

When Different Parts of You Want *Different Things*



For the moments when one part wants connection and another wants to hide; one part wants change and another feels scared; one part wants rest and another feels guilty.

The basic idea

Inner conflict does not mean something is wrong with you. It may mean different parts of you are trying to help, protect, or be heard in different ways.

This guide is an invitation to move from shame to curiosity, gently and without forcing yourself to fix everything.

A small safety note

Choose something mild enough to explore. This is not therapy or trauma processing. You can pause, stop, or return to grounding at any time.

Created with care by Dasha Vasileva

dashavasileva.ca/groups/ifs-circle

PRACTICE

A gentle parts reflection

Take 10-15 minutes. You can write, think, draw, or simply notice.

01

Pause

Take one slow breath. Feel your feet or the chair supporting you. Let this be simple.

02

Notice

Choose a mild inner conflict. What part is here? What does it say, feel, or want?

03

Get curious

What might this part be trying to protect? What is it afraid would happen?

04

Respond gently

What would you like to say to this part? What would feel kind, not forced?

Journal prompts

- A part of me feels...
- Another part of me wants...
- This part may be trying to protect me from...
- If this part could hear one kind sentence from me, it would be...

CONTINUE THE REFLECTION

Continue exploring with others.

This guide offers a gentle way to begin noticing your inner experience. In the IFS-Informed Women's Circle, we explore these patterns together, with time for reflection, conversation, and practice.

IFS-INFORMED WOMEN'S CIRCLE

A small online group for exploring inner conflict with curiosity instead of shame.

FOUR WEEKS · NO IFS EXPERIENCE NEEDED

dashavasileva.ca/groups/ifs-circle



SCAN TO EXPLORE

A note to carry with you

You do not have to be fully settled to belong to your life. You do not have to have everything figured out to take one gentle next step.

Thank you for spending this time with yourself.

Dasha Vasileva

Explore the IFS-Informed Women's Circle