

# MEET YOUR INNER PARTS – IFS-INFORMED TOOL



“All of you belongs here.”

This worksheet helps name and relate to internal parts using metaphor and compassion.

## Step 1: Map the Parts



**Name the parts that showed up this week. You can give them nicknames or use descriptions.**

Name or Description	What It Feels Like	What It Wants
Approval Seeker	Tight chest, buzzy	To be seen, validated
Shamed Child	Quiet, teary	Not to be blamed or rejected
Fearful Child	Stomach flutter	Safety, reassurance
Unwanted Child	Heavy shoulders	To know they aren't a burden
Inner Speaker	Warm, calm	To help, translate, and protect

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## Step 2: Ask the Speaker



**Imagine the part of you that can listen and respond with compassion—the “inner speaker.”**

Speaker, what do you want to say to the part that feels \_\_\_\_\_?”

“What would help this part feel safe?”

What do you want to remember next time this part shows up?”

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## Step 3: Visualize the Circle



Ask:

- Who’s in your circle today?
- Which part needs the most kindness?
- Can the speaker make space for that part without letting it take over?

*“Every part of me has a reason it shows up. I don’t have to agree with the story to offer it care.”*

