IFS session note

Client | Date | Session no.

1. Brief context

What the client came with, key events.

2. Key themes and affect

Themes, feelings and body reactions named in the session.

3. Parts and their protective role

Which parts showed up, in the client's words, and what each one protects from.

4. Access to Self

Signs of Self: calm, curiosity, compassion, and how the client feels toward the part.

5. Polarizations and protector permission

Which parts pull in opposite directions, and whether a protector allows access.

6. Burdens and unburdening

The burden in the client's words, personal or legacy, and the step actually reached.

7. Agreements and homework

Tasks and observations until the next session.

8. Risks

Only signals that came up. Empty if none.

9. Speech and thinking features

Anything notable in the form of speech. Usually empty.

10. Plan for the next session

What to return to.

IFS session note: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Brief context

Came in after a conflict with her manager, has slept badly for a week.

2. Key themes and affect

Anxiety → "my chest tightens before planning meetings".

3. Parts and their protective role

Manager: "the Checker" → checks the report 5 times so that no one can fault her.

4. Access to Self

Curiosity toward the Checker: "I'm tired of it, but I see it's trying to help".

5. Polarizations and protector permission

The Checker ↔ the part that wants to sleep, the Checker agrees to step back for a minute.

6. Burdens and unburdening

"I'm not good enough" → a young part, not yet witnessed, the protector asked for time.

7. Agreements and homework

Notice the Checker before planning meetings and thank it.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Ask the Checker's permission to meet the young part.