

New Growth Counseling Services

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Exploring Your Parts: A Self-Reflection Worksheet

This worksheet is designed to help you gently begin exploring your inner world using principles from Internal Family Systems (IFS) therapy. Remember: there are no right or wrong answers. Be curious, kind, and compassionate with yourself.

Disclaimer: This article is educational and does not replace professional therapy.

If at any point these practices feel overwhelming or too intense, it's okay to pause. Turning inward can bring up vulnerable emotions and memories, especially if you're not used to approaching yourself with compassion. You don't have to do this alone. Working with a trained IFS therapist can provide the safety and support needed to explore your inner world at a pace that feels right for you. For more help, please contact New Growth Counseling Services in Carlsbad, or seek a licensed therapist in your community.

Step 1: Identify a Part

Think about a moment recently when you felt emotionally triggered or overwhelmed. Take a few breaths and bring that moment to mind. Then reflect:

- What were you feeling?
- Where did you feel it in your body?
- If that feeling had a voice, what would it say?
- What do you call this part of you (e.g., The Critic, The Worrier)?

Step 2: Get to Know the Part

Ask the part some questions, as if you were interviewing it with compassion:

- What is your job for me?
- What are you afraid would happen if you didn't do that job?
- How long have you been doing this job?
- What do you wish I understood about you?

Step 3: Notice Self-Energy

Now ask yourself:

- Can I feel some compassion for this part?

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- If not, is there another part getting in the way?
- What would it be like to approach this part with curiosity instead of fear or judgment?

Step 4: Reflect and Reconnect

Take a moment to thank the part for sharing with you. You don't need to fix or change it—just acknowledge it.

Reflection prompts:

- What did I learn about myself?
- How might I check in with this part again?

Feel free to contact us at anytime.