



IFS Journaling Prompts

Gentle questions for getting curious about your parts.

*Explore. Reflect. Be curious.
Come home to yourself.*

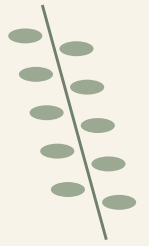
A KINDER RELATIONSHIP WITH YOURSELF
IS POSSIBLE.

A Gentle Introduction

Sometimes we know something is happening inside us, but we aren't quite sure how to listen.

Maybe you're anxious, overwhelmed, self-critical, avoiding something important, or simply noticing that something in you needs attention.

These IFS-inspired journaling prompts are invitations to slow down, get curious, and begin a kinder relationship with the different parts of you.



*There is no right answer.
You don't have to do them all.
Choose what resonates
and see where it takes you.*



Getting Started

A FEW THINGS TO KEEP IN MIND

1

Go at your own pace.

You can pause, skip a question, or come back later.

2

There's no right or wrong.

This is about curiosity, not analysis.

3

Write freely.

Let the part speak, even if it's messy or surprising.

4

You are in charge.

If something feels too intense, stop, open your eyes, and take a break.

Curiosity is a bridge to compassion.



When You Don't Know Where to Begin

Take a moment to notice what's happening inside right now. Then choose a question and see what comes.

- What parts of me seem to be here today?
- Which part of me most wants my attention?
- What am I noticing in my body as I slow down?
- Is there a feeling, thought, image, or impulse that keeps returning?
- If I didn't have to figure anything out right now, what might I simply notice?

You don't have to have it all figured out. You just have to be willing to notice.



Getting to Know a Part

If you've noticed a particular feeling, reaction, or pattern, see if you can get curious about the part connected to it.

- How do I know this part is here?
- Where do I notice it in or around my body?
- If this part could describe itself, what would it want me to know?
- What does this part spend a lot of time doing for me?
- What does it wish I understood about it?
- What does it want from me right now?

Every part has a story. And every part is trying to help in its own way.



When a Part Is Working Really Hard

Sometimes parts worry, overthink, please, avoid, control, perfect, or stay busy in an effort to keep us safe.

- What is this part trying to accomplish for me?
- What does it believe its job is?
- What is it worried might happen if it stopped doing this?
- How long has it been doing this job?
- What does it want me to understand about why its job feels necessary?
- What might help it trust that it doesn't have to work quite so hard?

What looks like a problem is often a part that's been trying to protect you.



When You're Criticizing Yourself

Rather than arguing with the critical voice, try listening to it with curiosity.

- What does my Inner Critic say?
- What is it trying to prevent?
- What does it believe would happen if it stopped criticizing me?
- What does it want for me?
- Where might it have learned that criticism would keep me safe or help me succeed?
- What would it need to know before it could speak to me differently?

The voice that sounds like it's against you may be a part that's trying, in its own way, to be for you.



When You're Having a Big Reaction

Sometimes our reaction feels much larger than the situation itself. See what the reaction may be trying to communicate.

- What part of me is reacting right now?
- What does this situation seem to mean to this part?
- What is it afraid is happening - or about to happen?
- Does this feeling seem familiar?
- How old does this part of me feel?
- What does it need me to understand before I decide what to do next?

Listening and acting are different things. You can hear a part without handing it the wheel.



When You're Avoiding Something

Instead of asking why you can't just make yourself do it, see whether there's a part with a reason for holding back.

- What part of me doesn't want to do this?
- What is it worried would happen if I did?
- What is it protecting me from experiencing?
- Is another part pushing hard in the opposite direction?
- What does each side want for me?
- What might change if neither part had to win?

Sometimes what looks like procrastination is an internal disagreement that hasn't been heard.



When Two Parts Want Different Things

I want closeness - and I want space. I want to take the risk - and I want to stay safe. Let both sides have a voice.

- What do you want for me?
- What are you afraid would happen if the other part got its way?
- What do you wish the other part understood about you?
- What are you trying to protect?
- Can I understand why both of these parts are here?

You don't necessarily need to choose a winner.



When You're Hurting

If something tender is present, go slowly. You don't need to uncover a memory or make anything happen.

- What does this hurting part want me to know?
- What does it wish someone had understood?
- What has it been carrying alone?
- What does it need from me right now?
- Would it like me closer, farther away, or simply nearby?

Sometimes being willing to stay is enough.



Making Room for Aliveness

Parts work doesn't have to happen only when something is wrong. Your inner world also contains creativity, play, desire, curiosity, and delight.

- What part of me feels most alive today?
- What has been bringing me delight lately?
- Is there a playful, creative, curious, or adventurous part that wants more room?
- What have I been wanting that I haven't let myself want?
- What makes me feel most like myself?
- What would it look like to make a little more room for that this week?

Your inner world is more than a collection of problems to solve.



Before You Close Your Journal

Rather than ending by asking what you accomplished, notice what you encountered.

- What did I notice that I didn't know when I began?
- Did anything surprise me?
- Which part would I like to return to another time?
- Is there something a part asked me to remember?
- What do I want to carry with me as I return to my day?

You don't have to finish the conversation. You can come back.



You're Not Alone in This Work

Journaling is one way to listen. What if you could step inside?

The Inner Home Journey is a 10-part, self-paced, IFS-inspired experience that helps you explore your inner world through guided meditation, reflection, creative practices, and compassionate curiosity.

EXPLORE THE INNER HOME JOURNEY

Because a deeper, kinder relationship with yourself is possible.



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