

Internal Family Systems Worksheet

- All Parts Are Welcome -

Name	Date
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I. Focus your attention inside yourself and say either out loud or in your head, "I want to assist anyone who needs help, but first I must become aware of all aspects of myself."

II. State aloud or to yourself, "If you overwhelm me, I won't be able to help you."

III. Ask the parts of yourself that are present, "Please come with me instead of taking control. When you're ready, let me know who you are and I'll record it."

IV. Make a note of any thoughts, feelings, and sensations that arise: