

IFS Therapy Worksheet

Read the information carefully provided in the worksheet related to the techniques used in internal family systems therapy so that you have an awareness about it.

IFS's Techniques

- **Keeping a journal:** Individuals are encouraged to keep a daily journal by the therapist so that they are aware of their feelings, ideas, and daily life experiences.
- **Using diagrams to illustrate relationships:** Individuals are required to draw diagrams or genograms in order to create a clear image of familial relationships.
- **Mountain or path exercise:** People in therapy imagine themselves strolling down a beautiful path in a secure setting. If the person recognises themselves in the image, the therapist will encourage them to enter their body and view their surroundings from within, encouraging them to pay attention to their thoughts, feelings, and sensations.
- **Getting to know whoever's there:** Breathing, relaxing, focusing on the inner world, and having a greater understanding of one's current components are all suggested.
- **Feeling one's heart:** A person is instructed to take several deep breaths, relax, and feel his or her heart. Is it encrusted and closed emotionally, or is it open? The person may propose that the protectors take a step back in order to better understand the situation.
- **The room technique:** One component of the body watches as the Self interacts with another part in this activity. This method is used to connect polarised components.