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# IFS WORKSHEETS

## ‘Meeting Your Inner Child’

A Helpful Guide To  
**SELF  
AWARENESS**

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## 1

# MEETING YOUR INNER CHILD

## Meet Your Inner Child - *Internal Family Systems*

*In IFS, your inner child is actually a whole crew of younger parts carrying old hurts and big feelings. They get healed when your wise "Self" shows up like a loving parent—offering safety, compassion, and the care they've been waiting for.*

### MEETING YOUR INNER CHILD



VULNERABLE CHILD



ANGRY CHILD



NEGLECTED CHILD



CREATIVE CHILD



SPOILED CHILD



LOST CHILD



MAGICAL CHILD



PLAYFUL CHILD



BULLY CHILD

Circle any of the above illustrations that symbolize your inner child.  
Do you have others not listed? Write them below.



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## Meeting Your Inner Child:

### Recognize, Reconnect, and Reparent Your Younger Self

*Do you ever notice yourself suddenly feeling young or childlike?*

*This might show up as becoming deeply hurt by a comment and feeling tearful, stomping your feet in frustration, feeling alone and helpless when doing something independently for the first time, or joyfully dancing at a party with total freedom and confidence. These moments are examples of your **Inner Child** coming forward.*

*Our Inner Child can appear in many different forms. The clearest sign that this part has emerged is an internal sense of feeling young.*

*Ask yourself, "How old do I feel right now?" If the answer is somewhere between ages 0–12, your Inner Child is present. (If it's between 12–19, your Inner Teen is present—see the Meeting Your Inner Teen Worksheet.)*

### Reconnecting with Your Inner Child's Exiled Parts

*Growing up, many of us were taught that certain parts of our Inner Child were "wrong," "too much," or just not acceptable. To stay out of trouble, we learned to hide or push these parts away. In IFS, these hidden, hurtful parts are called Exiles. They often get stuck in the past, carrying unhealed pain, undeveloped coping skills, and a fragile sense of worth. Even so, they can surface and influence our behavior, sometimes catching us off guard.*

*Therapy helps us reconnect with these exiled parts and "reparent" them with love, understanding, and compassion—allowing them to become a healthy, integrated part of who we are today.*

*Take a moment to describe your inner child & how he/she shows up for you.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Date

Completed:

## 2

# INNER CHILD THOUGHTS, FEELINGS & BEHAVIOR LOG

*Use this log to track moments when your Inner Child shows up in daily life. Noticing your thoughts, feelings, and behaviors helps you understand what this part needs and how to nurture it.*

Inner Child Thoughts	Inner Child Feelings	Inner Child Behaviors
★ What is your inner child thinking?	★ What emotions are your inner child feeling?	★ What behaviors does your inner child use to express? (withdraw, lash out, shutdown, seek comfort)
★ What beliefs does your inner child have about itself and others?	★ Where/how is your inner child expressing itself in your body? (stomach ache, tension, restless etc)	★ What behavior is showing up in this situation?
★ What triggered your inner child to appear?	★ How intense are the feelings on a scale of 1 to 10?	★ What is your inner child attempting to communicate through this behavior?

## 2

# IMAGINING YOUR INNER CHILD PART

If you can, **draw a picture** of this Inner Child part in the blank space below. For some individuals, it helps to draw with *your non-dominant hand*, allowing your inner child to draw itself.

Helpful tip: Try not to worry about how good or bad your picture is. Allow your inner child to show you who he/she is without judgment.

## 3

# PARENT CHILD DIALOGUE

## Exercise: Loving Parent ↔ Inner Child Dialogue Journal

*This exercise invites you to create a compassionate, nurturing dialogue between your Loving Parent part and your Inner Child part.*

*Your Loving Parent is the part of you capable of warmth, protection, and guidance—the same compassion you may naturally offer to others.*

*Using the parent child dialogue box on the following page as a guide, you'll gently turn inward and offer that same loving presence to the parts of yourself that need it most.*

## Supportive Phrases for Inner Child Dialogue

*You can use these grounding, affirming statements during your journaling to strengthen the bond with your Inner Child:*

- *I'm here with you.*
- *You are safe.*
- *You can talk to me about anything.*
- *I appreciate you.*
- *I will not abandon you.*
- *Your feelings make sense.*
- *You deserve love, care, and gentleness.*
- *We can learn and grow together.*
- *I'm listening.*
- *I'm proud of you for being honest.*

Date

Completed:



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## 3

# PARENT CHILD DIALOGUE

## Exercise: Loving Parent ↔ Inner Child Dialogue Journal

**Loving Parent:**

*I'm really glad you're here with me today.*

*Can you tell me about yourself, how you're feeling, and what you need from me right now?*

**Inner Child:****Loving Parent:****Inner Child:****Loving Parent:****Inner Child:****Loving Parent:**

*Thank you for sharing with me today. I'm here with you, and we can reconnect anytime you want or need to.*