

IFS Worksheets

A printable sampler for therapists, organised around the four core IFS moves.

Internal Family Systems is a specific evidence-supported model. These prompts support noticing, unblending, getting to know parts, and Self-led work. Exile work and unburdening protocols assume IFS Institute Level 1-3 training; do not improvise.

Includes

1. Parts map (open-page diagram with role / age / fear / hope)
2. 6 Fs check-in (Find / Focus / Flesh out / Feel toward / beFriend / Fear)
3. Protector dialogue log
4. 8 Cs Self-energy check-in

Educational content for therapists. Not legal or clinical advice. Modality-faithful use assumes IFS training appropriate to the depth of the work; the form does not substitute for the protocol.

2 — 6 Fs check-in

Canonical sequence for getting to know a part. Move through with attention, not as a checklist. If Feel-toward (fourth F) is not at least neutral, return to unblending work before going further.

F1 — Find: where does this part show up? What triggers it? Where do I feel it in the body?

F2 — Focus: what happens when I bring my attention to it without trying to change it?

F3 — Flesh out: what do I see / hear / sense / know about it?

F4 — Feel toward: how do I feel toward this part right now?

(If not curious / open / compassionate, work with the part that has feelings about this one before continuing.)

F5 — beFriend: treat the part with curiosity. What would it like me to know?

F6 — Fear: what does this part fear would happen if it stopped doing its job?

3 — Protector dialogue log

Record what a protector has to say when given space. Track its role, its fears, and what it would ask of the system in return for softening.

Protector identified:

Manager or firefighter?

What it has to say (verbatim if useful):

What it is protecting against:

What it would ask of the system if it stepped back:

What I (Self) would offer it in return:

What permission, if any, did the protector grant today?

4 — 8 Cs Self-energy check-in

Track the conditions of Self-leadership across the week. Notice what supports each C and what interrupts it.

8 Cs	Today (0-10)	What supported it	What interrupted it
Calm			
Curiosity			
Compassion			
Courage			
Confidence			
Clarity			
Creativity			
Connectedness			

About this sampler

Authored by Dr. Hannah Lin, modality specialist (CBT, ACT, IFS), for Emosapien — a co-therapy tool purpose-built for therapy practices. IFS-aligned forms work when they document the relational, experiential rehearsal that lives in session, never replace it.

[emosapien.com / resources / ifs-worksheets](https://emosapien.com/resources/ifs-worksheets)