



MAPPING THE PARTS OF OUR LIFE

An IFS-Inspired Somatic Timeline Workshop

T. LaDonna | Sacral SOULmatic Support

I'm so glad you're here.

My work is grounded in somatic awareness, nature-based practices, and parts work inspired by Internal Family Systems. I am not here as a clinical expert. I am here as a receptive guide, walking alongside you and offering a grounded, creative, and compassionate space where your system can explore at its own pace.

Parts work has been deeply meaningful in my own life. What I'm sharing in this workshop is an avenue that resonates with me, and one that may also resonate with you.

Before we begin, take a moment to notice that you made it here. You chose to show up for yourself, your system, and your parts. That alone is something to honor.

Thank you for trusting yourself enough to be here.

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T. LaDonna

**Somatic and Nature-Based Practitioner
IFS-Inspired Parts-Work Companion**

Sacral SOULmatic Support

PURPOSE OF THIS WORKSHOP

*To explore parts work through a gentle, visual
life-mapping practice*

*To observe (not relive) the moments that shaped
us*

To let memories surface at their own pace

*To engage our systems through somatic
grounding, breath, and curiosity*

*To expand awareness from personal
experiences to lineage and ancestral influences*

EMOTIONAL SAFETY

This is a trauma-aware, nonclinical space

Stay within your window of tolerance

*If activated: pause, tap, breathe, or step
away*

*You may write statements, symbols, or
nothing at all*

*No need to include Big T trauma — follow
what feels ready*

Your nervous system leads the pace

SUPPLIES NEEDED

*Printed mapping template ([here](#)). -or-
Three sheets of paper*

Timer

*Pen or pencil (color pencils optional for
deeper expression)*

*Water + a small snack (to keep the body
regulated)*

Your preferred journal (optional)

STAYING WITHIN YOUR WINDOW OF CARE

A gentle reminder to honor your body, your pace, and your parts.

PROTECTIVE MODE

The system is mobilizing to
keep you safe.

**Fast • On guard •
Activated**

Energy is high.
Protection is leading.

WINDOW OF CARE

The place where care, choice,
and
Self-energy are accessible.

Calm • Curious • Connected

Care is available.
You can respond, not react.

PROTECTIVE WITHDRAWAL

The system is conserving
energy to stay safe.

**Quiet • Low energy •
Turning inward**

Energy is low.
Rest and protection are leading.

Notice your body's signals.

*Pause any time something feels
activating.*

*Return to tapping, grounding, or
breath.*

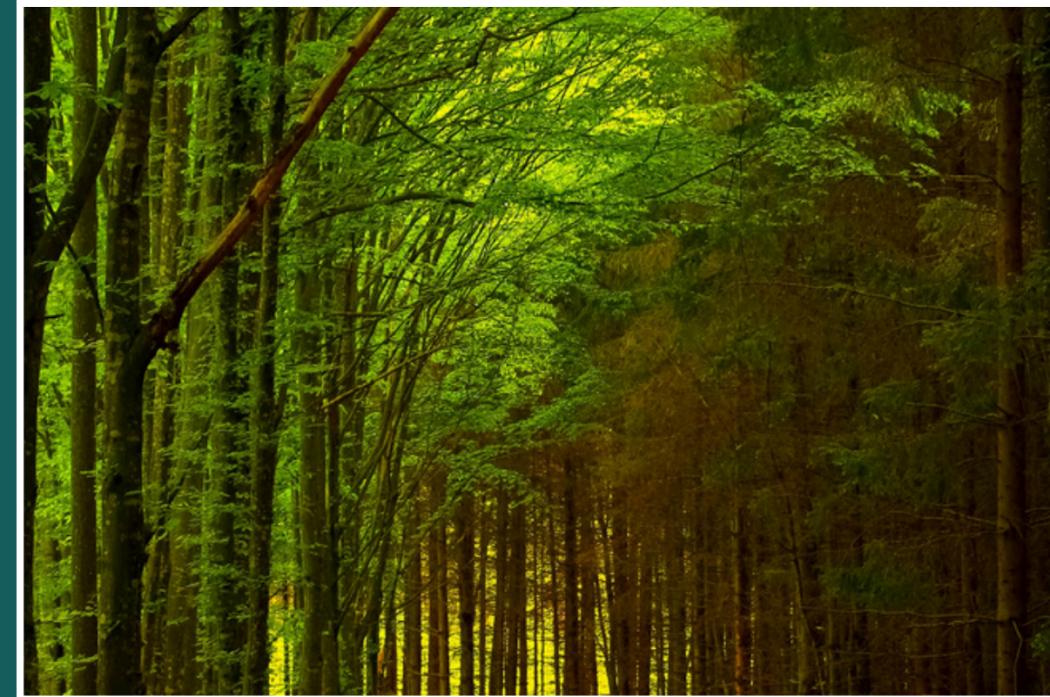
*You choose what to write, skip, or
symbolically represent.*

*No need to push past your
comfort.*

*You are invited to move at a Self-
led pace.*

WHAT PARTS WORK MEANS HERE

- We each carry many “parts” shaped by lived experience
- Today we explore these parts gently through mapping, not storytelling
- You do not need to know technical terms
- No prior parts work experience needed





WHAT TO EXPECT TODAY

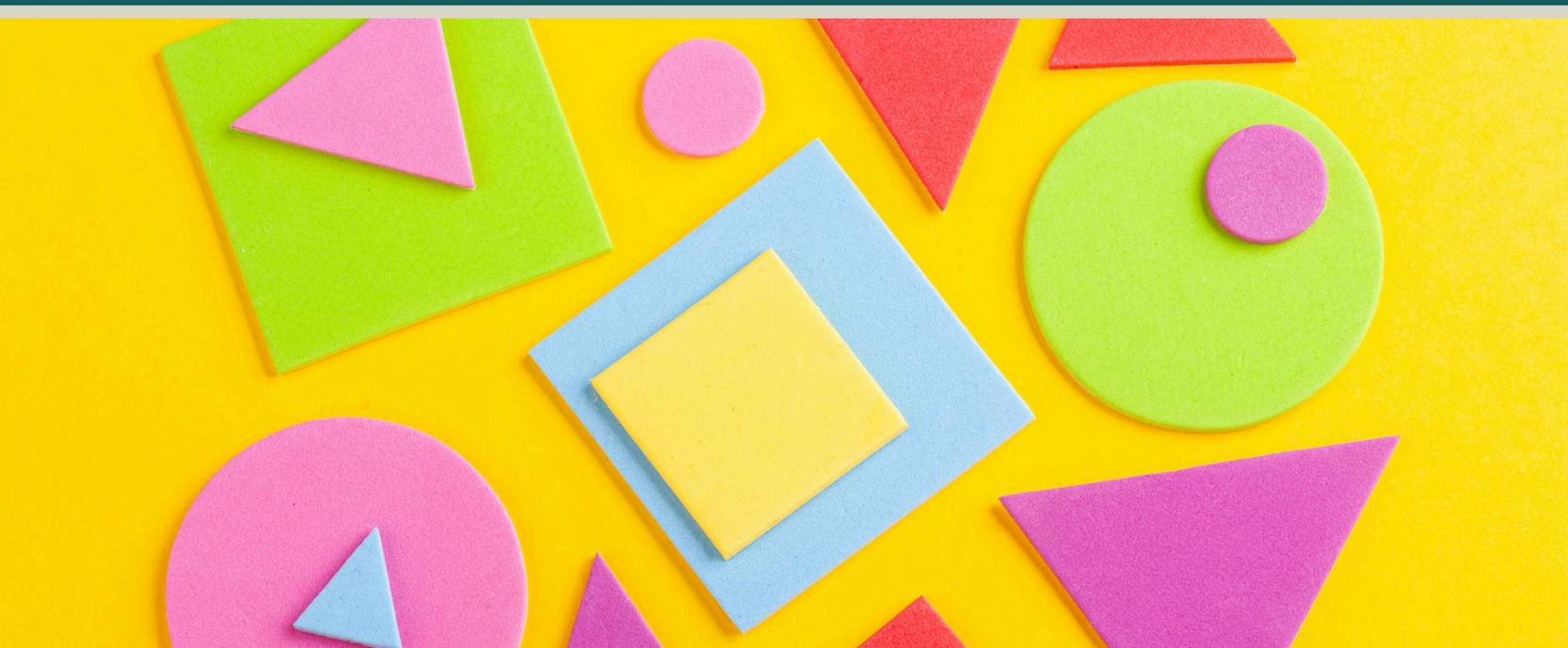
This self-led workshop can be completed in one or multiple sittings and typically takes 60–75 minutes to complete.

- **Somatic Practice 1: Pre-Mapping Grounding Video**
- **Mapping Segment: Life Experiences**
- **Somatic Practice 2: Pause, Breathe, and Scan**
- **Mapping Segment: Lineage Experiences**
- **Somatic Practice 3: Ancestral Mediation**
- **Mapping Segment : Ancestral Experiences**
- **Somatic Practice 4: Free hand journaling**
- **Return to Self Affirmation and Closing**

SYMBOL & COLOR OPTIONS

If writing is hard:

- *Draw symbols*
- *Use shapes*
- *Choose colors for different themes*
- *Leave blanks for later*



MAPPING INSTRUCTIONS

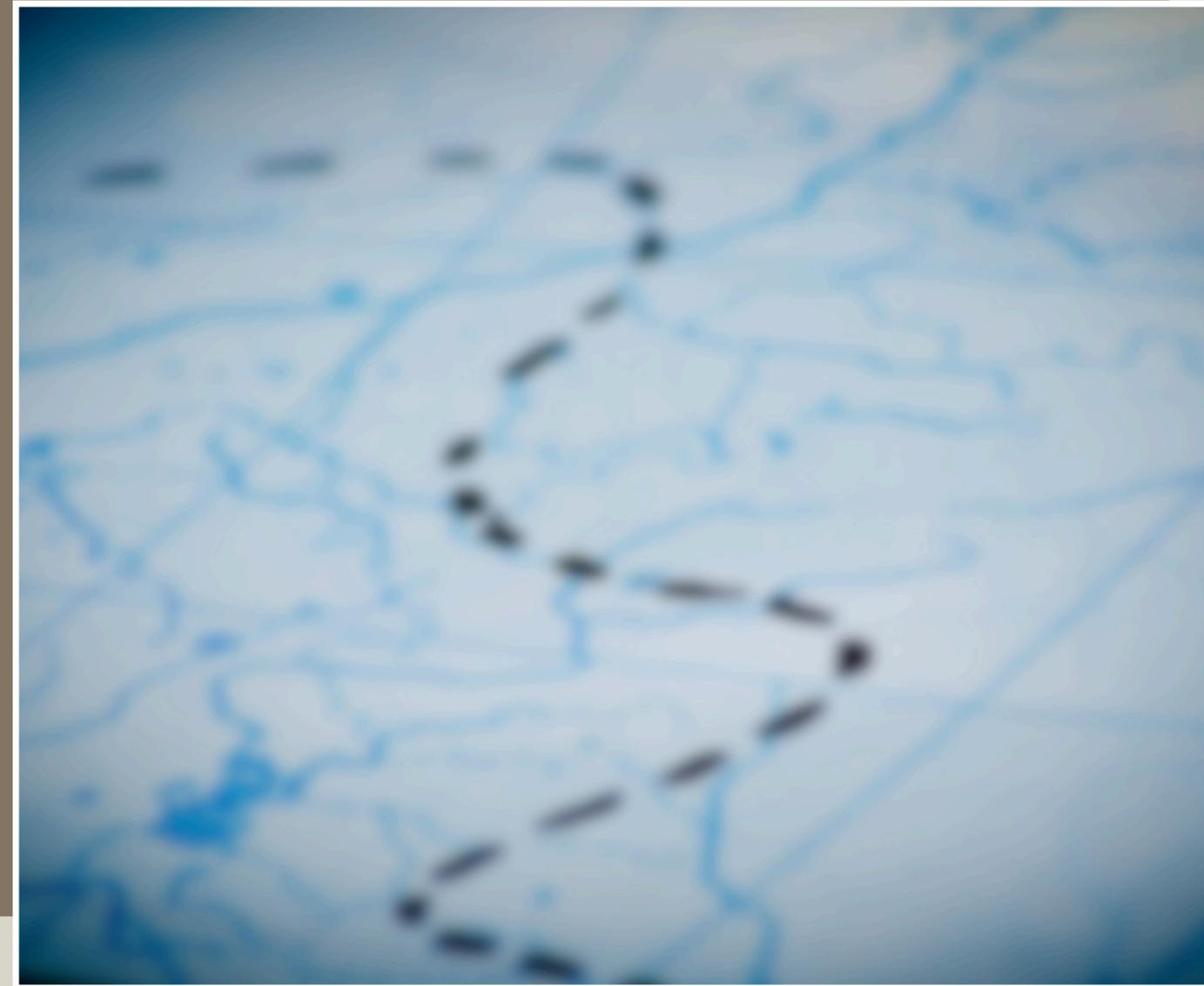
There will be three rounds of mapping: *10-15 min each- Each round will focus on a different layer of experience.*

Don't skip the somatic practices- *They are designed to help ground your system and gently expand capacity. Modify as needed to support your care*

Remember we record events, not narratives.

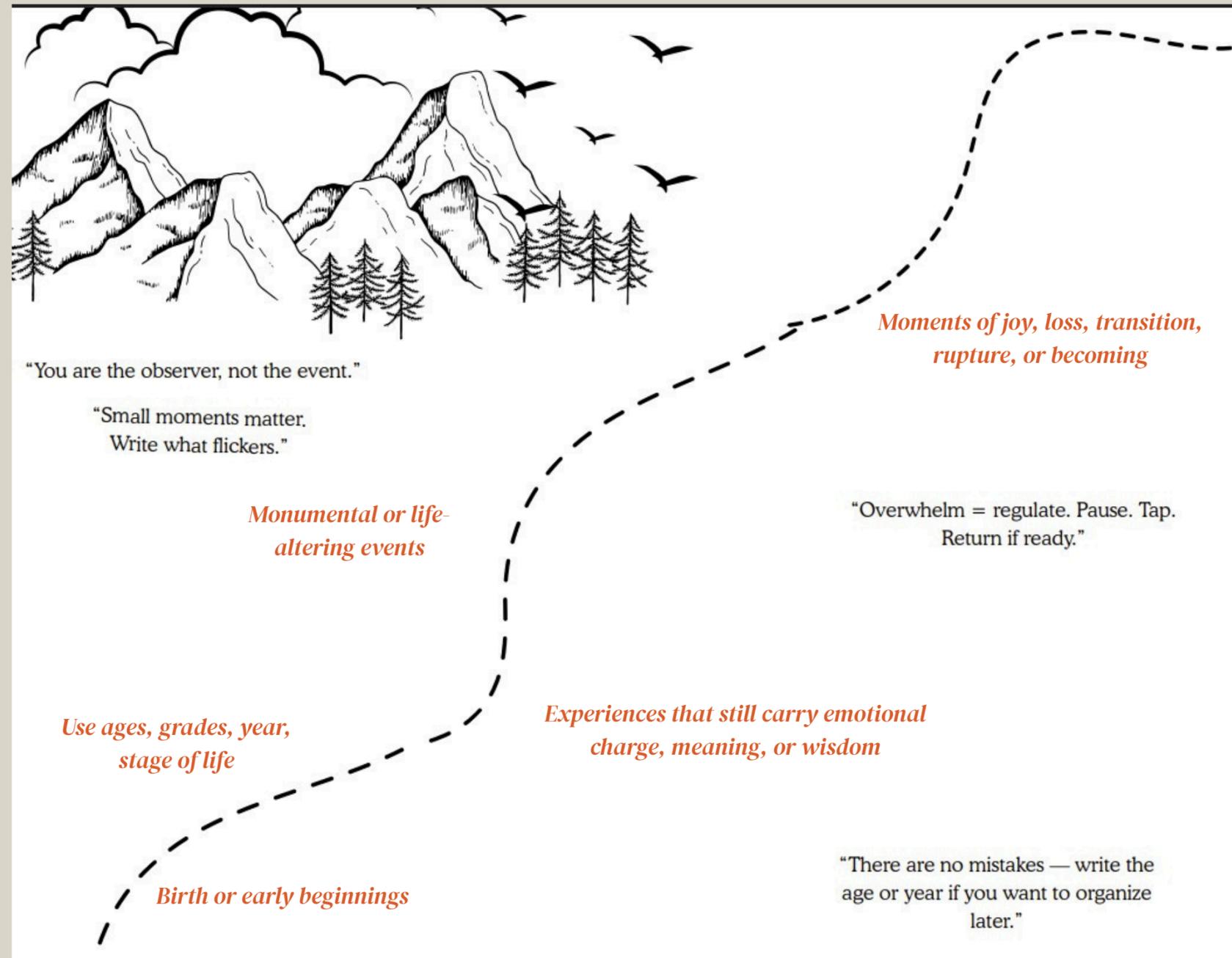
Move at your own pace: *You may pause, adjust, or step away whenever needed.*

[PDF Map Template](#)



The next three slides will offer guidance for each map.

LIFE Experiences

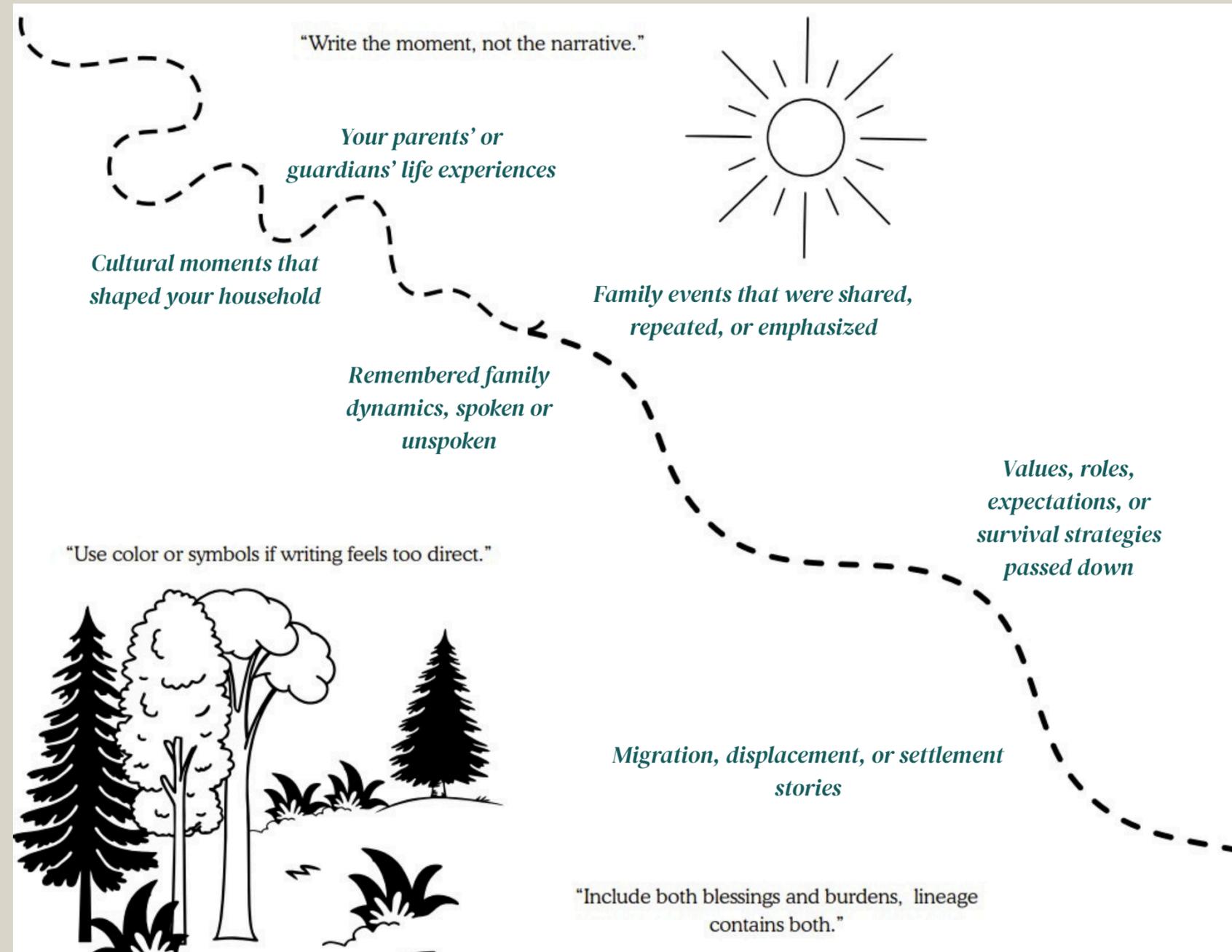


This section invites you to map experiences from your own lifetime. These are moments your body and nervous system remember because they shaped how you move through the world.

You do not need to include everything. You are invited to map what feels accessible and relevant today.

Some memories may be clear, others may feel vague or incomplete.

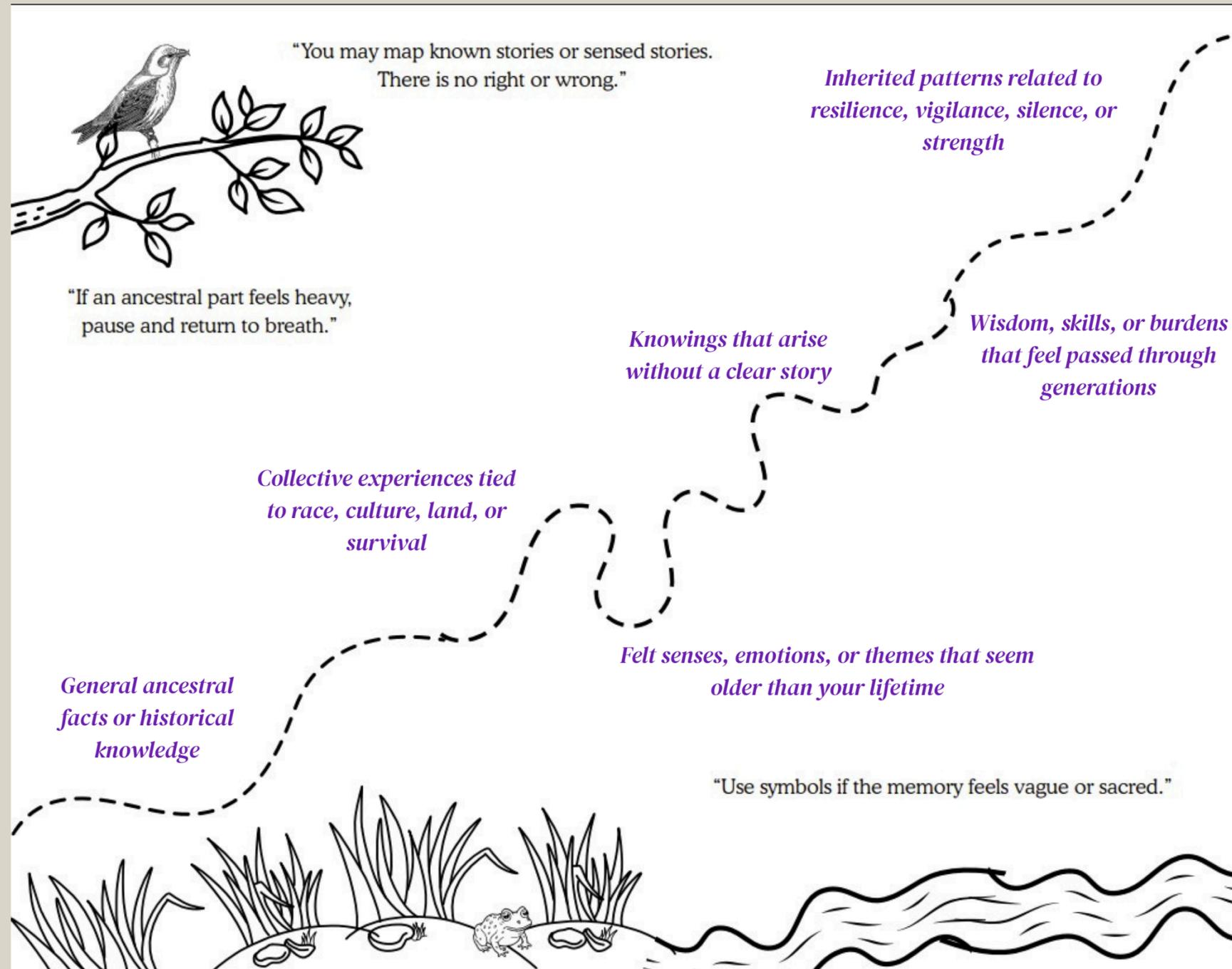
LINEAGE Experiences



This section focuses on the experiences and patterns of your parents, caregivers, and immediate lineage, and how their lives shaped the environment you were raised in.

You are not required to know details. Even partial stories, impressions, or emotional tones belong here. This section honors the truth that we are shaped not only by what happened to us, but by what happened

ANCESTRAL Experiences



This section invites awareness of experiences that may not be personally remembered, but are felt, sensed, or known within the body or spirit.

You are not asked to prove or explain these experiences. This space honors that some truths are carried somatically, emotionally, or intuitively.



SOMATIC PRACTICE 1: PRE-MAPPING GROUNDING VIDEO

We begin with tapping to bring the body into safety. Tapping gently stimulates the vagus nerve and signals the body that it is safe enough to soften.

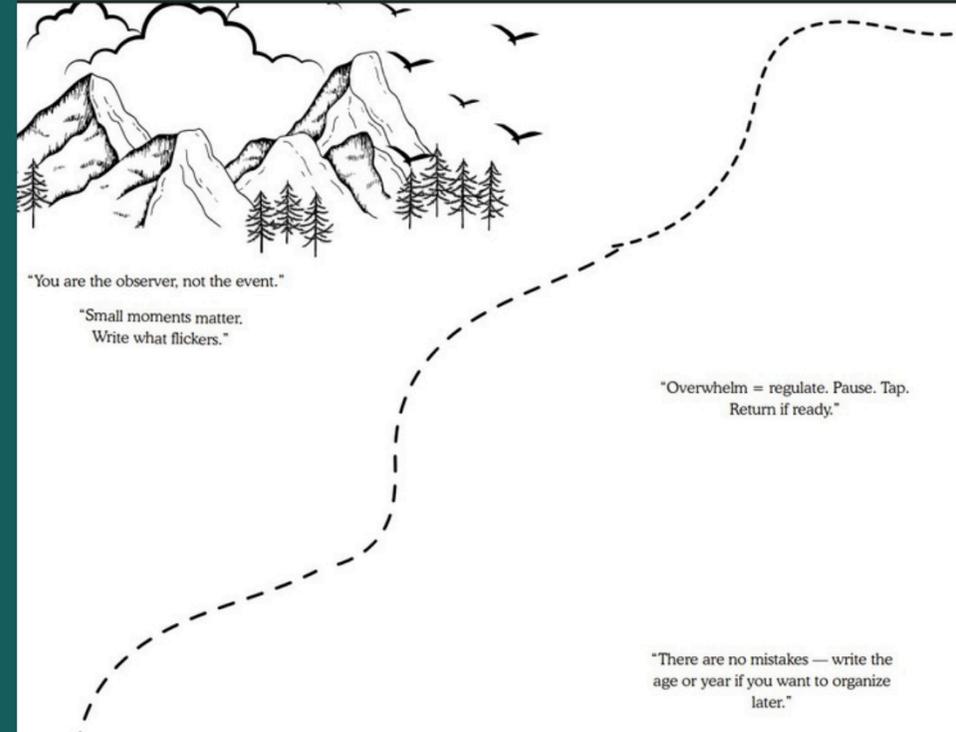
Move slowly through each point, giving a few breaths per spot.

[Video](#)



LIFE MAPPING

10 MIN



Life Map prompts:

- *Who lived in your household at different ages?*
- *What schools did you attend?*
- *Moves, transitions, new neighborhoods?*
- *Friendships formed, friendships lost?*
- *Pets?*
- *Hobbies or activities that shaped you?*
- *Faith, community, or extracurricular experiences?*
- *A teacher or mentor who had an impact?*

SOMATIC PRACTICE 2: PAUSE, BREATHE, AND SCAN



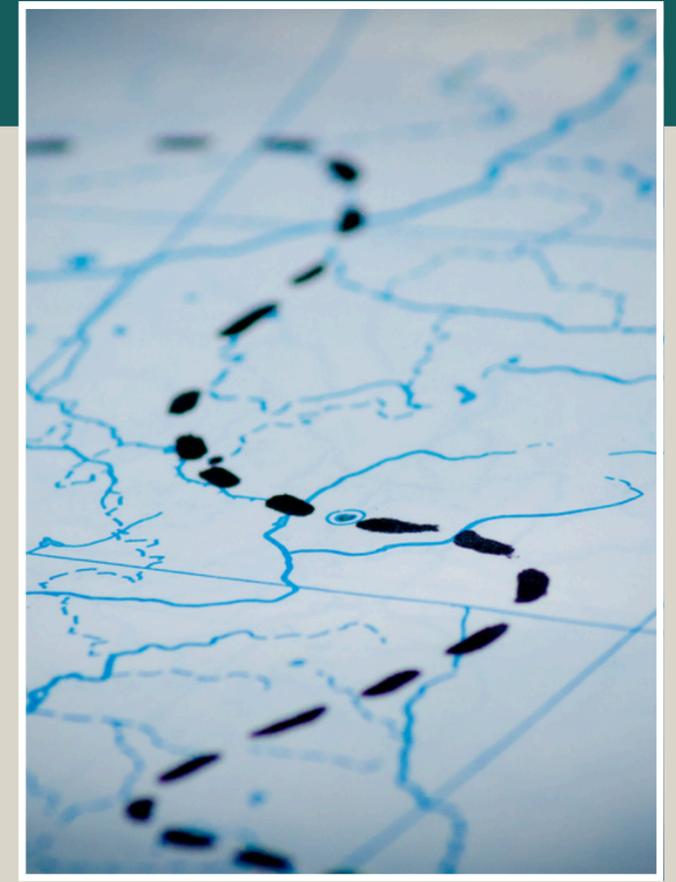
**TAKE A MOMENT TO STOP
MAPPING.**



BREATHE
Take 3 intentional
full breathes



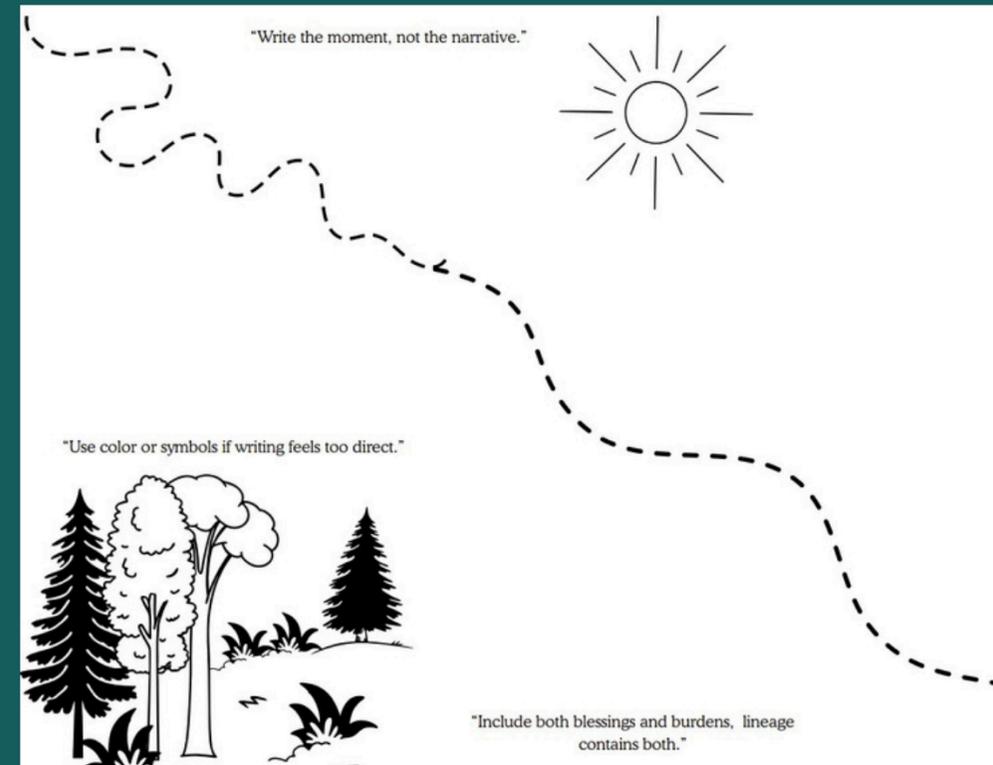
BODY SCAN
Take moment to
survey your body



RETURN WHEN READY

LINEAGE MAPPING

10 MIN



Lineage Map prompts:

- Where were your parents born?
- Major migrations or relocations?
- Family structure changes (marriages, divorces, separations)?
- Cultural or religious influences?
- Known generational events (immigration, military service, loss, achievement)?

SOMATIC PRACTICE 3: ANCESTRAL MEDIATION



This guided meditation is intended to be practiced before ancestral mapping or ancestral parts work. It helps ground the nervous system and create space for Self-energy to lead.

Ancestral parts work acknowledges that experiences can be carried forward through epigenetic markers in our DNA, leaving imprints in the body that were not formed through our own life events. These imprints may show up as patterns, sensations, beliefs, or emotional responses without a clear personal origin.

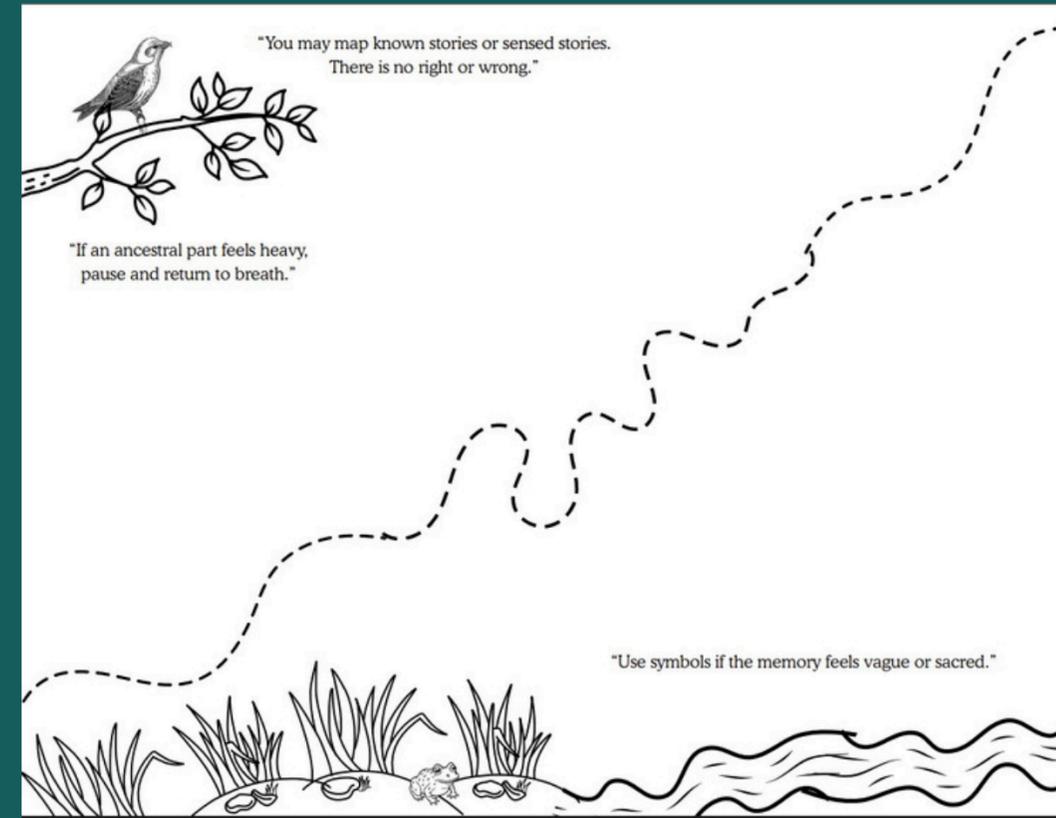
This practice invites awareness of those ancestral imprints that are ready to be seen. It is not a calling forth of ancestors unless that resonates with you. Rather, it is an invitation for any parts carrying inherited stories to gently come forward in their own way.

This meditation is not about reliving trauma or accessing detailed histories. It is about listening with care, curiosity, and choice, and allowing what is ready to be witnessed to emerge.

[VIDEO](#)

ANCESTRAL MAPPING

10 MIN



What identities, cultures, or groups do you descend from?

What ancestral roles or burdens are known in your family?

What strengths or gifts run through your line?



SOMATIC PRACTICE 4: **FREE HAND JOURNALING**

**For 3–5 minutes, journal from the body, not the mind.
Write whatever is present without making meaning of it.
*There is no wrong way to do this.***

RETURNING TO SELF ENERGY



PLACE A HAND ON THE CHEST
FEEL YOUR FEET
TAKE ONE SLOW BREATH AFTER EACH LINE

REPEAT THESE WORDS ALOUD

I am here.

I am safe.

I am in my adult body.



THANK YOU

**This map is yours to keep.
It is a living tool, not a finished product — something
you can return to as new parts make themselves
known or as familiar parts deepen their messages.**

**What you placed on the page has now been witnessed
by your Self, by your body, and by this space.**

**Your parts, your lineage, and your ancestors have been
gently acknowledged and located in a physical form.
You may continue adding to it in the days, weeks, or
even years ahead.**

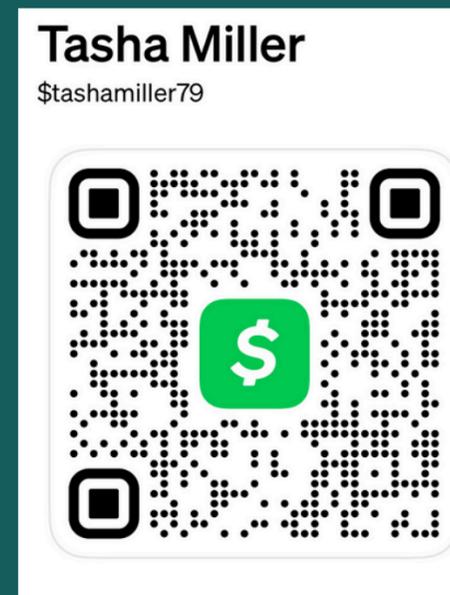
DONATION & SUPPORT

If this workshop nourished you and you feel called,
love offerings are welcomed.

PayPal: [Link](#)



Cash app: \$tashamiller79



Thank you for supporting community healing work.