

Inner Committee

INTERNAL FAMILY SYSTEMS

FAMILY FEUD IFS WORKSHEET

Diving into the world of Internal Family Systems (IFS) therapy can be quite an engaging journey. Picture it as a theater production in which you're both the star and the director. IFS helps address and resolve emotional wounds by understanding the conflicting "parts" within a person. Imagine these "parts" like a team of actors, each representing different aspects of your personality. Now picture the stage where the drama unfolds.

Different scenes depict various aspects of a person's life, such as handling trauma, stress, and mental health challenges like anxiety and depression. IFS therapy provides the tools to confront these villains and bring harmony to your internal family. With its integrative and empowering approach, IFS therapy enables you to become the maestro of your own mind, orchestrating the intertwined scenes with grace and clarity.

Internal Family Systems Therapy (IFS) offers numerous benefits for individuals and families seeking therapeutic support. While IFS is based on a serious and respected therapeutic modality, we'll continue to explore these benefits with a touch of humor.

“The mono-mind paradigm has caused us to fear our parts and view them as pathological. In our attempts to control what we consider to be disturbing thoughts and emotions, we just end up fighting, ignoring, disciplining, hiding, or feeling ashamed of those impulses that keep us from doing what we want to do in our lives. And then we shame ourselves for not being able to control them. In other words, we hate what gets in our way.”

RICHARD C. SCHWARTZ

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THE BENEFITS OF IFS

Awareness

IFS helps you understand and recognize the various parts of your inner self, affectionately known as the "cast of characters." By bringing awareness to these different parts, like discovering the secret identities of your family members, you build a deeper understanding of yourself and how you operate in the world.

Self-Compassion

IFS fosters self-compassion by teaching you to become an empathetic observer of your inner family members. It helps you understand their intentions, fears, and beliefs with a compassionate lens. Just as you'd empathize with a sitcom character going through a tough time, IFS encourages you to extend that same understanding and kindness to yourself.

Harmony

IFS focuses on harmonizing the internal conflicts within your family system. By embracing all the different voices within you, IFS assists in resolving conflicts, reconciling differences, and achieving a sense of inner peace. It's like bringing all your internal family members to the same comedy improv class and learning to work together!

Self-Leadership

One of the core aims of IFS is to cultivate Self, the calm, compassionate, and wise leader within. When the Self takes charge, it facilitates communication and understanding between the parts, like a capable director orchestrating a hilarious comedy performance. This self-leadership empowers you to respond to life's challenges with resilience and authenticity.

Transformation

IFS helps you identify and transform core beliefs that may be holding you back. By challenging and reframing these beliefs in a humorous and playful way, it becomes easier to let go of self-limiting narratives and adopt more empowering perspectives. It's like having a stand-up comedian help you rewrite the script of your life!



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GETTING TO KNOW YOUR INTERNAL FAMILY

GIVE EACH FAMILY MEMBER AN ENTERTAINING NICKNAME

How about Uncle Doubtful, the ultimate conspiracy theorist? Or Grandma Guilt, who always insists on seconds? Let your creativity run wild!

DRAW YOUR FAMILY AS A ZANY CAST OF CHARACTERS, LIKE A SITCOM!

Imagine your inner family members as unique individuals, complete with quirks and costumes! Think of Aunt Anxiety in her neon leggings or Cousin Confidence dressed as a superhero. Have fun with it!



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"LIGHTS, CAMERA, ACTION!" - OBSERVATION TIME

GRAB SOME POPCORN AND OBSERVE YOUR INTERNAL FAMILY DYNAMICS.

Take a moment to step back and imagine watching a hilarious reality TV show featuring your internal family members. Observe their interactions, conflicts, and even silly moments. Don't forget to take notes!

IDENTIFY THE ROLES PLAYED BY EACH FAMILY MEMBER.

Notice if any of your internal family members tend to take on specific roles, such as The Perfectionist, The Rebel, or The Procrastinator. Write them down, but make sure not to interrupt your TV show viewing!



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THE WACKY INTERVIEWS - DIALOGUE EXPLORATION

INTERVIEW YOUR INTERNAL FAMILY MEMBERS.

One by one, have a whimsical chat with each family member and ask about their motives, fears, and aspirations. Allow them to respond in their own quirky ways. You might be surprised by what they have to say!

WRITE DOWN THE FUNNY, EXAGGERATED RESPONSES TO CAPTURE THEIR PERSONALITIES.

For example, Aunt Anxiety might confess to her fear of squirrels plotting world domination, or Cousin Confidence could eloquently describe his plans to become the world's greatest interpretive dancer. The sky's the limit!



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CONFLICT RESOLUTION - MEDIATING THE MADNESS

HOST A MOCK FAMILY FEUD GAME SHOW WITH YOUR INTERNAL FAMILY MEMBERS

Divide a sheet in two and write down the disagreements between family members on one side. Then, brainstorm creative, outlandish solutions on the other side. Bonus points for incorporating props and sound effects!

FIND HUMOROUS WAYS TO BRING HARMONY TO THE FAMILY.

Think of unconventional compromises or outrageous methods to help your internal family members find common ground. Maybe a peace treaty signed over a plate of spaghetti or settling disputes through interpretive dance battles!

CONGRATULATIONS!

By infusing humor into Internal Family Systems Therapy, we can create a lighthearted space for growth and self-exploration. Remember, comedy has the incredible power to bring people together and pave the way for healing. So, go forth and embrace the inner circus of your family! Just remember, this worksheet is all about fun, but the underlying principles of IFS are rooted in Dr. Schwartz's insightful work.

Congratulations on completing your **Family Feud IFS Worksheet!**

You've embraced the comedic journey within yourself, explored the amusing dynamics of your inner family, and approached self-discovery with lightheartedness and curiosity. Your commitment to growth and healing is truly commendable. Keep up the fantastic work on your path towards inner harmony and self-compassion!

