

SELF-AWARENESS

Small

“I’m not enough.”

In the book: Chapter 1 · Gede the Gecko

WHAT IS UNDERNEATH — AN IFS VIEW

A young part that once got compared to someone bigger and decided it was safer to shrink. It is not low confidence — it is a part protecting the child from being measured and found wanting.

TRY THIS, RIGHT NOW

Name one thing your body did well today.

FOR THE CHILD

Stand up, put both feet flat, and feel how much floor is under you. Say your own name out loud once.

FOR A PARENT

Resist “but you’re great at…”. Praise contradicts the part and it digs in. Try: “Something in you feels small right now. I’d like to hear about it.”

FOR AN EDUCATOR

Give this child a task with a visible outcome and no audience — handing out materials, watering a plant. Competence lands before compliments do.

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.