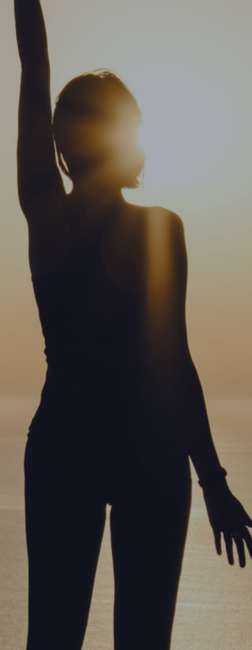


# Self-Guided IFS

## Exploring Your Inner World

This self-guided introduction to Internal Family Systems (IFS) theory offers simple exercises to help you connect with different parts of yourself and begin the process of self-understanding and healing. There's no right or wrong way to do this ~ just go at your own pace and notice what comes up.



### Step 1: Meet Your Inner Parts

In IFS, we all have different “parts” within us ~ think of yourself like a jigsaw puzzle made up of 100 different puzzle pieces. Each puzzle piece ~ or “part” ~ holds different emotions, beliefs, actions, and even ages. Some parts try to protect us, some carry old wounds, and some do things that they think will help us when feeling vulnerable or scared. This exercise helps you start noticing these parts, so that you can better understand your whole self.

Exercise:

1. Think about a recent situation where you felt mildly overwhelmed, worried, or stuck.
2. Ask yourself: What part of me is feeling this way?
3. See if any words, images, or feelings come up. You might hear an inner voice saying something like, “I just want to be perfect” or “I feel so alone.” You might notice yourself at a certain age, or in a certain familiar environment.
4. Write down anything that comes to mind without judgment.

### Step 2: Get Curious About a Protective Part

Some of our parts act as protectors, keeping us from feeling pain or making us behave in certain ways (like avoiding, overworking, or getting defensive). Let's get curious about one of these parts using the following journal prompts on the next page.

Journal Prompts:

1. Think of a habit or reaction you have that feels automatic. (e.g., getting defensive in conversations, people-pleasing, or procrastinating)
2. If this habit were a character, what would it look like? (e.g., a strict teacher, a guard dog, a busy worker)
3. What does this part believe it's protecting you from?
4. If you could talk to this part, what would you want to say to it?

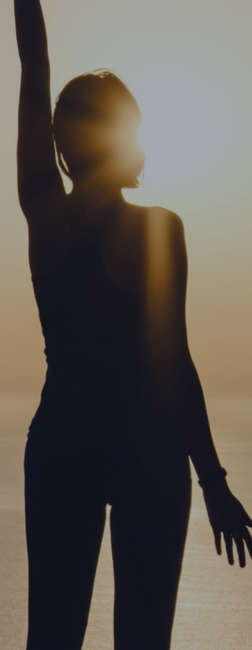
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### Step 3: Find Your Core Self

IFS teaches that beneath all our parts, we have a calm, wise, and compassionate Core Self. The goal is to connect with this Self more often, especially when feeling more intense emotions. To connect with your Core Self, try this exercise:

1. Think about a time when you felt truly peaceful, even for a moment.
2. What did that feel like in your body?
3. Picture that feeling expanding inside you.
4. Now, imagine looking at one of your parts in Steps 1 or 2 from this calm place. What would your calm, wise Self say to this part?

### Step 4: Small Shifts in Daily Life

Practicing IFS doesn't mean making huge changes overnight. Here are small ways to bring this practice into your everyday life:

1. The next time you feel triggered, pause and ask: Which part of me is reacting right now?
2. If you feel overwhelmed, place a hand on your heart, connect with your Core Self, and say to your part(s): I see you. I'm here for you.
3. Before making a big decision, check in: Do all my parts feel okay with this choice?

### Next Steps:

Some of our parts act as protectors, keeping us from feeling pain or making us behave in certain ways (like avoiding, overworking, or getting defensive). Let's get curious about one of these parts using the following journal prompts on the next page.

Full recovery happens. Contact us today to get started!

