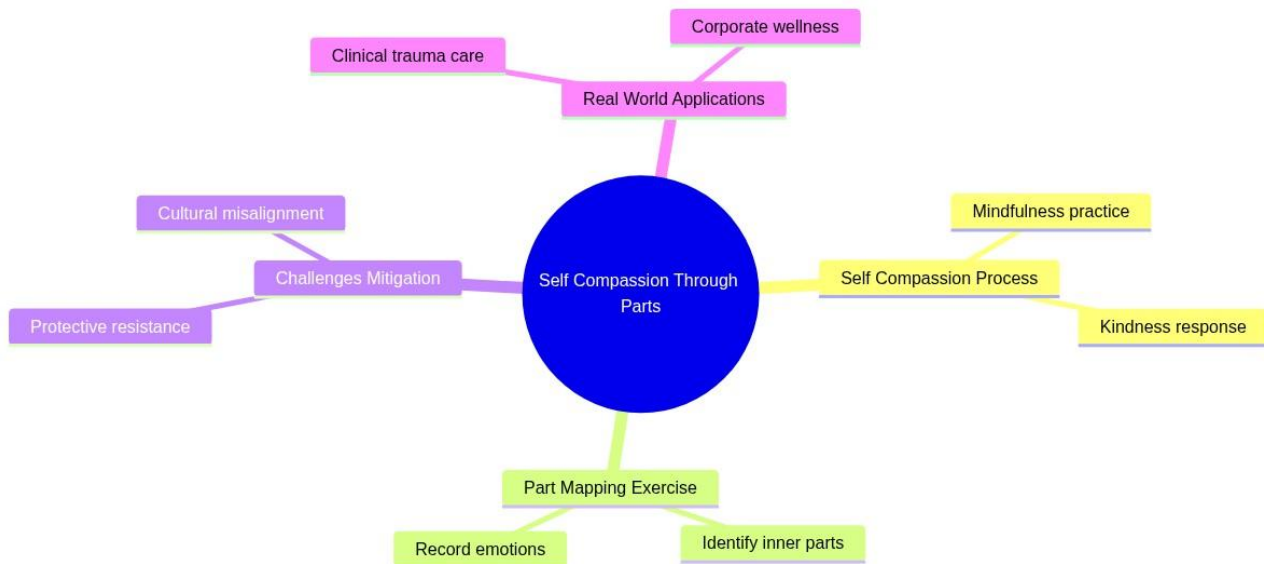


Internal Family Systems for Self-Care

Self-Compassion Through Parts



mindmap

root((Self Compassion Through Parts))

Self Compassion Process

Mindfulness practice

Kindness response

Part Mapping Exercise

Identify inner parts

Record emotions

Challenges Mitigation

Protective resistance

Cultural misalignment

Real World Applications

Clinical trauma care

Corporate wellness