

Internal Family Systems (IFS) Worksheets



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SELF-AWARENESS AND REFLECTION WORKSHEET

Notice emotional shifts and pattern changes in the inner family.

Section 1: Describe your current mood.

Section 2: Name one thing that has annoyed or triggered you today. Which part reacted, and how did you respond?

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Notice emotional shifts and pattern changes in the inner family.

Section 3: When you were triggered, did you pause before reacting? How did you re-engage your core self?

Section 4: Consider your weekly patterns this week and describe ways you will support any parts that need more compassion in the future.