IFS Journaling Exercise

1. Briefly state the activating event or interaction in terms of observable behavior and/or circumstances. Notes that a detailed narrative is not the purpose of this step.
2. Notice what feelings arise in and around your body. Journal about those feelings, describing sensations, body location, and color or tone.
3. Notice and record the meaning that was made from the interaction or event.
4. Identify and record any Parts that are contributing to the meaning. Note that while the event can activate feelings, the Parts cascading in reaction are contributing to overwhelm and influencing decisions.
5. Notice and journal how you are feeling toward the Parts that have become activated.
6. Notice and record other Parts that agree with the meaning that those activated Parts are making.
7. One option may be to sort and record what can and cannot be controlled in the situation. Determine what can be released, what actions can be taken from a place of Self-leadership, and/or what may need to be spoken for directly.
8. Notice and record if you can feel understanding, tenderness, or compassion toward any Parts that are feeling vulnerable. Internally offer them support or comfort.

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