

Internal Family Systems Worksheet

Name: _____ Age: _____

Date of session: _____ dd / mm / yyyy Practitioner: _____

Internal Family Systems (IFS) follows the belief that everyone at their core self possesses an innate capacity for self-leadership and healing. The model identifies three primary types of parts: exiles, managers, and firefighters. Exiles carry the burdens of past traumas, managers strive to control and protect, and firefighters react impulsively to shield themselves from emotional pain. IFS therapy aims to cultivate a compassionate and curious relationship with these parts, fostering a harmonious internal environment.

WHAT IS IFS?

Write a concise summary of the IFS principles as you understand it:

Describe your understanding of the concept of inner parts and the self:

SELF-ASSESSMENT

Identify and list your primary concerns or challenges:

Set two goals for personal growth and exploration:

EXPLORING YOUR INNER WORLD

Identify and list different internal parts you recognize within yourself:

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

MANAGING INNER CONFLICT

Identify two internal parts that often come into conflict:

Write a sample dialogue between these conflicting parts:

CULTIVATING SELF-COMPASSION

Identify your inner critic and describe its common messages:

Write a message of self-compassion to counter the inner critic:

ADDRESSING SPECIFIC ISSUES

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

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