



SAW

presents

Inner Character Comics
with Sacha Mardou
author of PAST TENSE

A free online comics workshop

Friday Oct 18, 2024
7pm Eastern
+ Pacific

@sawcomics
@mardoudraws



Thanks for coming to a
SAW Friday Night
Workshop!

INNER CHARACTER COMICS

This workshop was led by
SACHA MARDOU

<https://www.mardouville.com/>
https://www.instagram.com/mardou_draws/

On October 18, 2024

Contributors to this
collection in order of
appearance are:

Alun Clewe
Kayvon Darabi-Fard (3
pages)
Jen Nesbitt
Tom Hart
Delaney Gibbons
Jeannie Mecorney (3
pages)
Andrea Moed
Drew Bullock
Chris Seidel
Michael Woo
Judith Margolis

Next workshop → <https://sawcomics.as.me/friday-night-comics>

You can also join hundreds of people sharing
their work at our free members site:

🗨️ https://members.sawcomics.org/share/F6BBQeyGUGE0g-Qk?utm_source=manual

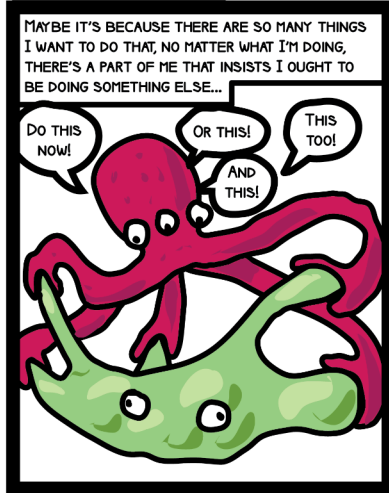
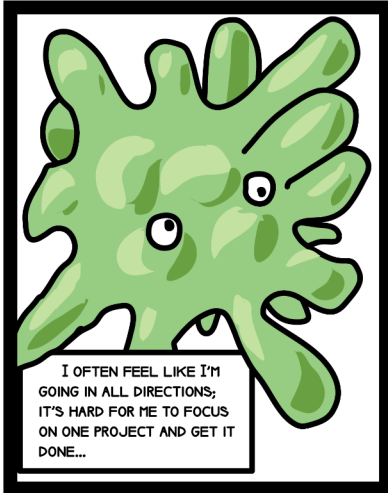
We hope you'll share your work on social
media with the hashtag #fridaynightcomics .
Please tag us
@comicsworkshop

Thanks so much for being here!

You can support us on:

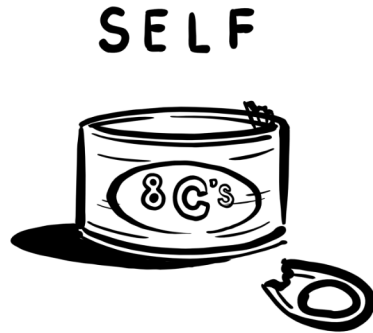
🗨️ PayPal: <https://www.paypal.me/comicsworkshop>





8 C's of Self

Creativity
Courage
connection
compassion
calm
confidence
clarity
curiosity



THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC



**THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC**

**BUT NOBODY
HAS SAID
ANYTHING
NICE ABOUT
IT...**

**AND THAT JOB
I APPLIED FOR
HAS'N'T
REPLIED TO MY
APPLICATION**



**THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC**

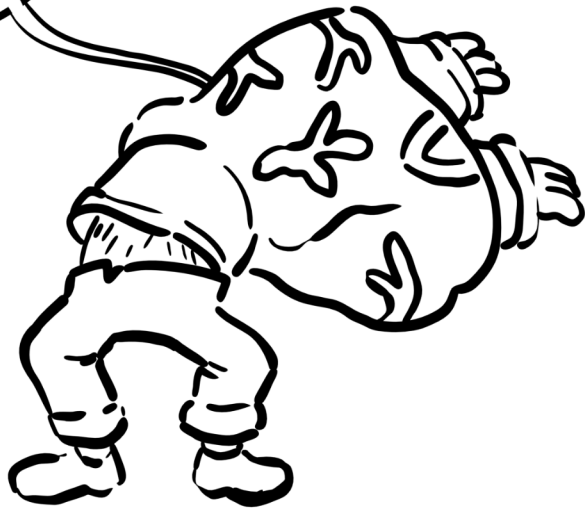
**I'VE BEEN
REJECTED
BECAUSE I'M A
CHEAPSKATE
SWEATER
THRIFTING
LOSER...**

**MY FASHION
CHOICE HAS
REVEALED MY
INABILITY TO
BE A GREAT
ARTIST**



**THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC**

**THIS JUMPER HAS
BEEN NOTHING BUT A
CURSE, I'M DONE -
IT'S COMING OFF!..**



**THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC**



**THE
SECOND HAND THRIFTED JUMPER
INNER CRITIC**

...SO IT IS
DECIDED, THE
JUMPER IS
HERE TO STAY

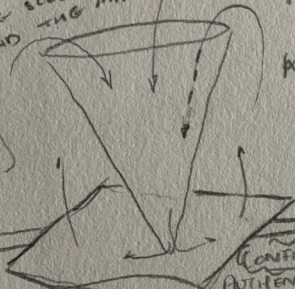


INTERNAL FAMILY SYSTEMS THERAPY

CREATIVITY COURAGE
COMPASSION CONFIDENCE
CURIOSITY CONNECTION
CALM CLARITY

SELF

THE SOLE AND THE PARTS



A FUNNEL

THE ARE A SUN + CLOUDS

CONNECTION
EMPASSION

VALUES KINDNESS/NICENESS

CONFIDENCE
AUTHENTICITY

STICK UP FOR MIE PART

CAN SAY NO

KEEP THE VALUES BUT BALANCE

KEEP CHECK



MANAGER PARTS
PERFECTIONIST
PEOPLE-PLEASE
TIME MANAGER
INTERNAL CRITIC

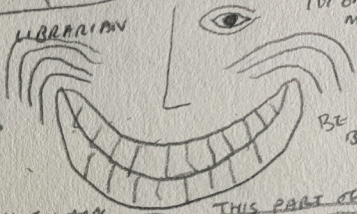
ALICE IN WONDERLAND
CHESHIRE CAT

NICE LIBRARIAN

PUT ON A MASK SO DON'T SEE

BE HAPPY
MAKE OTHERS HAPPY

BE SMILE
BE FUNNY



HOW DO I FEEL TOWARDS

THIS PART OF ME?

PEOPLE TAKE ADVANTAGE

FRUSTRATED

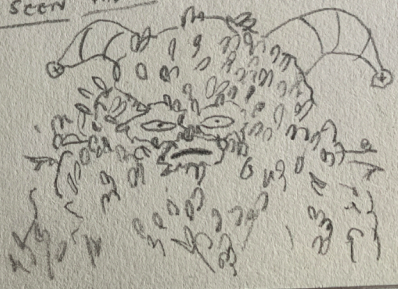
YES WHEN WANT TO SAY NO

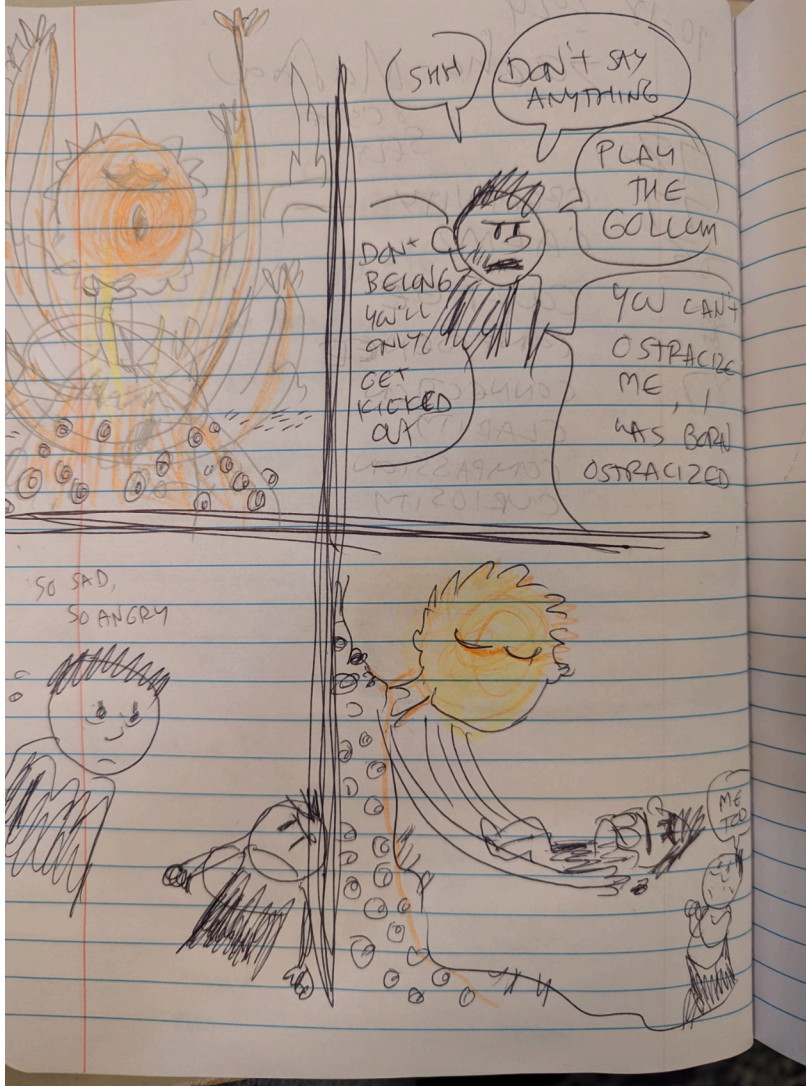
SAY MY FRUSTRATED PART

NOT SEEN

HIDDEN

EMPTY DISTANT





SHH
DON'T SAY ANYTHING

PLAY THE GOLLUM

DON'T BELONG
YOU'LL ONLY
GET KICKED
OUT

YOU CAN'T
OSTRACIZE
ME, I
WAS BORN
OSTRACIZED

SO SAD,
SO ANGRY

ME TOO



Self - forest

What are you doing in ~~my~~ this forest?

Does that tree look unhappy? I must fix it.

Wow, their forest looks so much better than mine...

Does everyone like this forest?

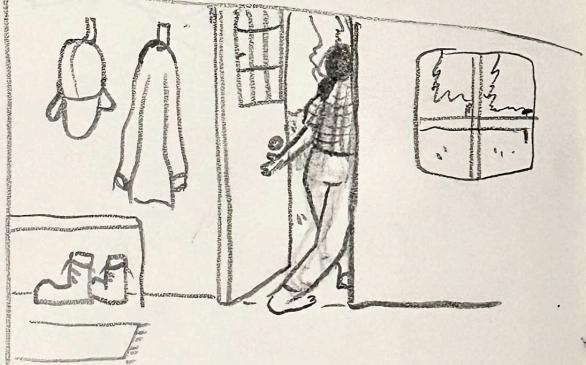
I don't care!

Wait, yes I do!

Park Ranger (ManagerSelf)



She feels the need to protect, but it contradicts society's demands.



Maybe she needs the courage to hang up her ranger gear and trust that the forest was created to know how to protect and heal itself.

IFS PARTS ART ^{FB} ~~INSTAGRAM~~
OCT 18, 2024

Sasha Mardou
@mardou_draws IFS!

8 C's of self

Creativity

calm

Courage

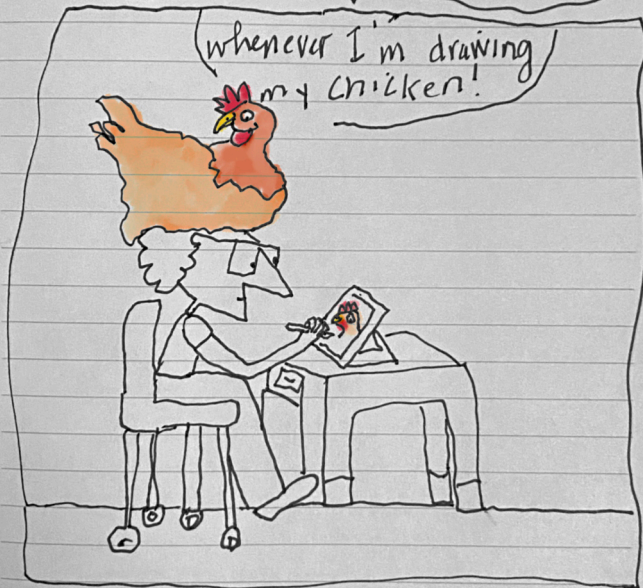
confidence

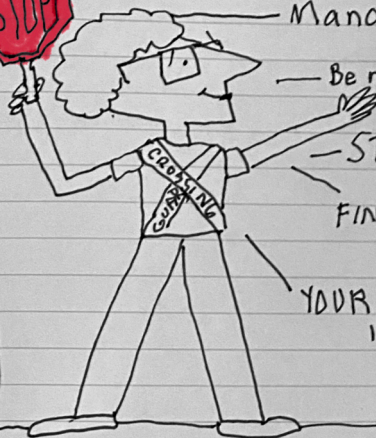
connection

clarity

Compassion

CURIOSITY





Manager Part

— Be nice to others

— STOP! BE SAFE!

FIND OUT WHAT OTHERS
NEED FIRST

YOUR NEEDS ARE NOT
IMPORTANT

WHAT ABOUT ME?



INNER TEEN AGER



Thank you for
keeping me alive in
my childhood.

I got it
NOW!

LOVE YOU
BOTH!

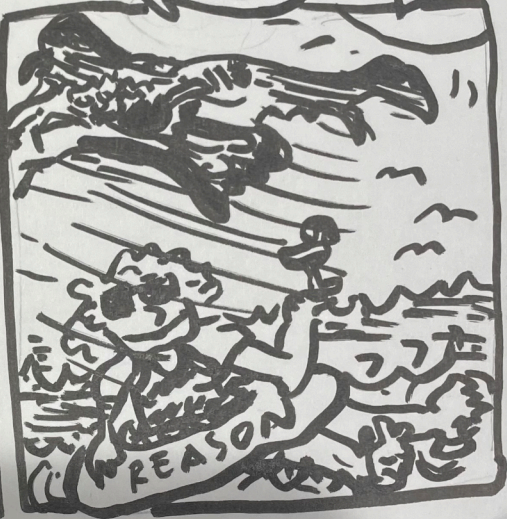
Safety
Calm

COURAGE
CONFIDENCE

IT

W

W



PARTS OF SELF



how self feels towards manager

Look, everyone!
NO HANDS!

...or
brain!!



what my parts need

Look, you're a great performer...
I just feel like you
could be more careful!

Thank you for the
compliment...and for
thinking about my
safety...

... Maybe I ought to cut myself
some slack!

16: @cathats drewhbullock.
myportfolio.com

Clarity



THE MANAGER

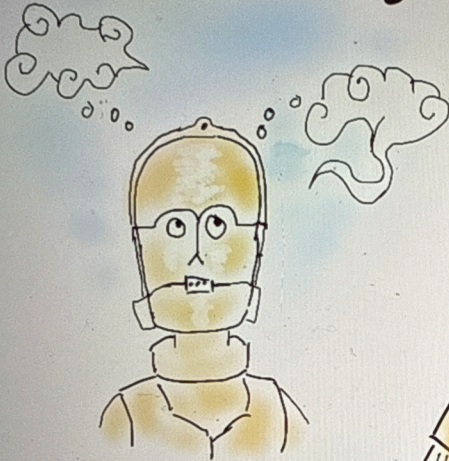


Safety?

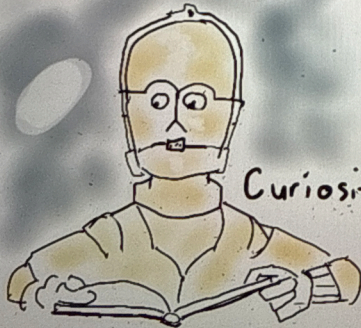


Just March On

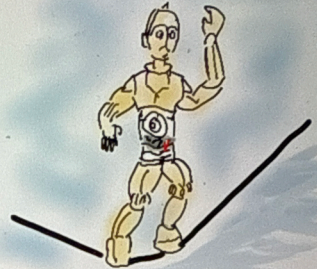
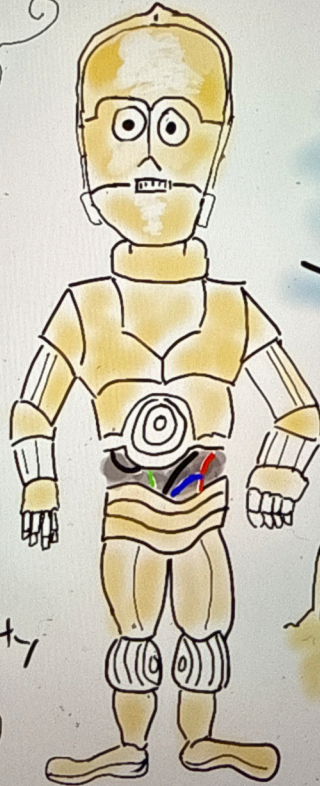
Words and Images Reflecting Inner Character



Creativity



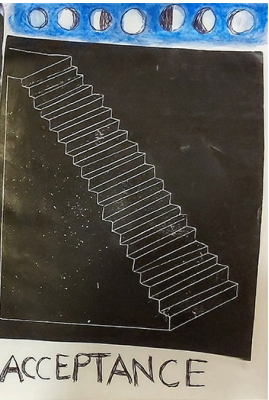
Curiosity



Courage



Compassion





**Sequential Artists
Workshop**

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