



Internal Family Systems Therapy Worksheet

Read the information carefully provided in the worksheet.

What is Internal Family Systems Therapy?

Internal Family Systems (IFS) develops approaches and tactics to effectively handle issues within a person's internal community or family, based on Family Systems theory, which holds that individuals cannot be fully understood in isolation from the family unit. This evidence-based approach assumes that each person has a range of sub-personalities or parts. Individuals in therapy can frequently become better equipped to understand the sources of conflict, manage any issues that arise, and achieve higher well-being by learning how distinct sections function as a system and how the entire system reacts to other systems and people.

IFS's Techniques

- **Keeping a journal:** The therapist guides the individuals to keep a journal daily so that individuals are mindful of their emotions, thoughts and daily life events.
- **Using diagrams to illustrate relationships:** Therapist makes individuals draw diagrams or genograms to make a clear picture of relationships between family members.
- **Mountain or path exercise:** People in therapy envision themselves strolling down an attractive road in a safe environment. If the person can recognise themselves in the image, the therapist will invite them to travel into their bodies and observe the surroundings from within, encouraging them to pay attention to the thoughts, feelings, and sensations that occur.
- **Getting to know whoever's there:** Breathing, relaxing, focusing on the inner world, and getting to know one's current parts better are all recommended.
- **Feeling one's heart:** An individual is asked to take a few deep breaths, relax, and feel his or her heart. Does it feel open emotionally, or is it encrusted and closed? The person may request that the protectors take a step back so that the situation can be better understood.

References

[Sweezy, M., & Ziskind, E. L. \(Eds.\). \(2013\). *Internal family systems therapy: New dimensions*. Routledge.](#)

[Green, E. J. \(2008\). Individuals in conflict: An internal family systems approach. *The family journal*, 16\(2\), 125-131.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.