

Internal Family Systems Workbook

LESSON 1: WHAT IS IFS?

Brief Overview: Write a concise summary of the IFS principles.

Inner Parts and the Self: Describe your understanding of the concept of inner parts and the Self.

SECTION 2: GETTING STARTED

Lesson 2: Self-Assessment

Primary Concerns: Identify and list your primary concerns or challenges.

SECTION 3: EXPLORING YOUR INNER WORLD

Lesson 3: Mapping Your Internal Parts

List Your Parts: Identify and list different internal parts you recognize within yourself.

Describe Each Part: Provide a brief description of the thoughts, emotions, or roles associated with each part.

SECTION 4: MANAGING INNER CONFLICT

Lesson 4: Recognizing and Harmonizing Conflict

Conflicting Parts: Identify two internal parts that often come into conflict.

Dialogue Exercise: Write a sample dialogue between these conflicting parts.

SECTION 5: CULTIVATING SELF-COMPASSION

Lesson 5: Nurturing the Inner Self

Inner Critic: Identify your inner critic and describe its common messages.

Self-Compassion Exercise: Write a message of self-compassion to counter the inner critic.

SECTION 6: ADDRESSING SPECIFIC ISSUES

Lesson 6: Tailored Exercises

Specific Challenge: Choose a specific challenge (e.g., stress, anxiety, relationships).

Integrating IFS: Describe how you can apply IFS principles to address this challenge.