

# Internal Family Systems (IFS) Worksheets



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## CORE SELF CONNECTION WORKSHEET

*Identify and strengthen awareness of a calm, compassionate “core self.”*

Section 1: Write a short paragraph explaining how the core self represents a calm, confident internal leader:

Section 2: Reflect on when you feel calmest and most grounded and how you act or respond to others while in that state:

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## CORE SELF CONNECTION WORKSHEET

*Identify and strengthen awareness of a calm, compassionate “core self.”*

Section 3: List the times that I lose touch with my core self and the emotions or triggers that cause the shift:

Section 4: Name 3 ways to pause and return to my core self (ex., deep breathing, journal writing, light exercise).