

## Internal family systems (IFS)

# Questions Before Using Parts Language in Therapy

Adults | 10 to 15 minutes

Internal family systems uses "parts" language to explore different internal experiences and protective responses. You may treat this as a metaphor or prefer other language. This page does not establish separate identities, recover memories, or ask you to conduct IFS treatment on your own.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

**Begin with a current tension**

Describe two understandable wishes, such as wanting connection and wanting privacy. You can write "one concern is" instead of naming a part. Notice what each response is trying to protect without assuming a hidden history.

**Ask how the model is used**

Discuss the clinician's training, the proposed goals, alternatives, and how you can pause or decline an exercise. Ask how distress, dissociation, and uncertainty about memories would be handled without suggestive questioning.

**1. What two needs or responses seem to pull you in different directions today?****2. What might each response be trying to protect in the present?****3. Does parts language fit your experience, or what wording would you prefer?****4. What questions about training, consent, memories, or alternatives would you bring to the clinician?****Clinical use and adaptation**

Present the model as optional and avoid treating metaphorical parts as factual identities. Do not encourage memory recovery, suggest trauma causes, or use this page as an IFS protocol. Assess dissociation and maintain clear consent, scope, and clinical competence.