

journal guide



Journal Companion

Prompts for
Guided Journaling
with IFS

Start your journaling journey
today with our 12 guided
journaling pathways

all parts are
welcome

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journaling

a safe place to
unwind

Reduce stress, and build emotional
balance and self awareness

When we slow down...
and give space to what's inside

the pressure

the judgement

the worry

the ache

sometimes being heard is enough to feel
lighter, more grounded, and more
connected

Journaling is
most effective
when done regularly,
even just a few minutes
a day, as consistency
helps build self
awareness and emotional
clarity over time



Journaling is a beast with many faces · find what works for you

grateful moments

Notice what feels grounding,
nourishing, or good · even
in small ways

step back

Recognise when something
has taken over and gently
return to center

in alignment

Check if your actions,
choices, or direction are
honoring your inner needs

what went well

Reflect on what you're
proud of, what worked,
or what brought joy

quick check-in

A short, practical scan of
who's there and how
they're doing

meet yourself

Get curious about who you
are · your patterns,
desires, and values

Get started

Food for thought to get started

What is something I've been carrying lately?

What do I need more or less of right now?

What am I proud of today?

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gratitude

the secret path to
happiness

Noticing what's good can calm
the mind and lift the mood

and it doesn't mean we should ignore the hard
things · but we can pause to see
the steady · the kind · the beautiful

Why it helps

Boosts mood ✓
and motivation

Reduces stress ✓
and negative thinking

Feel congruent, ✓
grounded and reminded
of what matters

How to start

"One thing that supported me today was"

"Today I am grateful for"

"A small joy I noticed"

one thing is enough

keep it simple

be specific

don't force positivity

gratefulness

A deep breath that helped me reset

Someone who made me feel seen

A quiet moment in a loud day

A cozy book or familiar show

A warm drink, soft light or kind word

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one day at a time

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the deep breath



the power of breathing

Calms stress, lowers heart rate, and boosts focus and resilience

A Breath

When you take a deep, controlled breath, your body gets a signal that it's safe

It brings you back to the present · steady, softer, and more connected

Use it when

- ✓ You feel anxious or panicked
- ✓ You're caught in thoughts
- ✓ You just need a moment
- ✓ You're about to journal

One deep breath won't fix everything · but it can shift everything just a little

Breathing Guide

Inhale

⌚ 5 seconds



Breathe in through your nose

01

02

Hold

⌚ 10 seconds



Hold the breath in your belly

Exhale

⌚ 10 seconds



Slowly breathe out through pursed lips

03

After 1 deep breath, take 4 regular deep breaths before repeating



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Getting Started with Guided Journaling

Structured prompts to guide your journaling journey

Meet Your Parts 01

Understanding the Protector 02

What's Behind the Urge? 03

Witness the Wounded Child 04

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1. Meet Your Parts

Discover the different parts of you, and
begin building inner awareness

What's showing up for me right now ·
emotionally, mentally, or physically?

01

02

Can I notice a distinct voice, reaction,
or feeling that stands out?

If that part could speak, what
might it want to tell me?

03

04

When does this part show up in my life?

What do I think it's trying to do for me?

05

06

What might this part be afraid of, deep down?

Where do I feel this part in or around my body?

07

08

What might this part need from me right
now · attention, space, reassurance?

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2. Understanding the Protector

Connect with a part that's trying to protect you - even if it's doing so in a tough way

What part of me steps in when I feel unsafe, judged, or out of control?

01

02

How does this part try to protect me · what does it say or do?

What kind of situations trigger it to take over?

03

04

What does it believe it's preventing or avoiding by stepping in?

How long has it been doing this job?

XX

XX

What is it most afraid will happen if it stops?

How do I feel toward this part now that I'm getting to know it?

05

XX

What might help it feel safe enough to soften or step back?

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3. What's Behind the Urge?

Understand the part that distracts, avoids, or lashes out · and what it's protecting you from

What's the urge I feel · to escape, numb, lash out, or check out?

01

02

What does it usually push me to do when things feel too much?

When does this urge show up · what tends to trigger it?

03

04

What might it be protecting me from feeling or remembering?

How does this urge feel in my body?

05

06

What is it afraid will happen if I don't follow it?

Has this urge helped me cope in the past?

07

08

What might help it feel less alone or less in charge?

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4. Witness the Wounded Child

Gently witness a younger part that holds
pain, vulnerability, or unmet needs

Can I sense a younger part of me that
still feels hurt or unseen?

01

02

What emotions, memories, or
images come with it?

How does this part feel, and what is it carrying?

03

04

What did it need that it didn't get?

How do I feel towards it now?

05

06

What might it want me to know or remember?

How does it still show up in my life?

07

06

What could help it feel seen or safe today?

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5. The Unblending Practice

Learn to unblend · so you can notice a
part without becoming it

What emotion or thought feels
strongest in me right now?

01

02

Can I notice it without letting it take over?

What does this voice or feeling
want me to believe?

03

04

How does it affect how I see myself or others?

Where do I feel it in my body?

05

06

What helps me stay connected
to the rest of me?

What happens when I give it space
instead of resisting it?

07

08

How does this part want me to react · and what
would it be like to respond differently?

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6. Grounding Reflection

A gentle, general purpose journaling flow to reflect, express, and practice gratitude

What is something on your mind today?

01

02

How are you feeling physically and emotionally?

What is one thing you're grateful for right now?

03

04

What is a small win or positive moment from today or yesterday?

What is something you would like to let go of today?

05

06

What is something you're looking forward to?

Is there a part of you that needs some attention or kindness?

07

08

What intention would you like to carry into the rest of your day?

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7. Releasing the Weight

Support a part in releasing burdens
it no longer needs to carry

Is there a part of me that feels heavy or tired?

01

02

What has it been holding onto for a long time?

Where might that weight come from · a
belief, memory, or experience?

03

04

What has it been trying to protect me from?

What does it believe about me or the world?

05

06

Is that still true, or is something else true now?

What might it feel if it didn't
have to carry this anymore?

07

08

What could help it begin to let
go, even just a little?

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8. Building Inner Trust

Invite trust, connection, and
cooperation between parts

Are any parts of me in conflict or
tension right now?

01

02

What does each of them want or need?

Does any part feel ignored or pushed aside?

03

04

How do these parts relate to each other?

Is there distrust between them · or toward me?

05

06

What would help them feel more
heard or included?

What might help them work together,
even a little?

07

08

What's one small way I can build trust today?

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9. Daily Parts Check-In

A simple structure for checking in with
your inner world, day by day

How am I feeling right now · mind, body, mood?

01

02

Which part feels most present today?

What is it saying or needing?

03

04

Are any parts feeling tense or overwhelmed?

Are any parts feeling calm or supportive?

05

06

What do I need more of, or less of, today?

Is there a part I want to show gratitude towards?

07

08

What would help me feel more
connected right now?

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10. Exploring Resistance

Explore the part of you that doesn't want
to journal, heal, or go deeper

Is any resistance showing up right now?

01

02

What am I avoiding or pulling away from?

What might this part be protecting me from?

03

04

What does it fear will happen if I keep going?

How does this resistance feel in my body or mind?

05

06

Has it helped me in the past?

What might it need from me right now?

07

08

Can I stay with it, even if it doesn't
want to talk?

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11. System Under Pressure

Understand how your parts react to
stress, pressure, or burnout

What kind of pressure am I feeling right now?

01

02

What part of me shows up first in response?

What does it say or push me to do?

03

04

Is there another part that reacts
differently or pushes back?

What are these parts afraid might
happen if I don't keep it together?

05

06

How does this pressure feel in my body?

What do these parts need to feel supported?

07

08

What would help me meet this
moment with more care?

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12. Free Journal Session

A space to explore whatever's present today

What's on my mind right now?

01

02

What emotions are showing up?

Is there a voice or thought that feels loud today?

03

04

What might it be trying to say or express?

Is there anything I've been pushing
down or avoiding?

05

06

What do I feel most drawn to write about?

What feels unresolved, tender, or
alive in me today?

07

08

What wants to be seen, heard, or held right now?

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that reside within?

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