

Internal Family Systems Workbook

Lesson 1: What is IFS?

1. **Brief Overview:** Write a concise summary of the IFS principles.
2. **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

1. **Primary Concerns:** Identify and list your primary concerns or challenges.
2. **Personal Growth Goals:** Set one or more goals for personal growth and exploration.

Section 3: Exploring Your Inner World

Lesson 3: Mapping Your Internal Parts

1. **List Your Parts:** Identify and list different internal parts you recognize within yourself.
2. **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

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

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

Section 5: Cultivating Self-Compassion

Lesson 5: Nurturing the Inner Self

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

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

Section 6: Addressing Specific Issues

Lesson 6: Tailored Exercises

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

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