humantold

IFS: All Parts are Welcome

Our credo in IFS is: All parts are welcome! Jumping off of the previous IFS worksheets exploring parts, here is an exercise to help you welcome all of your parts.

Turn your attention inside and begin with this offer:

"I want to help anyone who needs help. To do that, I need to know all of you."

Then provide this information:

"If you overwhelm me, I can't be there to help you."

And make this request:

"Please be here with me rather than taking me over, and when you're ready, let me know who you are. I will write this down."

Write down the parts (thoughts, feelings, or sensations) that you hear, see, or sense inside:

Adapted from: Frank G. Anderson et al. Internal Family Systems Skills Training Manual.