

# 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:**