
PARTS
MAPPING
JOURNAL

illuminated path
COUNSELLING

Online Counselling for Adults 18+

Available in
British Columbia,
Alberta, Saskatchewan,
Ontario, and Nova Scotia

Book an Online Appointment Today

illuminatedpathcounselling.com

TABLE OF CONTENTS

SECTION 1: THE SELF 4

SECTION 2: PROTECTORS – MANAGERS AND FIREFIGHTERS 8

SECTION 3: EXILES 13

SECTION 4: SYSTEM INTEGRATION 17

SECTION 5: REFLECTION 20

1: THE SELF

Self-energy is the innate wisdom, compassion, and healing presence within every person—the essence often called the "Self." It is the core of who we are, expressed through qualities such as calm, clarity, compassion, courage, confidence, creativity, curiosity, and connectedness.

REFLECT ON YOUR EXPERIENCE OF SELF-ENERGY

When do you feel most connected to your Self?

What does Self-energy feel like in your body or mind?

How does the Self lead in moments of tension or uncertainty?

Which parts trust the Self right now—and which are resistant?

How can you invite more Self-energy into daily life?

How do I access calm in stressful moments?

What stories am I telling myself right now?

When have I led from Self with strength?

How can I show up in deeper connection to my system today?

THE 8 C'S OF SELF CHART

Quality	Description	Moments when I have these qualities
Curiosity	Open-minded interest in your internal world	
Calm	Grounded presence and steady energy	
Clarity	Clear understanding of what's happening inside and outside	
Compassion	Warmth and care for yourself and your parts	
Confidence	Trust in your ability to lead and care for your system	
Creativity	Innovative thinking and flexible solutions for inner challenges	
Courage	Willingness to face dis-comfort, truth, and healing	
Connectedness	Sense of being in relation-ship with all parts and the world around you	

2: PROTECTORS – MANAGERS AND FIREFIGHTERS

Protective parts that manage emotions and past wounds. Managers are proactive and Firefighters are reactive. Use the table below to map your protective parts (managers and firefighters):

Start by recognizing the different parts within you. Common categories include:
- Managers (proactive protectors)
- Firefighters (reactive protectors)
- Exiles (wounded parts)
- Self (the compassionate leader)

NAME AND DESCRIBE EACH PART

Give each part a name or description based on its role. For example:
- "The Perfectionist" (Manager) – pushes for high achievement to avoid criticism.
- "The Avoider" (Firefighter) – distracts with binge-watching or overeating.
- "The Lonely Child" (Exile) – carries feelings of rejection.

Part Name	How old is this part?	Body Location	Role	Triggers	Strategy	Fears	Needs	Origin
Manager Example: "The Perfectionist"	10	Head	Prevent failure	Criticism	Overworking	Shame	Validation	Parental Expectations
Firefighter Example: "The Avoider"	10	Stomach	Prevent fear	Overwhelm	Avoidance	I can't handle it	Safety and relaxation	Not able to escape childhood circumstances
Exile Example: "The Lonely child"	3	Stomach	Prevent rejection	Fear	Survival	Exposing of family secrets	Safety	Being afraid of parents yelling

REFLECTION PROMPTS

What does this part fear will happen if it relaxes?

What part feels unknown or misunderstood?

How does it feel about you right now?

What's a new way to meet this part's needs?

How do you feel about this part as you get to know it?

Is your heart open or closed to this part?

What emotional risk am I avoiding—and why?

What boundaries does it hold—and are they still helpful?

What else does the part want or need from you?

What role does this part play for you?

What is this part afraid would happen if it didn't do this role?

3: EXILES

MAP YOUR MORE VULNERABLE OR WOUNDED PARTS

Part Name	Emotion	Memory / Event	Belief	Impact	Needs	Message
Example: "Lonely Child"	Sadness	Isolation in childhood	"I'm unlov-able"	Withdrawal	Connection	"I want to be seen"

REFLECTION PROMPTS

When did you last offer compassion to this part?

What burdens has it carried alone?

What does it need from you and other parts?

How do you feel towards this part?

Have you inherited any of these patterns from your family?

What parenting style would your exiles like to have?

What parts of your “Self” do you find most nurturing?

How does this exile like to receive love?

What kind of reassurance would this part like?

What can you provide for them?

4: SYSTEM INTEGRATION

Bring your parts into dialogue and explore inner healing

SYSTEM INTEGRATION CHART

Interactions	Parts Involved	Description of Relationship	Role of Self	Opportunity for Healing
Example: Protective Reaction	The Perfectionist –> Exile	Perfectionist tries to keep Exile hidden from shame	Calmly curious towards both	Validate Exile, relieve burden on Protector
Example: Inner Conflict	The Rebel –> Manager	Rebel resist's structure, Manager enforces control	Bring clarity and compassion	Negotiate new internal agreements
Example: Alliance	Caregiver Manager –> Lonely Exile	Caregiver part tries to meet Exile's needs with over-effort	Confidence in Self to lead	Balance compassion and boundaries
Example -Legacy Burden Response	Compliant Part –> Anxious Part	Compliant part reinforces fears from childhood messages	Encourage creativity in roles	Release inherited beliefs

REFLECTION PROMPTS

How do Protectors (managers and firefighters) interact with Exiles?

What changes when you bring Self-energy into conversations?

Which protectors tends to interact with each other?

What legacy burdens (societal or cultural) echo in your system?

How might the system shift if it felt safe and understood?

Which parts work together?

Which parts are in conflict?

How do they interact with the Self?

5: REFLECTION

The part I would like to get to know:

Describe this part in a sentence:

Where does this part show up in the body?

What are the drawbacks of this part?

What are the benefits of this part?

What role does this part play for you?

What you do you appreciate about this part?

How do you feel towards this part now?

THANK YOU FOR TAKING THIS JOURNEY.

illuminated path
COUNSELLING

Online Counselling for Adults 18+

Available in
Alberta, Saskatchewan,
Ontario, and Nova Scotia

Book an Online Appointment Today

illuminatedpathcounselling.com

MICHELLE AGOPSOWICZ is a
Social Worker and Reiki Master
based in Calgary, Alberta, Canada.

ADAPTED FROM R. C. SCHWARTZ (2024) . ALL CONTENTS OF THIS HEALING JOURNAL ARE SUBJECT TO COPYRIGHT, AND INTENDED ONLY FOR PERSONAL USE BY CLIENTS OF ILLUMIINATED PATH COUNSELLING. COPYING OF THIS JOURNAL'S CONTENTS OR ANY OTHER USE IS PROHIBITED. COPYRIGHT © 2025 MICHELLE AGOPSOWICZ, ILLUMINATED PATH COUNSELLING. ALL RIGHTS RESERVED.