

# Internal Family Systems (IFS) - New Client Reflection

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Therapist (if known): \_\_\_\_\_

## 1. Getting to Know Your Parts

Think about different parts of you that show up in your life. These might be patterns of behavior, strong feelings, or 'voices' in your head that say things. You can name them whatever feels right.

### Example Table (Fill in Below):

| Name or Description of the Part | What does it do or say? | When does it usually show up? | How do you feel toward this part? |
|---------------------------------|-------------------------|-------------------------------|-----------------------------------|
|---------------------------------|-------------------------|-------------------------------|-----------------------------------|

|                      |                                |                                |  |
|----------------------|--------------------------------|--------------------------------|--|
| Example: The Worrier | Tries to prepare for the worst | Before big decisions or change | I feel tired of it, but I know it means well |
|----------------------|--------------------------------|--------------------------------|--|

(Use more space on the back or next page if needed)

## 2. Do you notice any parts that:

- Try to keep you in control or avoid problems? (These are sometimes called manager parts)

\_\_\_\_\_

- Jump in when you're overwhelmed, maybe by shutting down, escaping, or reacting strongly? (Firefighter parts)

\_\_\_\_\_

- Hold deep feelings like sadness, fear, shame, or hurt? (Exiles - we approach gently)

\_\_\_\_\_

## 3. Getting to Know Your Self

IFS believes everyone has a true Self inside - the part of you that's calm, curious, and caring.

- Are there times when you feel calm, clear, or centered? What helps you feel that way?

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- If your inner world was like a team or a family, how do you think your Self would lead?

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### 4. What patterns or emotional reactions are you curious about exploring in therapy?

Examples: I get really angry when people don't listen, I shut down when I feel rejected, I push myself too hard, I avoid conflict, etc.

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### 5. Anything else you'd like your therapist to know as you begin IFS therapy?

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