimes you have a part that feels sad and cries.... And sometimes you have all these parts at the same time and that can be hard to handle....but that’s why you have me and other people too.....to help you with all those loud parts.....o.k. now? Do you feel

ready to go to sleep?”

Peter took a great big breath and let out a lot of air from his mouth.... “Yup I am really tired now mom....and really sleepy....” And he laid his heavy head on his pillow and closed his eyes while his tired mouth just smiled.

All of Peter’s parts felt understood and accepted by Peter and were ready to go to sleep.

Wouldn’t it be nice if you could know about all of your parts and they could be understood by you like Peter? Let’s get started finding out about your parts!

Some Activities for YOU!!!

Peter had a lot of parts that had lots of feelings! Different parts of him felt:

angry, hateful, love, sorry, crying, sad, relieved, beloved, tearful, ashamed, sleepy, loud, punching, tired, happy, fun, surprise, and glad.

See if you can find and circle all the feelings Peter had in the word find below. Remember some words will go backwards or diagonal!

A	Z	F	J	S	R	L	R	M	V	N	P	N	Q	P	Y	S	V	A	H
D	N	S	H	A	T	E	F	U	L	R	A	U	T	B	Y	U	Z	K	D
M	T	G	U	D	O	S	L	E	E	P	Y	F	N	K	J	R	H	R	G
T	E	A	R	F	U	L	L	I	A	S	D	F	K	C	G	P	C	R	L
S	O	R	R	Y	W	X	O	B	E	J	Y	P	P	A	H	R	T	B	A
C	S	X	B	E	L	O	V	E	D	V	Z	T	J	P	T	I	R	E	D
G	C	R	Y	I	N	G	E	H	Y	X	E	C	J	A	R	S	N	B	P
L	O	U	D	E	A	S	H	A	M	E	D	D	R	F	K	E	C	G	A

Peter had parts that showed him what they were feeling. For example Peter had a part that felt angry and it showed Peter this when it punched his pillow.

Now pick three feelings from the Word Find that you know some parts of you feel and fill in the blanks below:

I have a part that feels _____ and this part shows me what it is feeling

when it _____

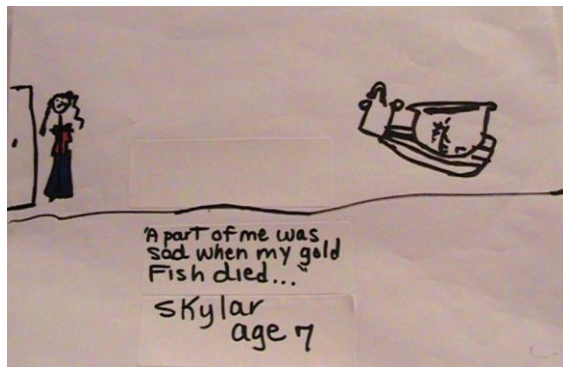
I have a part that feels _____ and this part shows me what it is feeling

when it _____

I have a part that feels _____ and this part shows me what it is feeling

when it _____

Here are some drawings from other children about their parts:



Peter could feel his different parts that came up for him in his body. Remember he felt something hot come up from his toes on through his legs and belly and all the way up. Sometimes we can draw different feelings or parts that we have in our body

on a paper. That is called a body map. Molly did that and she said it was ok to share it with you. Here is her body map. There is a blank body map next to hers that you can use to color in where your parts and their feelings are too!

