

SELF-AWARENESS

Hiding something

“I can’t say it out loud.”

In the book: Chapter 5 · Gede's Secret

WHAT IS UNDERNEATH — AN IFS VIEW

A manager part holding a secret to prevent shame. It is loyal, not deceitful — it believes the relationship survives only if nobody knows.

TRY THIS, RIGHT NOW

Whisper it to a toy first, then to a grown-up.

FOR THE CHILD

Say it to a toy, or into a cushion, first. The second time is always easier than the first.

FOR A PARENT

Thank the hiding before you ask for the truth: “Part of you was scared to tell me. That makes sense.” Then leave a silence.

FOR AN EDUCATOR

Offer a non-verbal channel — a note in a box, a slip on the desk. Never require public disclosure.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.