

## **Journal Prompts: Healing from an IFS Lens**

### **Connecting with the Self (The Core You)**

1. How does it feel when you are able to step back and observe your emotions or reactions from a place of calm and curiosity?
2. What does your Self (the wise, compassionate part) want to say to the parts of you that are struggling or in pain?
3. When you feel centered and grounded, how does your inner dialogue shift?
4. What is one small action you can take today to connect with your inner wisdom and calm?
5. How do you differentiate between when you're acting from your Self versus when another part is leading you?

### **Exploring the Manager Parts (The Protectors)**

6. What are some behaviors or strategies your managers use to maintain control or prevent emotional overwhelm?
7. In what areas of your life do you feel your manager parts are overly controlling or perfectionistic? How do they show up?
8. How do you feel about the way your manager parts protect you? Do you find them helpful or exhausting?
9. What might your manager parts need from you in order to feel heard or supported?
10. What would it look like if you allowed yourself to relax some of the rules or structure that your managers enforce?

### **Understanding Firefighters (The Reactors)**

11. What do your firefighter parts do when you experience emotional overwhelm or pain?
12. How do you feel about the ways in which your firefighter parts protect you? Are there times when they go too far or become destructive?
13. What emotional triggers tend to set off your firefighter parts? How do they react?
14. How could you respond to emotional pain without relying on your firefighter parts? What healthier coping strategies could you try?
15. How does it feel to allow yourself to sit with difficult emotions rather than rushing to fix them?

### **Healing the Exiled Parts (The Wounded Child Within)**

16. What is a painful memory or emotion that you carry from your past that you might be avoiding or hiding away?
17. How would you like to comfort or support the younger part of you that holds this pain or trauma?
18. What do you think the exiled part of you needs in order to feel safe and heard?
19. How could you invite your exiled parts to share their emotions with you in a gentle, compassionate way?
20. How would it feel to offer compassion to the parts of you that hold painful memories, rather than turning away from them?

### **Transforming Persecutors (The Critical Inner Voices)**

21. What critical messages or judgments do you often hear in your head? Are they from others or from your own inner voice?
22. How do you react when your persecutor parts show up and start criticizing or blaming you or others?
23. What would it feel like to respond to your inner critic with kindness or curiosity instead of shame or self-blame?
24. How would you like to help your persecutor parts shift from being harsh to being more compassionate?
25. How can you remind yourself that you are not defined by the critical or judgmental parts of you?

### **Supporting Caretaker Parts (The Giver)**

26. How does your caretaker part show up in your life? How do you put others' needs before your own?
27. Do you often feel exhausted by your caretaker role? What might happen if you allowed yourself to focus on your own needs?
28. What boundaries can you set in order to take better care of yourself while still helping others?
29. How can you bring more balance into your life between caring for others and caring for yourself?
30. How would you like your caretaker parts to be more aligned with your own well-being?