





Understanding Internal Family Systems Theory



Exploring Your Parts



Understand Your 'Self'



Harmonizing The Parts



Working With The Parts That Won't Unstick



Practice Resourcing And Reparenting



Quick Action Steps To Connect With Your Parts And Let Your Self Drive The goal of IFS Therapy

SELF-LEADERSHIP, INTEGRATION, AND BALANCE AMONG PARTS

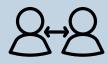
In Internal Family Systems (IFS) therapy, the primary goal is to achieve Self-leadership, integration, and balance among parts. This involves the development of a harmonious internal system where all parts are understood, respected, and valued for their contributions. Here's a deeper exploration of these key concepts:

SELF-LEADERSHIP



This refers to the state where the Self, which embodies qualities like compassion, curiosity, calmness, clarity, confidence, courage, creativity, and connectedness, is in the leadership role within the individual's internal system. This doesn't mean that parts are eliminated or silenced. Instead, they are led and guided by the Self, which can hear and understand each part's concerns and needs without being overwhelmed or taken over by them.

INTEGRATION

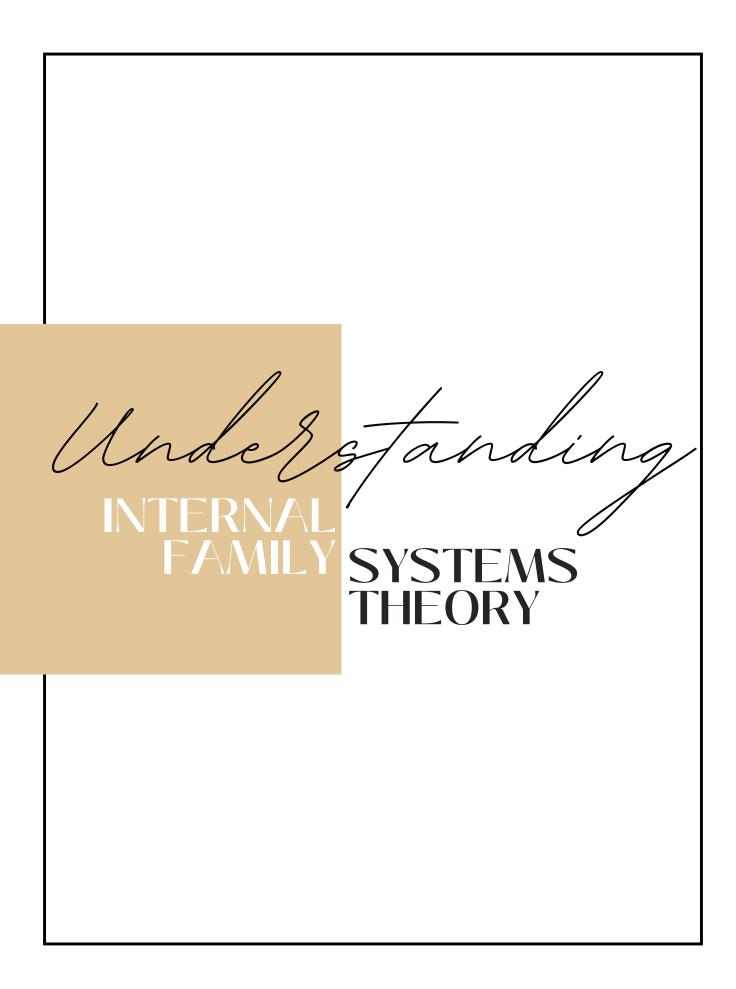


Integration in IFS refers to the process where parts that have been polarized, isolated, or in conflict are brought into a cooperative and understanding relationship within the internal system. Integration doesn't mean merging or losing the distinctiveness of parts, but rather, it involves developing a system where parts work together, understanding each other's roles, and respecting their contributions. This is often facilitated through processes such as unblending and unburdening.

BALANCE



In the context of IFS, balance refers to a state where all parts are in their naturally valuable roles, rather than being forced into extreme roles due to past burdens. When balance is achieved, managers aren't overworking, firefighters aren't impulsively stepping in, and exiles aren't locked away. Each part can fulfill its role without causing harm or distress to the overall system.



Understanding

Internal Family Systems (IFS) is a therapeutic approach founded by Richard Schwartz, Ph.D. It's an evidence-based model that fosters healing and self-development by recognizing and addressing the diverse parts within a person's mental system.

UNDERSTANDING THE CONCEPT OF 'SELF'



The Self, in IFS, refers to the person's core or essence — it's who you fundamentally are beneath your changing thoughts, emotions, and roles



IFS holds that everyone has a Self, and this Self can't be damaged or destroyed by life experiences.



The Self isn't a part; it doesn't carry burdens or play roles like the parts do. It's the "you" that remains eq when you're not identified with or carried away by any of your parts.



The Self is characterized by qualities like curiosity, compassion, confidence, calmness, courage, clarity, creativity, and connectedness — often referred to as the 8 Cs of the Self.



When a person is leading from their Self (Self-leadership), they can listen to and understand their parts without becoming overwhelmed by them.



The Self provides a stable, compassionate presence that can heal and transform the parts.

Getting to know

IFS posits that our minds are naturally multiple and that we all have different parts, also known as sub-personalities. These parts can be thought of like members of a family or players on a team, each with its own roles, interests, memories, and viewpoints.

EXILES



Exiles are parts that carry the burdens of past traumas, pain, or negative beliefs. They're often young parts that carry feelings like fear, shame, or sadness. To protect the person from feeling these difficult emotions, the exiles are kept out of consciousness, or "exiled" by other parts.

MANAGERS



Managers are proactive parts that try to keep the exiles exiled and prevent further harm. They do this by trying to keep the person in control of every situation. Common manager parts include the critic (which tries to keep the person in line by criticizing them) and the caretaker (which looks after others' needs at the expense of the person's own needs).

FIREFIGHTERS



Firefighters are reactive parts that step in when exiles break out of exile. Their job is to distract the person's attention away from the exiles' pain. Firefighters can lead to impulsive or destructive behaviors, like binge-eating, drug use, or rage, which can numb the pain or take the person's mind off it.

A key goal in IFS therapy is to help the Self build relationships with these parts, understand their roles and burdens, and ultimately help them to let go of their extreme roles and find balance and harmony in the system.

Understanding STERNAL FAMILY SYSTEMS THEOI

THE SELF AS THE BUS DRIVER





In Internal Family Systems
(IFS) therapy, the 'Self' is
likened to a 'bus driver',
steering the individual's
life. The 'parts' (Managers,
Firefighters, Exiles) are
passengers on this bus.

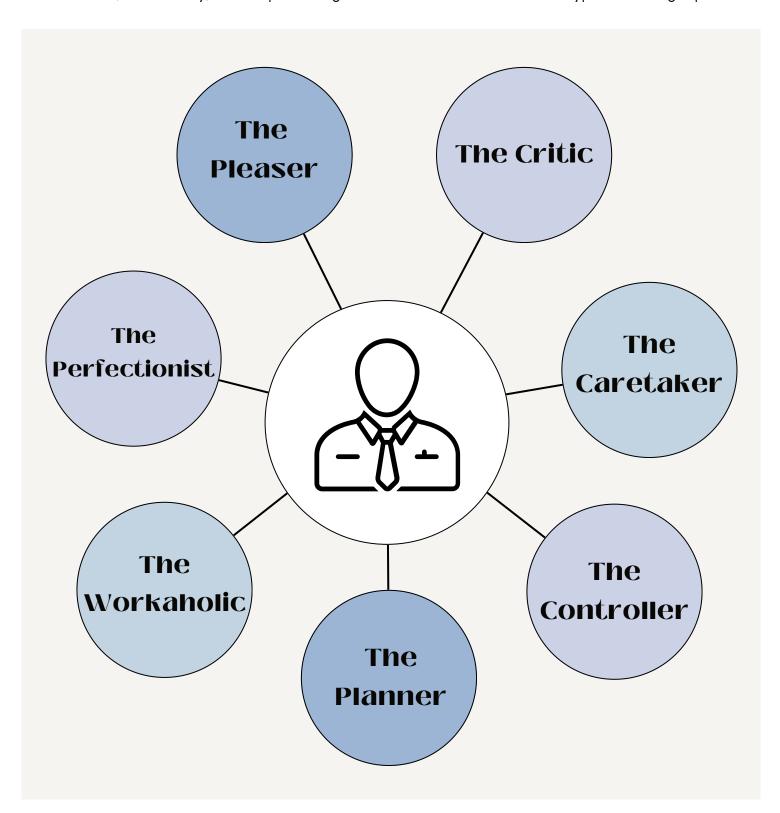
Ideally, the Self,
characterized by the 8 Cs
(Compassion, Courage,
Creativity, Confidence,
Calm, Curiosity, Clarity, and
Connectedness), should be
driving, representing a
state of "Self-Leadership".

However, when a part
(Managers, Firefighters,
Exiles) feels threatened, it
might take control of the
wheel, leading to
imbalanced feelings,
thoughts, and behaviors.

The goal of IFS therapy is to return the Self to the driver's seat, fostering a state where the individual can navigate life's challenges with understanding and resilience.



In the Internal Family Systems (IFS) model, managers are protective parts that work proactively to avoid harm, vulnerability, or re-experiencing trauma. Here are some common types of manager parts:





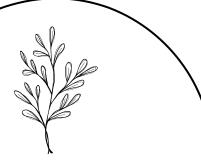
The Pleaser tries to make everyone happy and avoid conflict. This might involve agreeing with others even when the individual doesn't really feel the same way or doing things they don't want to do to keep others happy.

The Pleaser



The Caretaker prioritizes the needs of others over the individual's own needs in order to maintain harmony and avoid conflict. A person with a Caretaker manager might constantly care for others, neglecting their own needs and desires in the process.





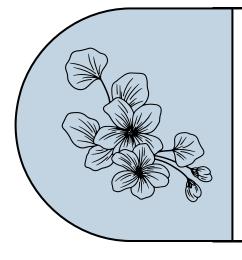
The Critic constantly judges and criticizes the individual to push them to do better or avoid mistakes. For example, a person with a strong Critic manager might constantly feel like they're not good enough or that they could have done better.

The Critic

The Planner

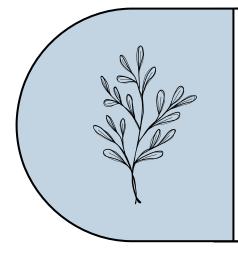
This manager part is constantly thinking ahead, planning for every possibility to avoid unexpected outcomes. A person with a dominant Planner manager might spend a lot of time worrying about the future and making contingency plans for every possible scenario.





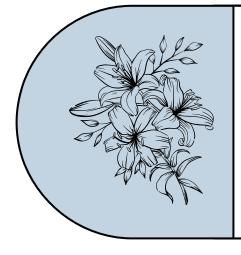
The Perfectionist

This manager part pushes individuals to meet high or even impossible standards in an attempt to avoid criticism, failure, or rejection. For example, a person with a strong Perfectionist manager might spend excessive time reviewing and revising their work, fearing that any mistake could lead to criticism.



The Workaholic

The Workaholic drives individuals to constantly stay busy with work, often at the expense of personal relationships and self-care. It tries to avoid feelings of inadequacy or failure. For instance, a person driven by this manager might consistently stay late at work, sacrifice leisure time, and struggle with work-life balance.



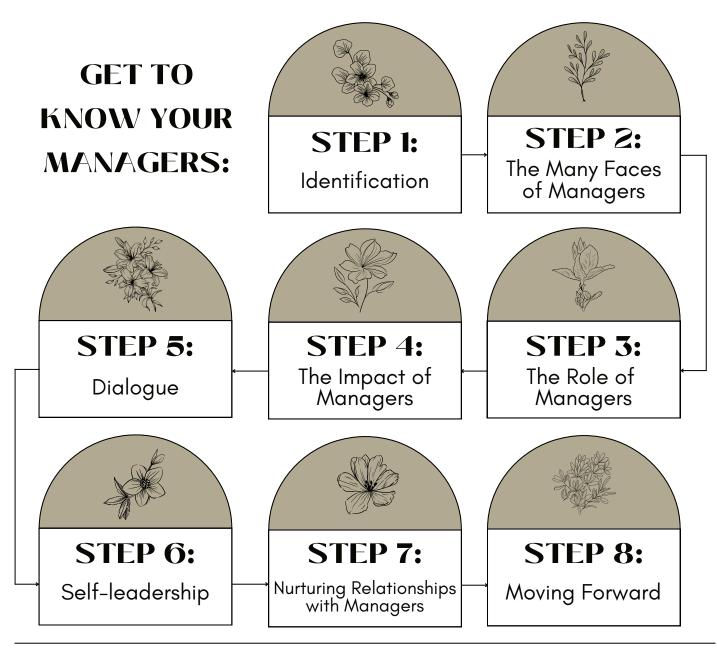
The Controller

This manager part tries to maintain control over situations and people to prevent unexpected or uncomfortable outcomes. Someone with a dominant Controller part might always plan every detail of trips, meetings, and events, or they might try to control the behavior of their family members or friends to keep situations predictable and comfortable.

These worksheets will help you to explore, recognize, and understand your different manager parts.

Remember, these parts aim to protect us and maintain control, but at times they might overdo it,

causing stress or distress.



Remember, this process is not about blaming or trying to eliminate these parts. It's about understanding their roles, appreciating their efforts, and fostering relationships based on trust and mutual respect. This journey of self-exploration is a continuous process that requires patience, self-compassion, and self-care. Keep this worksheet as a reference and feel free to revisit these questions whenever you notice your manager parts stepping forward.



Think about a recent situation where you felt overwhelmed or stressed. Can you identify a manager part that might have stepped forward during that time? Write down what that part was doing or saying.

Situation:	Situation:
Manager Part:	Manager Part:
What was that part doing or try to say?	What was that part doing or try to say?
Situation:	Situation:
Manager Part:	Manager Part:
What was that part doing or try to say?	What was that part doing or try to say?

THE MANY FACES OF MANAGERS

Consider the different types of manager parts (the pleaser, the critic, the caretaker, the controller, the planner, the workaholic, the perfectionist). Rate how strong these manager parts show up for you. 1 - Not that often to 10 - often and intensely.

		How w	ould you r	ate your p	eople ple	asing mar	nager?		
P	P	P	P	P	P	P	P	P	
1	2	3	4	5	6	7	8	9	10
	How would you rate your inner critic?								
口	口	P	P	P	早	P	P	P	口
1	2	3	4	5	6	7	8	9	10
		How	would yo	ou rate you	ır care tal	ker manag	jer?		
P		P	\Box	P	P		P	P	
1	2	3	4	5	6	7	8	9	10
		Hov	v would yo	ou rate yo	ur control	ler manag	er?		
P			\Box	P	早	P		P	
1	2	3	4	5	6	7	8	9	10
		Но	w would y	ou rate yo	ur plannii	ng manag	er?		
	T	P	P	P		P	P	P	
1	2	3	4	5	6	7	8	9	10
		How woul	d you rate	your man	ager that	likes to w	ork a lot?		
		\Box	P	Ţ	早		P	P	
1	2	3	4	5	6	7	8	9	10
		How v	ould you	rate your	perfection	nistic man	ager?		
<u> </u>	P	P	P	P	P	P	P	P	
1	2	3	4	5	6	7	8	9	10



Consider the Manager part that shows up the most for you. Write down any thoughts or feelings that arise when you think about this part.

THE ROLE OF MANAGERS

Reflect on why your manager parts act the way they do. What are they trying to protect you from? How do they believe they are helping? Jot down your insights.

THE TYPE OF

MANAGER PART IS:

What is this manager part trying to protect you from? How do they believe they are helping?

THE TYPE OF
MANAGER PART IS:

What is this manager part trying to protect you from? How do they believe they are helping?

THE TYPE OF MANAGER PART IS:

What is this manager part trying to protect you from? How do they believe they are helping?

THE IMPACT OF MANAGERS

Consider the impact these manager parts have on your life. Are there any patterns you notice? How do they affect your relationships, your work, or your sense of self?

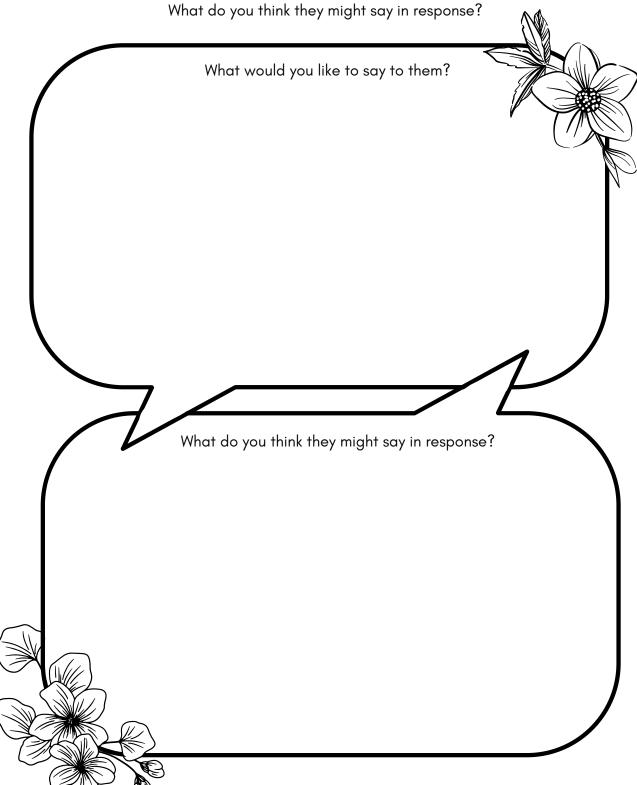
Are there any patterns you notice?	

How do they affect your relationships, your work, or your sense of self?

Relationships	Your Work	Your Sense of Self

Step 5 DIALOGUE

Imagine having a conversation with your manager parts. What would you like to say to them?



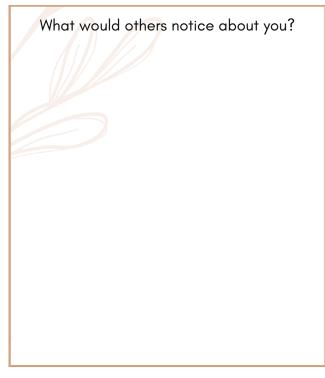
SELF-LEADERSHIP

Reflect on how you can show up with self-leadership when your manager parts take over. What would it look like for your Self to take the lead?

How would you act differently?

How would you feel?

What would you be doing differently?



NURTURING RELATIONSHIPS WITH MANAGERS

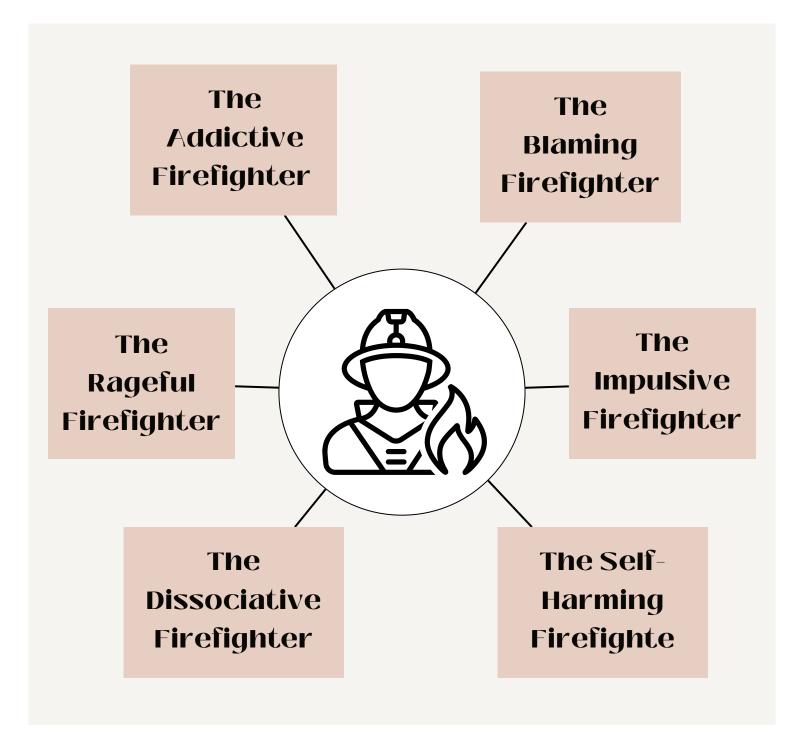
Think about ways you can build a nurturing relationship with your manager parts. How can you show appreciation for their efforts while also helping them trust that the Self can take the lead?							
Here are some ideas to h	elp	nurture the relationship					
Writing letters to manager parts		Journaling about your interactions with manager parts					
Mindful breathing exercises		Visualization exercises where the Self leads					
Regular check-ins with manager parts		Grounding exercises when manager parts are active					
Practicing mindfulness during routine activities		Positive self-talk reinforcing the Self's capabilities					
Creating a safe mental space for manager parts		Implementing a self-care routine that the manager parts appreciate.					

Step 8

MOVING FORWARD

Jot down any insights, realizations, or commitments to yourself that have emerged from this exploration. What steps can you take to better understand, work with, and show compassion towards your manager parts? Steps you can take to better understand, work with and show compassion Getting to know YOUR FIREFIGHTERS

In the Internal Family Systems (IFS) model, firefighters are parts that react when exiles (parts that carry trauma or vulnerability) threaten to break into consciousness. Firefighters are protective parts like managers, but they use extreme, reactive, or impulsive behaviors to distract the individual from feeling the pain that the exiles hold. Here are some common types of firefighter parts:



Getting to know



The Addictive Firefighter:

This part uses addictive behaviors as a way to numb or distract from feelings of pain, discomfort, or vulnerability. For example, a person with an Addictive firefighter might resort to excessive drinking, drug use, or overeating when they start feeling upset or overwhelmed.



The Blaming Firefighter:

This part projects discomfort onto others by blaming them. Instead of the person feeling their own discomfort, the Blaming firefighter may cause them to find fault with others. For instance, if they feel inadequate at work, they might blame their colleagues for not supporting them enough.



The Impulsive Firefighter:

This part engages in impulsive behaviors to distract from feelings of pain or vulnerability. This could be impulsive shopping, reckless driving, or risky sexual behavior. For instance, a person with this firefighter might go on a shopping spree after a stressful day at work to avoid feeling their stress and discomfort.



The Self-Harming Firefighter:

This part uses self-harm as a way to distract from emotional pain. For instance, a person with this firefighter might engage in cutting, burning, or other forms of self-harm when they feel overwhelmed by emotional pain.



The Dissociative Firefighter:

This part causes the individual to dissociate or disconnect from reality as a way to escape feelings of pain or discomfort. For example, a person with a Dissociative firefighter might feel detached from their body or their surroundings when they start feeling upset or overwhelmed.



The Rageful Firefighter:

This part uses anger and rage as a way to shield the individual from feeling vulnerable or hurt. A person with a Rageful firefighter might become suddenly and intensely angry in response to perceived criticism or rejection.

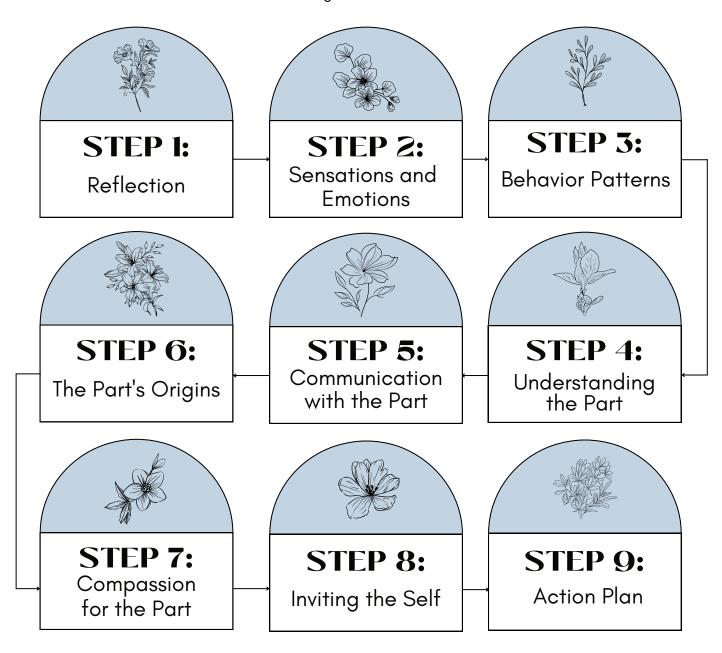
Recognizing these firefighter parts and their roles can help individuals understand their extreme or impulsive behaviors better. By developing a relationship with these parts from the Self, individuals can learn to reassure their parts and lead from the Self, managing their reactions in healthier ways.

Getting to know YOUR FIREFIGHTERS

These worksheets will help you to explore, recognize, and understand your different manager parts.

Remember, these parts aim to protect us and maintain control, but at times they might overdo it,

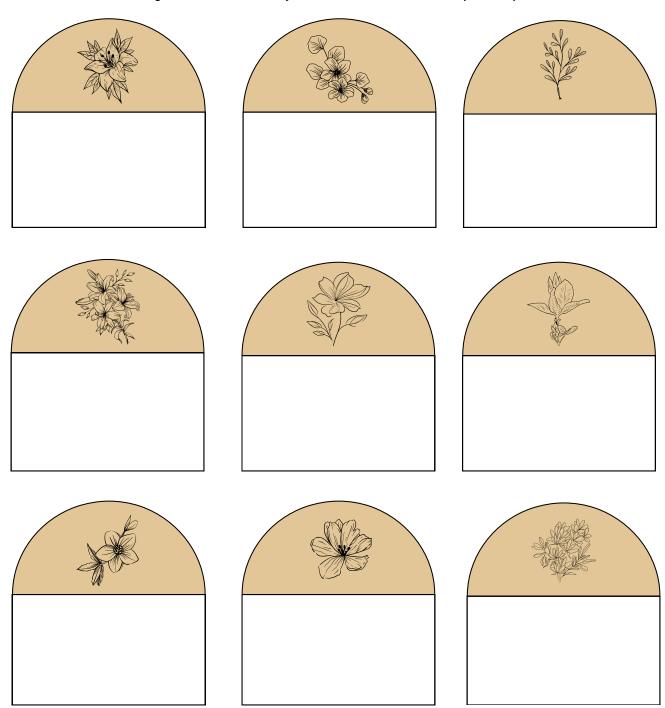
causing stress or distress.



Remember, this process is not about blaming or trying to eliminate these parts. It's about understanding their roles, appreciating their efforts, and fostering relationships based on trust and mutual respect. This journey of self-exploration is a continuous process that requires patience, self-compassion, and self-care. Keep this worksheet as a reference and feel free to revisit these questions whenever you notice your firefighter parts stepping forward.

Step 1
REPLECTION

Write down any recent situations where you noticed feelings or behaviors associated with a firefighter part. This might include being impulsive, blaming others, being angry, dissociating, or self-harming. Use the block to jot down a few situations you may have had.



SENSATIONS AND EMOTIONS

Describe the physical sensations and emotions that you experience when your firefighter parts are active.

Vibration	Shape	Texture
Buzzing	Rounded	Rough
Vibrating	☐ Flat	Soft
Tingling	Blob	Fuzzy
Pulsing	Ш ыор	Grainy
Trembling	Where in your body?	Jaggered
Shaking		Silky
Quivering		Pressure
Prickling		Crushing
Size/Position		Heavy
Large		Pressure
Small		Constriction
Compact		Tightness
Expansive		
Medium		Absense
	\	Numbness
Constricted	\	
		Hollow
Temperature		Stuck
Temperature Hot / Burning		Stuck Release
Temperature Hot / Burning Burning		Stuck
Temperature Hot / Burning Burning Fluttering Flame		Stuck Release
Temperature Hot / Burning Burning	Pain	Stuck Release Melting
Temperature Hot / Burning Burning Fluttering Flame	Pain Throbbing	Stuck Release Melting Senses
Temperature Hot / Burning Burning Fluttering Flame Falling Snow		Stuck Release Melting Senses Dizziness
Temperature Hot / Burning Burning Fluttering Flame Falling Snow Speed	Throbbing	Stuck Release Melting Senses Dizziness Sensitivity
Temperature Hot / Burning Burning Fluttering Flame Falling Snow Speed Rapid	Throbbing Sharp	Stuck Release Melting Senses Dizziness Sensitivity Color

SENSATIONS AND EMOTIONS

Describe the emotions	that you experience when your fire	efighter parts are active.
Here are son	ne emotions you ma	u experience:
	<i>.</i>	
Anger	Impatience	Distrust
Panic	Defensiveness	Desperation
Rage	Shame	Embarrassment
Fear	☐ Guilt	Restlessness
Frustration	Disgust	Discontent
Anxiety	Overwhelm	Agitation
Resentment	Irritation	Bitterness
Jealousy	Hopelessness	Contempt

BEHAVIÓR PATTERNS

Consider the different types of firefighter parts (anger, impulsivity, self-harm, addiction, or blaming others). Rate how strong these firefighter parts show up for you. 1 - Not that often to 10 - often and intensely.

		H	ow would	you rate y	our anger	firefighte	er?		
Q		<u></u>	<u> </u>	<u> </u>	<u>_</u>		<u> </u>		
1	2	3	4	5	6	7	8	9	10
		How	would yo	u rate you	r impulsiv	ity firefig	hter?		
Q	P	<u> </u>	P	P	P	早	\Box	P	
1	2	3	4	5	6	7	8	9	10
		Hov	v would yo	u rate you	ır self-har	m firefigh	nter?		
P	<u> </u>	P	\Box	\Box	\Box	<u> </u>	<u> </u>	\Box	
1	2	3	4	5	6	7	8	9	10
		Does you	r firefighte	er turn to	addiction	or unheal	thy vices?		
	\Box								
1	2	3	4	5	6	7	8	9	10
		D	oes your fi	refighter	tend to blo	ame othe	rs?		
	П	P	\Box		\Box	P		T	Ę
1	2	3	4	5	6	7	8	9	10
	ldentify	the patte	rns of beha	vior that y	our firefigh	iter parts t	end to eng	age in.	

Step 4
UNDERSTANDING THE PART

Reflect on what each firefighter part is trying to you from so	
Here are some for	
Here are some forefighter part may be	
firefighter part may be	protecting you from
firefighter part may be	protecting you from Fear of failure or making mistakes
firefighter part may be Feelings of abandonment Experiences of trauma	□ Fear of failure or making mistakes □ Intense feelings of vulnerability
Feelings of abandonment Experiences of trauma Feelings of worthlessness	reprotecting you from ☐ Fear of failure or making mistakes ☐ Intense feelings of vulnerability ☐ Feelings of loneliness or isolation ☐ Emotional overwhelm or distress ☐ Fear of being hurt, betrayed or let
Feelings of abandonment Experiences of trauma Feelings of worthlessness Overwhelming sadness or grief	□ Fear of failure or making mistakes □ Intense feelings of vulnerability □ Feelings of loneliness or isolation □ Emotional overwhelm or distress
Feelings of abandonment Experiences of trauma Feelings of worthlessness Overwhelming sadness or grief Fear of rejection or criticism	reprotecting you from ☐ Fear of failure or making mistakes ☐ Intense feelings of vulnerability ☐ Feelings of loneliness or isolation ☐ Emotional overwhelm or distress ☐ Fear of being hurt, betrayed or let

COMMUNICATION WITH THE PART

Imagine you could talk directly to your firefighter part. Write down what you would like to say to it, and what it might say back to you.

What would you like to say to them?

What do you think they might say in response?

THE PART'S ORIGINS

Reflect on when these firefighter parts may have first formed in your life. Can you connect them to specific events or periods? Refer back to Step 4 if you are struggling to think of the first time these firefighter parts formed. Look at what the firefighter part is protecting you from and when you first felt those feelings (Eg: When I was young, I spoke in front of the whole class and kids laughed, I felt embarrassed and rejected. I can see those connections when I try to speak out in meetings – I start to feel angry when colleagues won't listen to me. I see now that my firefighter part is trying to protect me from feeling embarrassed and rejected again)

1. THE FIRST IMPACTFUL EVENT YOU CAN REMEMBER	
2. NOW I NOTICE THAT I FEELWHEN	
(Describe how you feel and how your firefighter part shows up)	
(2 cooms to my our real ment gimen pain and up)	
• LEEF MONUTHAT MU EINEFIGHTEN DANT IS DROTECTING ME ENOM	
3. I SEE NOW THAT MY FIREFIGHTER PART IS PROTECTING ME FROM	

COMPASSION FOR THE PART

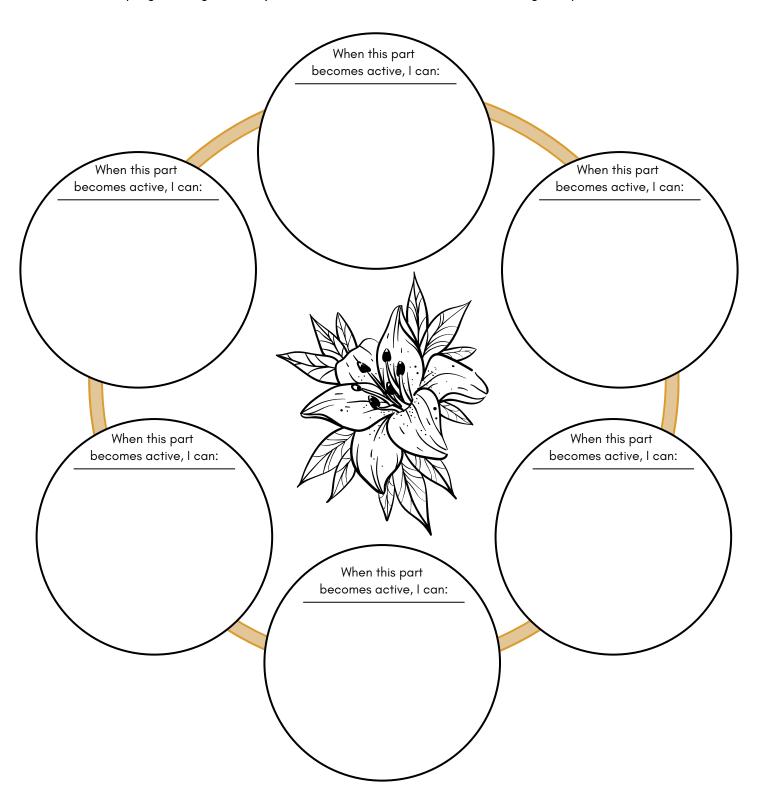
Despite their disruptive behaviors, your firefighter parts are trying to protect you in their own way. Write a compassionate message to them.					

Imagine your Self responding to these firefighter parts with the 8 C's: Calmness, Curiosity, Clarity, Compassion, Confidence, Courage, Creativity, and Connectedness. Write down how your Self might interact with these parts differently.

	When this firefighter part shows up:	I will respond to it by:
	When this firefighter part shows up:	I will respond to it by:
	When this firefighter part shows up:	I will respond to it by:
	When this firefighter part shows up:	I will respond to it by:
M 4	When this	I will respond to it by:
	firefighter part shows up:	

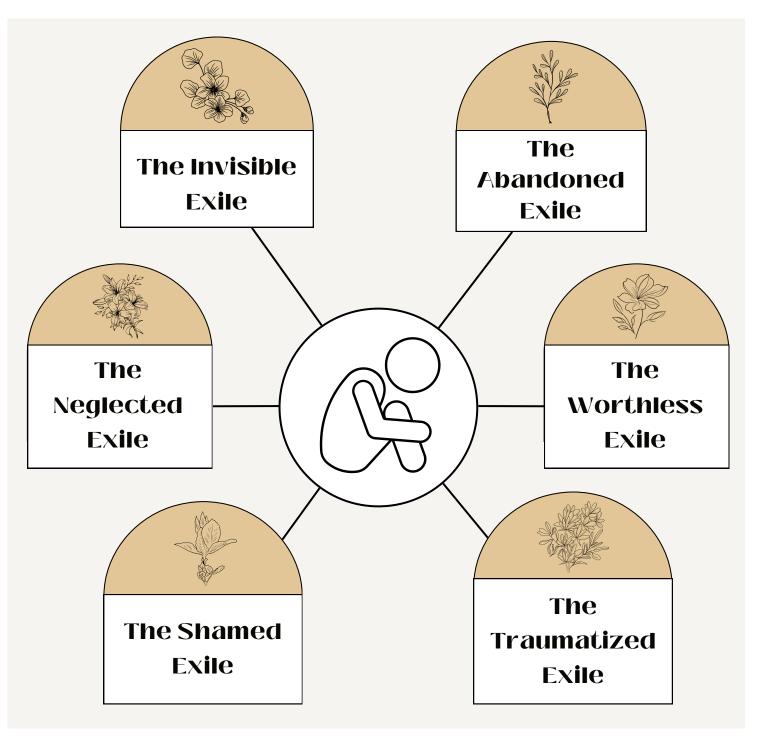
Step 9 ACTION PLAN

List some coping strategies that you could use the next time these firefighter parts become active.



Getting to know
YOUR EXILED PARTS

Exiles in the Internal Family Systems (IFS) model are parts that carry burdens of trauma, pain, or negative beliefs about the self. They're often associated with past experiences of harm, neglect, or violation, and hold emotions like fear, shame, or loneliness. These parts are exiled or pushed out of consciousness by protective parts (managers and firefighters) to avoid reexperiencing the pain they carry. Here are some common types of exiles:



Getting to know YOUR EXILED PARTS

The Invisible Exile:

This part feels unseen or unheard. For example, a person with an Invisible exile may struggle to express themselves or feel ignored, often due to past experiences of their thoughts or feelings being dismissed.

The Neglected Exile:

This part holds feelings of neglect or deprivation. A person with a Neglected exile might feel constantly unfulfilled or overlooked, often stemming from experiences of not having their needs met.

/ The \ Abandoned Exile:

This part carries feelings of abandonment or rejection. For instance, a person with an Abandoned exile may feel intense loneliness or fear of rejection stemming from early experiences of being left alone or feeling unsupported.



The Shamed Exile:

This part carries feelings of shame or guilt. For instance, a person with a Shamed exile might feel deeply flawed or undeserving of love and happiness, often due to experiences of humiliation or shaming.

The `` Worthless Exile:

This part holds a belief in the person's fundamental unworthiness or inadequacy. Someone with a Worthless exile might constantly feel like they're not good enough, stemming from experiences of criticism or failure.

The Traumatized Exile:

This part holds memories of traumatic experiences, along with associated feelings of fear, horror, or helplessness. A person with a Traumatized exile might have intense reactions to reminders of the trauma, even if they don't consciously remember the experience.

Getting to know YOUR EXILED PARTS

This worksheet aims to help you recognize, explore, and better understand your exiled parts, such as feelings of invisibility, abandonment, worthlessness, neglect, shame, and trauma.

Reflect on the questions below. Take your time and let the responses flow naturally. Remember, it's okay if the answers don't come immediately – this is a process that requires patience and compassion.

IDENTIFYING YOUR EXILED PARTS

Consider moments in your life when you've felt emotions linked to being exiled – like feeling invisible, abandoned, worthlessness, neglected, shame, or trauma. As you recall these moments, what parts of yourself do you see?

Moment That Comes to Mind:	What were you feeling? How come you felt the need to hide this part of yourself?
Moment That Comes to Mind:	What were you feeling? How come you felt the need to hide this part of yourself?
Moment That Comes to Mind:	What were you feeling? How come you felt the need to hide this part of yourself?
Moment That Comes to Mind:	What were you feeling? How come you felt the need to hide this part of yourself?

UNDERSTANDING YOUR EXILED PARTS

When do these exiled parts most often show up in your life? What situations, people, or events trigger their appearance?

What situation seems to bring up these exiled parts?

Who triggers these exiles? What is it about these people that trigger your exiles?

Are there places that trigger these exiles? If so, where and why?

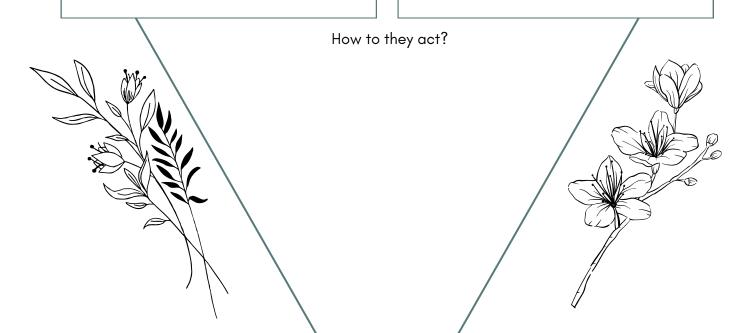
What feelings trigger this exile? Eg: Feeling excluded, blamed, judged, and unsafe.

YOUR EXILED PARTS' EXPRESSIONS

How do these exiled parts express themselves in your thoughts, feelings, and behaviors? What messages are they trying to convey?

How to they express themselves in your thoughts?

What feelings do they show you?



What are they trying to tell you about themselves?

THE NEEDS OF YOUR EXILED PARTS

Imagine sitting down with your exiled parts. If they were able to tell you, what would they say they need from you? YOUR RELATIONSHIP WITH YOUR EXILED PARTS How do you currently relate to these parts? What would it look like to approach them with more compassion and understanding?

INTEGRATING YOUR EXILED PARTS

•		xiled parts into	·	

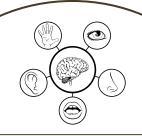
Remember, these worksheets are a starting point. It's okay if you don't have all the answers right now. The goal is to open up a conversation with these parts and begin building a relationship based on understanding and compassion. With time and practice, you'll develop a deeper connection with these parts and facilitate their healing.

Coping With your

If you are struggling to put your Self in the drivers seat, try one of these coping skills:



Mindful Breathing: Focus on your breath as a grounding technique.
Breathe in for a count of four, hold for four, exhale for four. This can help to calm the nervous system and help the Self regain control.



Physical Grounding: Feel your feet on the ground, touch something solid, or hold a comforting object. Physical grounding can help bring you back to the present moment and out of potentially overwhelming emotions.



Journaling: Write down what you're feeling and why. This process can provide clarity, allowing you to recognize that it's the exile part taking the reins and not your whole self.



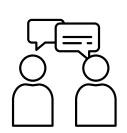
Mindful Observation: Observe your thoughts and feelings without judgment, recognizing them as just thoughts and feelings, not facts. This practice can create a bit of space between the Self and the exile part.

Coping With your EXILED PARTS

If you are struggling to put your Self in the drivers seat, try one of these coping skills:



Visualize the Self Taking Control: Use visualization to imagine the Self stepping in and gently taking control back from the exile part.



Dialogue with the Exile Part: Ask the exile part what it needs and wants. This understanding can provide insight into why it's currently in the driver's seat.



Self-Care Activities: Engage in soothing activities that help you feel safe and loved. These activities can range from taking a warm bath to listening to your favorite music. This helps create an environment that encourages the Self to step forward.



Seek Support: Reach out to a trusted friend, family member, or therapist to talk through what you're experiencing. They can provide a different perspective and remind you of your strength and resilience.



Understanding
FRNAL FAMILY SYSTEMS THE

THE SELF AS THE BUS DRIVER





The Self as the Bus Driver: In an ideal scenario, the Self, characterized by the 8 Cs (Compassion, Courage, Creativity, Confidence, Calm, Curiosity, Clarity, Connectedness), should be the one driving the bus. The bus in this analogy represents an individual's life or the course of their life. This state is also referred to as "Self-Leadership". When the Self is driving the bus, the individual can make choices and decisions from a place of calm, curiosity, and clarity.

The Parts as Passengers: The parts (Managers, Firefighters, Exiles) are the passengers on the bus. When they trust the Self to lead (i.e., when the Self is driving the bus), they can relax into their natural, non-extreme roles.

Parts Taking Over the Steering Wheel:

Sometimes, when a part feels threatened or believes it needs to take control to protect the individual, it may try to take over the steering wheel from the Self. This is akin to a part becoming blended with the Self, such that it dominates the individual's feelings, thoughts, and behaviors. For example, a manager part might take control to keep everything perfect and prevent any perceived danger, or a firefighter part might take over to distract the individual from feeling a painful emotion.

Returning the Self to the Driver's

Seat: The goal of IFS therapy is to help the Self return to the driver's seat when a part has taken over. This process involves getting to know the part, understanding its fears and motivations, developing a trusting relationship with it, and helping it to unblend from the Self.

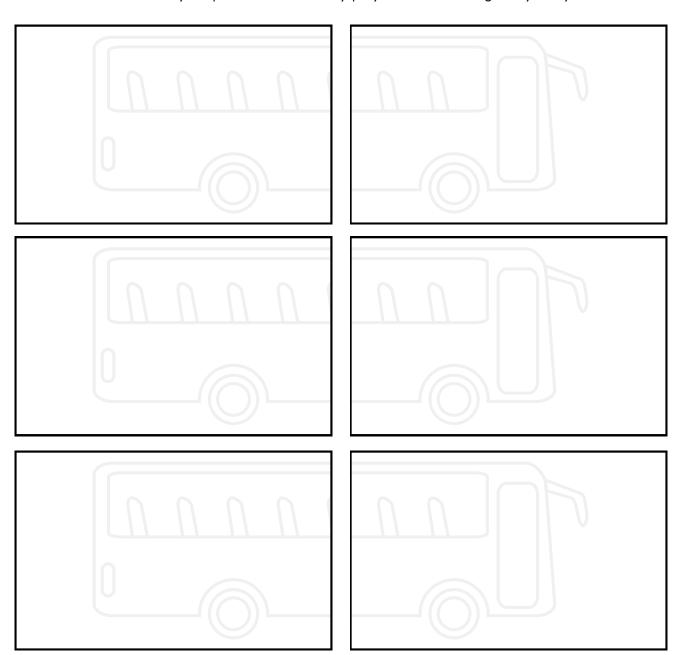
Understanding

THE SELF AS THE BUS DAIVER

The purpose of this worksheet is to guide you through the process of Self-Leadership, allowing your Self to take the driver's seat (drive the bus) in your life.

EXERCISE 1: SELF-AWARENESS AND IDENTIFICATION OF PARTS

Reflect on the different parts within you. You may think about managers, firefighters, and exiles. List your parts, the roles they play, and the feelings they carry.



EXERCISE 2: CONNECTING WITH YOUR SELF

In order to let your Self drive the bus, you need to first connect with it. Visualize your Self. What does it feel like when you're in Self-energy? Write down your thoughts and feelings.

What does it feel What do your thoughts like when you let your Self sound like? drive? What does it feel like? What do others notice about you?

EXERCISE 3: UNBLENDING

This activity helps you differentiate between your Self and your parts. Pick one part that has been prominent recently. Write a dialogue between your Self and this part. What does your Self want to say to this part? And what does this part want to tell your Self?

Prominent Part:	Prominent Part:
What does the part want to say to the Self?	What does the part want to say to the Self?
What does your Self want to say?	What does your Self want to say?

EXERCISE 4: PRACTICING SELF-LEADERSHIP

This activity is about integrating the concept of Self-leadership in your daily life. List three situations in the upcoming week where you can practice Self-leadership. Write down how you plan to handle these situations from the Self's perspective.

Situation:	How do you plan to handle these situations from the Self's perspective?
Situation:	How do you plan to handle these situations from the Self's perspective?
Situation:	How do you plan to handle these situations from the Self's perspective?
Situation:	How do you plan to handle these situations from the Self's perspective?

Stepping Into The /8 C'S OF THE SELF

Stepping into the 8 C's of the Self in Internal Family Systems (IFS) can be facilitated through the process of Self-Leadership and Parts Work. Here's an exercise called the "8 C's Visualization and Dialogue Exercise" that might be helpful:



1. Find a Quiet, Comfortable Space:

Find a space where you can be undisturbed for about 20–30 minutes. You might want to sit or lie down comfortably. Close your eyes if you're comfortable doing so.



2. Deep Breathing: Start with a few rounds of deep breathing to help relax your body and mind. Breathe in for a count of four, hold for a count of four, and breathe out for a count of six.



3. Visualize Each of the 8 C's:

Starting with calmness, visualize what embodying that quality would look and feel like. You might imagine a scene, an object, a color, or anything else that represents this quality to you.



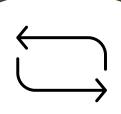
4. Dialogue with the Quality:

Once you have a clear image, try to dialogue with it. Ask it questions like, "What do you need from me to be present in my life?" or "How can I access you when I'm feeling stressed or overwhelmed?" Listen for any insights or responses.

Stepping Into The /8 C'8 OF THE SELF



5. Thank the Quality: Once you've finished your dialogue, thank the quality for any insights it provided.



6. Repeat for Each

of the 8 C's: Repeat this process for curiosity, clarity, compassion, confidence, creativity, courage, and connectedness.



7. Journal Reflection: After the exercise, you might find it helpful to journal about your experiences. Write down any insights, thoughts, or feelings that came up during the process.



8. Regular Practice: Regularly practicing this exercise can help you cultivate and strengthen these qualities of the Self in your daily life.

Characteristics

OF THE 8 C'S OF THE SELF



Compassion is empathy and understanding towards oneself and others. A person connecting with this quality of the Self might be more understanding and forgiving towards their own mistakes, or more patient and empathetic towards others' struggles.



Curiosity is a nonjudgmental interest in oneself and the world. When one is embodying curiosity, they might be more open to learning about their parts or more interested in exploring new ideas or perspectives.



Calm is a state of peace and tranquility. Someone accessing their Self might find that they're better able to manage stress, staying calm and composed even in difficult situations.



Confidence is a sense of self-assuredness and selfesteem. It might manifest as feeling capable of handling challenges or expressing oneself assertively.



Clarity refers to clear-mindedness and understanding. This might involve seeing one's patterns more clearly or understanding others' perspectives better.



Courage is bravery and the willingness to face fears or difficulties. This might manifest as confronting a difficult situation or addressing a conflict in a relationship.



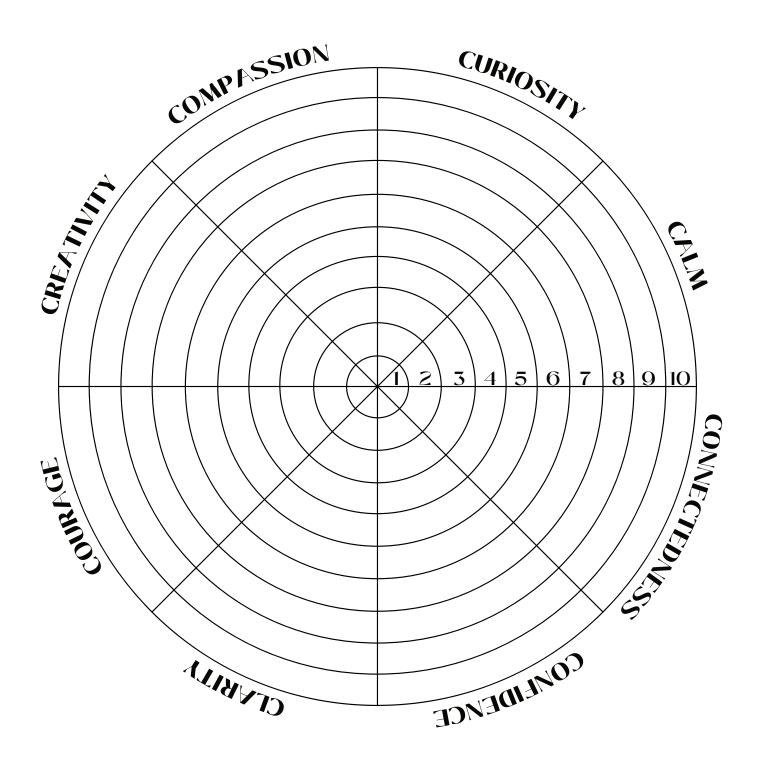
Creativity is the ability to think of new ideas or solutions. Someone in Self might find themselves coming up with innovative solutions to problems or finding new ways to express themselves.



Connectedness is a sense of belonging and connection with others and the world. This might involve feeling more empathetic and connected to others, or feeling a part of something larger than oneself.

Characteristics OF THE 8 C'S OF THE SELF

Rate or color in your current level of feeling for each of the following 8 C's from 1 (not at all) to 10 (extremely), then write a brief reflection about why you chose that rating and how you might enhance your sense of each.

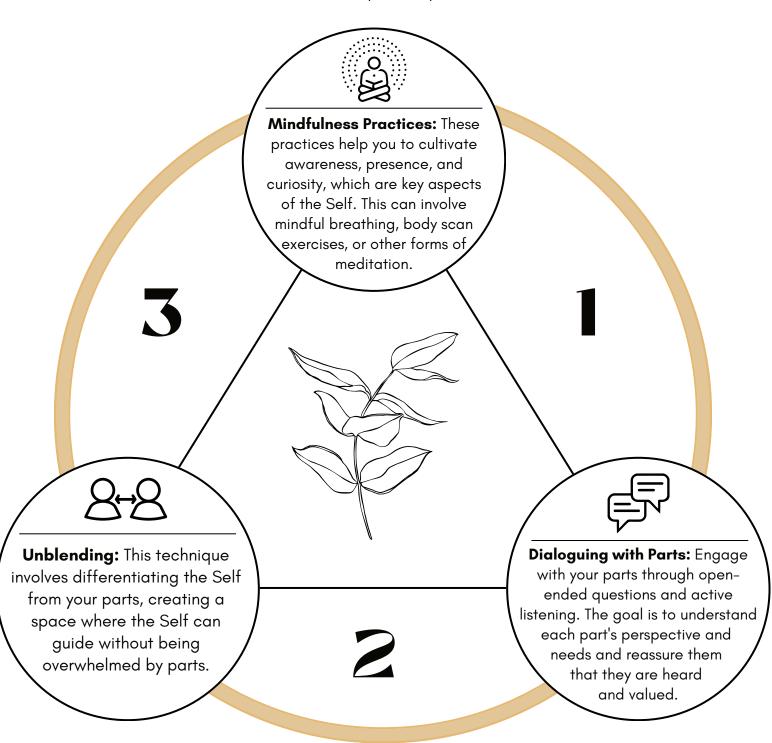


Characteristics
OF THE 8 C'S OF THE SELF

CALMNESS RATING REFLECTION	
CONNECTEDNESS RATING REFLECTION	
CONFIDENCE RATING REFLECTION	
CLARITY RATING REFLECTION	
COURAGE RATING REFLECTION	
CREATIVITY RATING REFLECTION	
COMPASSION RATING REFLECTION	
CURIOSITY RATING REFLECTION	

How to
IMPROVE SELF-LEADERSHIP

Self-leadership in Internal Family Systems (IFS) therapy is about taking on the role of the 'Self' and helping to guide and heal your internal parts. Here's a concise breakdown of self-leadership techniques:



How to

IMPROVE SELF-LEADERSHIP

Self-leadership in Internal Family Systems (IFS) therapy is about taking on the role of the 'Self' and helping to guide and heal your internal parts. Here's a concise breakdown of self-leadership techniques:



Self-Care Activities: Activities like eating healthily, exercising, getting enough sleep, and taking time for relaxation can help to nurture the Self and increase its capacity for leadership.



Positive Affirmations: Positive affirmations can help to reinforce the qualities of the Self. Repeating affirmations like "I am compassionate" or "I have the apacity to understand my parts" can strengthen the Self.



Visualization: Visualize the Self as a compassionate leader or imagine a calming and safe space where the Self can meet and engage with parts.



Seek Professional Guidance:

Working with a trained IFS therapist can support the process of self-leadership. They can provide guidance and help to navigate interactions with parts.

How to
IMPROVE SELF-LEADERSHIP

low did it feel after y nat you noticed abou			

Cheate A
'SELF' ACTION PLAN

List some coping strategies that you could use the next time to ensure your Self stays in the driver's seat.

The next time I feel or experience: I will try this coping skill:	
The next time I feel or experience: I will try this coping skill:	
The next time I feel or experience: I will try this coping skill:	
The next time I feel or experience: I will try this coping skill:	
The next time I feel or experience: I will try this coping skill:	
The next time I feel or experience: I will try this coping skill:	

A List Of

COPING SKILLS

- 1. Deep Breathing: Practice deep breathing to calm down and center yourself.
- 2. Self-Talk: Use self-talk to remind yourself that you are in control.
- 3. Mindfulness: Stay present in the moment and avoid getting lost in your thoughts.
- 4. **Positive Affirmations:** Use positive affirmations to remind yourself of your strengths.
- 5. **Physical Activity:** Engage in physical activity like walking or yoga to help manage your stress.
- 6. Journaling: Write down your thoughts and feelings to understand them better.
- 7. Visualization: Imagine a peaceful and safe place to calm yourself.
- 8. **Practice Self-Compassion:** Be gentle with yourself and practice self-compassion.
- 9. **Meditation:** Practice meditation to focus your mind and relax your body.
- 10. **Grounding Techniques:** Use grounding techniques to bring your focus back to the present moment.
- 11. Self-Care: Regularly engage in activities that you enjoy and find relaxing.
- 12. Balanced Diet: Eating a balanced diet can help maintain your energy and mood.
- 13. Adequate Sleep: Ensure you are getting enough sleep to stay energized.
- 14. Stay Hydrated: Drink plenty of water to stay hydrated and maintain physical wellbeing.
- 15. **Reach Out to Support Network:** Talk to friends or family members when you're feeling overwhelmed.
- 16. **Professional Help:** Seek help from a therapist or counselor when needed.
- 17. **Set Healthy Boundaries:** It's important to set boundaries to ensure your own wellbeing.
- 18. **Time Management:** Plan your time wisely to avoid feeling overwhelmed.
- 19. **Engage in Leisure Activities:** Hobbies and activities can provide a positive outlet for stress.
- 20. Listen to Music: Music can be a powerful tool for emotional regulation.
- 21. **Practice Gratitude:** Regularly reflect on things you are grateful for.
- 22. **Engage in Artistic Expression:** Painting, drawing, or playing an instrument can be therapeutic.
- 23. **Practice Assertiveness:** Stand up for yourself when needed.
- 24. Limit Caffeine: Too much caffeine can increase feelings of anxiety.
- 25. Avoid Alcohol: Alcohol can intensify feelings and disrupt your sleep.
- 26. **Practice Patience:** Understand that growth and change take time.
- 27. **Engage in Learning:** Constantly learning new things can keep your mind active and engaged.
- 28. **Use Humor:** Lightening up and laughing can help reduce stress.
- 29. **Spend Time in Nature:** Nature can have a calming effect on your mind and body.
- 30. Create a Safe Space: Make sure you have a place you can go to feel safe and calm.



Understanding INTERNAL FAMILY SYSTEMS THE

Find: The first step is to find a part. This could be a part that is causing trouble in the present moment, such as a part that causes anxiety or a part that drives impulsive behavior. To identify a part, the individual can focus on a symptom or behavior and sense the part behind it.

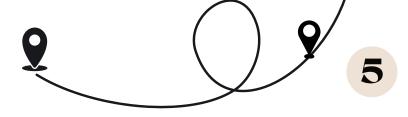
Focus: Once a part is identified, the individual is asked to focus on it. This involves paying attention to the sensations, emotions, and thoughts related to the part. This step allows the individual to get a clearer sense of the part and

its concerns.

3

the part in more detail. The individual is encouraged to ask the part questions to understand its purpose, concerns, beliefs, and desires better. This could involve understanding when the part first formed, what its role has been, and what it fears would happen if it didn't perform its role.

Friend: After getting to know the part, the next step is to develop a friendly relationship with it. This involves showing the part kindness, curiosity, and compassion, showing it that it is seen, heard, and valued. This can help the part feel safer and more willing to trust the Self.



Follow Up: The final step is to follow up with the part, ensuring that it has what it needs and feels safe and comfortable with the changes. This could involve making agreements with the part about how the individual will behave or respond in the future, and checking in with the part regularly to see how it's doing.

Facilitate Unburdening: Once a relationship is established with the part, the process of unburdening can begin. Unburdening is about helping the part release the burdens it has been carrying—painful emotions, beliefs, or memories. This involves the part showing the Self the memory or experience related to the burden and the Self providing the healing that wasn't available at that time, like reassurance, comfort, or protection.

QUESTIONS TO HELP YOU FIND THE PART

What part of me seems to be most active or dominant right now?

Are there any feelings
or behaviors I've been
experiencing that may suggest
a part is trying to get my attention?

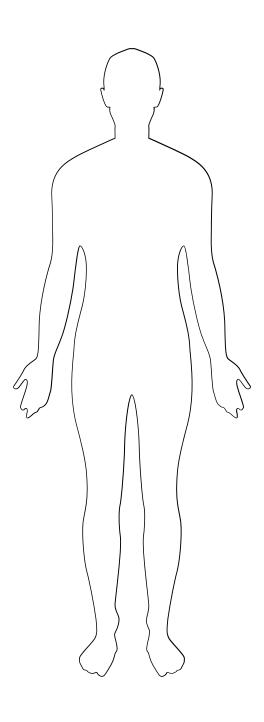
What emotions, sensations, or thoughts am I experiencing that could be linked to a part?

If there was a part behind my current symptom or behavior, what might it be trying to communicate or accomplish? QUESTIONS TO HELP YOU FIND THE PART

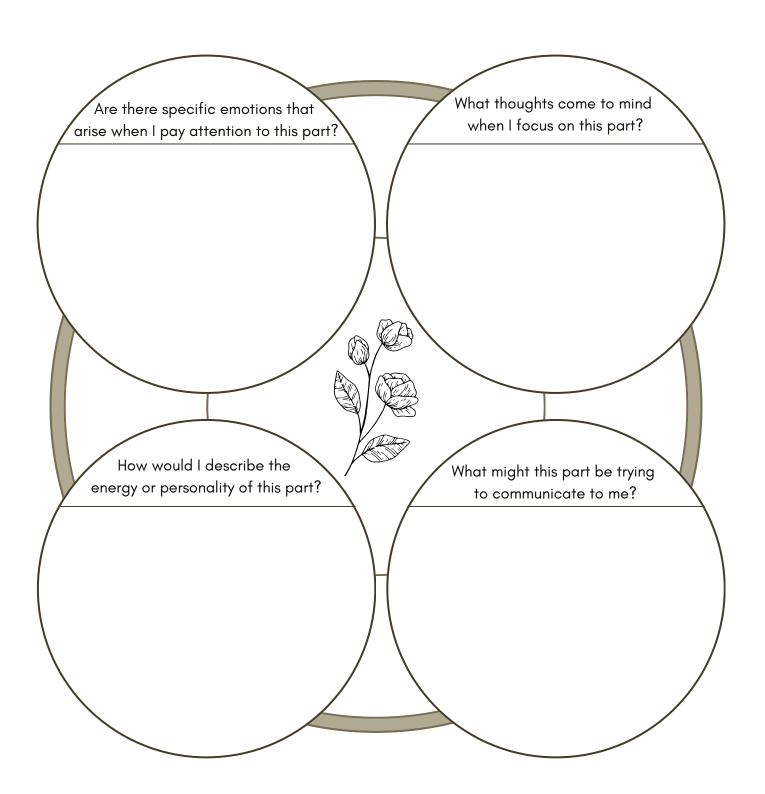
What triggers might be causing a specific part to surface right now?
Which part of me could be driving my current feelings of anxiety or impulsive
behavior?
Can I sense a part that feels separate or distinct from my core self in this moment?
If my current feelings or behaviors were protecting me from something, what might
that be?

QUESTIONS TO HELP YOU FOCUS ON THE PART

What sensations am I noticing in my body when I focus on this part?



QUESTIONS TO HELP YOU FOCUS ON THE PART



QUESTIONS TO HELP YOU FOCUS ON THE PART

If this part had a voice, what would it say?
What are the concerns or fears of this part?
What is this part's relationship with other parts of me?
How does focusing on this part change my overall state of being?
How does focusing on this part change my overall state of being?
How does focusing on this part change my overall state of being?
How does focusing on this part change my overall state of being?
How does focusing on this part change my overall state of being?

7 Questions to Ask

IN THE 'FLESH OUT' STAGE OF PARTS WORK

In the "Flesh Out" stage of the "6 F's" in Internal Family Systems (IFS) therapy, the aim is to explore and understand a part in greater detail. This is typically done through a dialoguing process, where you ask the part questions and listen for its responses. Here are some questions you might ask during this stage:



ORIGINS

When did you first become a part of me? Can you show me or tell me about when you first took on this role?



PURPOSE

What is your role or purpose in my system? What are you trying to accomplish or prevent?



CONCERNS

What are you worried about? What do you fear might happen if you don't do your job?



BELIEFS

What beliefs do you hold about me, others, or the world?



DESIRES

What do you wish for? What do you want me to understand or know?



FEELINGS

What emotions are you carrying? How do you feel about the role you've been playing?

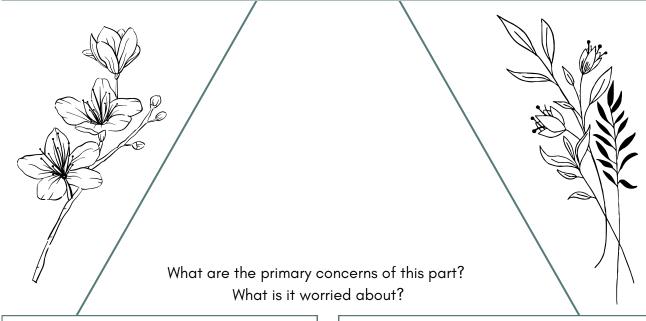


RELATIONSHIP WITH PARTS

How do you relate to my other parts? Are there parts you work with, conflict with, or protect?

QUESTIONS TO HELP YOU FLESH OUT THE PART

What is the purpose of this part? Why does it exist?



Can I remember when this part first appeared in my life? What was happening at that time?

What has been the role of this part in my life?

QUESTIONS TO HELP YOU FLESH OUT THE PART

If this part had a voice, what would it say?
What are the concerns or fears of this part?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me?
What is this part's relationship with other parts of me? How does focusing on this part change my overall state of being?

QUESTIONS TO HELP DEVELOP A FRIENDLY RELATIONSHIP WITH THE PART



How can I show kindness to this part of me? What might that look like?



In what ways can I demonstrate genuine curiosity about this part?



How can I convey compassion to this part?



What does this part need to feel seen, heard, and valued?

QUESTIONS TO HELP YOU FLESH OUT THE PART

How can I reassure this part that its feelings and needs are important?
What steps can I take to build trust between this part and my Self?
How might this part respond to my efforts to befriend it?
What changes do I notice in my internal state when I approach this part with
friendliness?
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QUESTIONS TO HELP UNBURDEN THE PART

What burdens is this part carrying? Are they emotional, belief-based, or related to specific memories?

How does this part feel about sharing its burdens with me, the Self?

What memory or experience is this part holding onto that contributes to its burden?

What can I, as the Self, offer to this part that was not available at the time the burden was taken on?

QUESTIONS TO HELP UNBURDEN THE PART

How can I provide reassurance, comfort, or protection to this part in a way that feels meaningful and authentic to it?		
What might change for this part and for me as a whole once this burden is released?		
How can I ensure this part feels safe during the unburdening process?		
In what ways might unburdening this part lead to changes in how I relate to myself,		
others, and my world?		

Step 6

QUESTIONS TO HELP YOU FOLLOW UP ON THE PART

What does this part need from me to feel safe and comfortable with the changes that have occurred?

What agreements can we make together about how I will behave or respond in the future?

How will I check in with this part regularly to see how it's doing?

How will I know if this part needs further attention or care?

Step 6

QUESTIONS TO HELP YOU FOLLOW UP ON THE PART

What practices or routines can I establish to maintain our connection and ensure its
needs are being met?
What are the concerns or fears of this part?
What changes am I noticing in this part since the unburdening process?
How can I continue to support this part in its ongoing growth and evolution?

Notes

BRAINSTORM SOME EXTRA QUESTIONS OR ANSWERS HERE

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How to Start

UNBLENDING YOUR PARTS

Unblending in the Internal Family Systems (IFS) model refers to the process of separating the Self from the parts, allowing you to view your parts from a compassionate, non-judgmental stance rather than identifying with or being taken over by them. Here's a detailed explanation with examples:

Step 1:



Identification of the Part: The first step is to identify the part that is blended with the Self. Let's use the example of a Perfectionist manager. Perhaps you've noticed that you've been pushing yourself excessively at work, feeling a constant pressure to do everything perfectly and a fear of making mistakes.

Step 2:



Focusing on the Part: Next, you can focus on this part and its sensations, emotions, or thoughts. You might notice feelings of anxiety, a pressure in your chest, and thoughts like "I can't mess up" or "I have to do better."

Step 3:



Differentiation: Once you're aware of the part and its characteristics, you can begin to differentiate the Self from the part. This involves reminding yourself that you are not the part—it is a part of you, but it's not all of you. You might say to yourself, "I notice a part of me is pushing me to be perfect and is scared of making mistakes. That is not all of me, that is a part of me."

Step 4:



Moving into Self: Now you can try to move into the position of the Self, characterized by the 8 Cs: Calm, Curiosity, Compassion, Courage, Confidence, Creativity, Clarity, and Connectedness. From this position, you can observe and interact with the part. You might feel a sense of calm and compassion towards the Perfectionist part and a curiosity about why it's so scared.

Step 5:



Dialoguing with the Part: From the Self, you can dialogue with the part, asking it questions to understand it better and expressing reassurances to help it feel safer. You might ask the Perfectionist part why it's so scared of making mistakes, and it might show you a memory of a time you were harshly criticized for a mistake. You can then reassure the part, saying something like, "I understand you're trying to protect me from criticism, but it's okay if I make mistakes. I'm capable and I can handle it."

Step 6:



Unblending Further: If the part is reluctant to unblend, you can ask it what it's afraid would happen if it stepped back. It might express a fear that you'll fail or be rejected. Again, you can reassure the part from the Self, expressing confidence in your abilities and compassion for its fears.

Step 1: CATION OF THE

IDENTIFICATION OF THE PART:

Reflect on recent feelings or behaviors that may belong to a part. Describe this part and its impact on your thoughts, feelings, and behaviors.

What part is trying to be seen and heard right now?	
Describe this part and its impact on your thoughts, feelings, and behaviors:	
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Describe this part and its impact on your thoughts, feelings, and behaviors:	
What part is trying to be seen and heard right now?	
Describe this part and its impact on your thoughts, feelings, and behaviors:	

FOCUSING ON THE PART

Choose a part that feels most prominent right now. Center your attention on this part. How does it feel in your body when this part is active? Write down any physical sensations, emotions, or thoughts associated with this part.

Which part will you be focusing on? What does this part feel like? What kind of personality to they have?

What physical sensations do you feel when this part is present?

What emotions does this part bring with it?

How does it make you feel?

What thoughts arise when you give focus to this part? How does it speak to you?



Acknowledge that this part is not all of you – it's just a part of you. Write a statement differentiating yourself from this part, such as "I have a part that feels/acts this way, but it is not all of me."

I have a part that feels and acts: Your response to this part:
I have a part that feels and acts: Your response to this part:
I have a part that feels and acts: Your response to this part:
I have a part that feels and acts: Your response to this part:
I have a part that feels and acts: Your response to this part:
I have a part that feels and acts: Your response to this part:

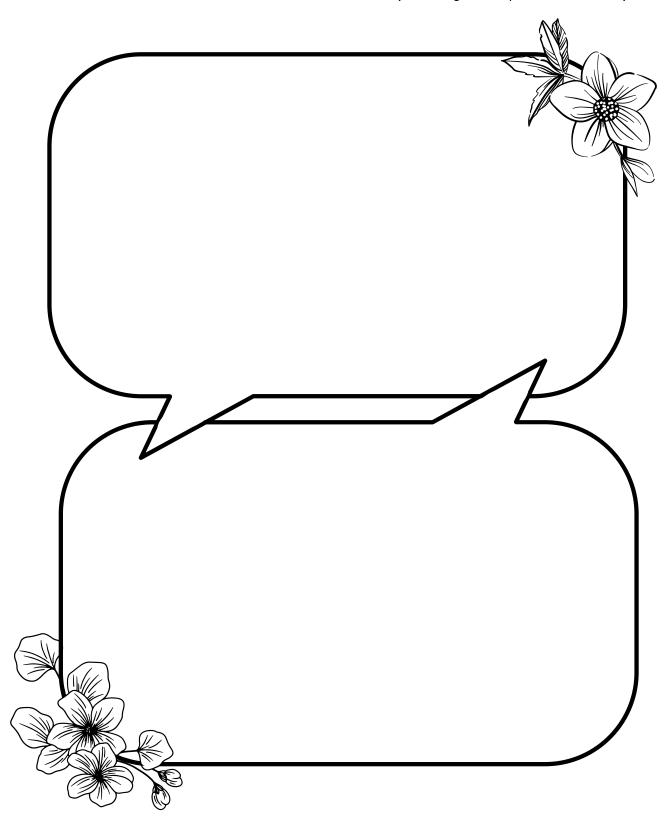


As you further differentiate from this part, try to move into the Self. What qualities of the Self how it feels to embody these qualities.

can you tap into? (Consider qualities like curiosity, compassion, calm, clarity, etc.) Write down What qualities of the Self can you tap into? Have these qualities been helpful in the past? How do you know that you have tapped into these qualities? What does it feel like to embody these qualities?

DIALOGUNG WITH THE PART

Now, from the place of the Self, initiate a dialogue with this part. What does it want you to know? What are its fears and desires? Write down any messages this part shares with you.





Reflect on how this dialoguing and understanding process has helped in turther unblending from the part. How does it feel to observe this part from the Self's perspective? What has shifted? Write down your observations and feelings.			

Remember: This process can bring up intense emotions. It's important to proceed with self-compassion and care. If it becomes overwhelming at any point, consider seeking support from a trained IFS therapist.

Your Internal Family System

BEFORE HEALING - BURDENED



Blocked Access to The Self



Manager wants you to function and move on. It does this by exerting control

Firefighters want to rescue you from the exiles pain as soon as possible

It works hard to keep the exile parts at bay.

Controllers Stivers

Analyzers Busy Doers

Perfectionists Planners

Caregivers Inner-critic

People Pleasers Judgemental

Evaluators Organizers



They are reactive protectors and often try to soothe, distract or push exiles away.

Distractors Numb out pain

Avoiders Withdrawl

Dissociators Isolate

Obsessors

Self-harm

Fantasy Creators Su

Suicidal

Addicted

Exiles

This part is the inner child carrying wounds and burdens from the traumatic past.

Fear Rage Grief

Insecurity

Survival

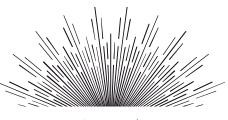
Shame Hopelessness

Terror

Your Internal Family System AFTER HEALING - UNBURDENED



Access to Self



Mindful and embodied Embodying the 8 C's responsibilities and tasks

Can communicate stress to self without overwhelm

Can use effective, long-term,

self-soothing and distracting

strategies

Fire Figners

Loving and nurturing parent to the other parts of self

doers of daily

Effective and collaborative leaders. Is

Balanced Creative Problem-Solver

a team player.

Confident Clear Collaborative Discerning This part offers adventure, humor and mindful risk-taking

Passionate Sensual Courageous Fun Adventurous **Funny**

Exiles

This part is the sensitive inner child that carries joy and a sense of freedom. It can trust that the self will look after and take care of them

Open Curious Tender Trusting Playful Light Spontaneous Warm

How to Start
UNBURDENING YOUR PARTS

Unburdening is an essential part of the Internal Family Systems (IFS) model. It refers to the process of releasing the emotions, beliefs, and memories (the burdens) that a part carries, particularly the exile parts. Unburdening can lead to healing and transformation for the parts and for the overall system. Here's how the process might look, with an example:

Step 1:

Once the protective parts (managers and firefighters) have given permission, you can begin to connect with an exile. Let's use an example of an exile that carries a burden of shame from an incident of public humiliation in childhood.

Connection to the Exile

Experiencing the Exile's Emotions

As the Self, you can stay present with the exile's emotions without becoming overwhelmed by them. You might feel a deep sense of shame, embarrassment, and a belief that "I am always a laughing stock."

Step 3:

Step 2:

After connecting to the exile, you can ask it to show you its memories or tell you its story. The exile might show you a memory of being laughed at by your classmates after a mistake in a school play.

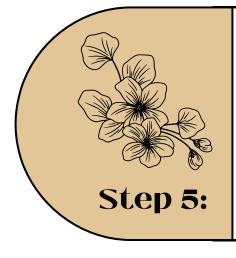
Witnessing the Exile's Story

Unblending from the Exile

If you find yourself blending with the exile's emotions or beliefs, you can remind yourself that you're in the Self and these feelings and beliefs belong to the exile, not to you. "I am noticing a part of me feels intense shame, but that is not all of me."

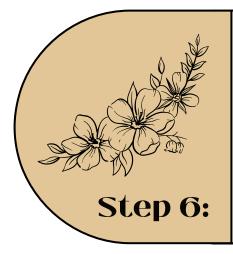
Step 4:

How to Start
UNBURDENING YOUR PARTS



Compassionate Witnessing:

From the Self, you can witness the exile's pain with compassion, understanding, and acceptance. This alone can be deeply healing for the exile. You might say, "I see how much pain you're in. I'm here with you."



Unburdening the Exile:

Once the exile trusts you, you can ask it if it's ready to release its burden. This often involves revisiting the memory and providing what was needed at that time. In this example, you might imagine the Self stepping into the memory and comforting your younger self, standing up for them, or helping them laugh it off.

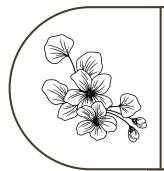


Confirmation and Integration:

After unburdening, you can ask the exile how it feels. It might express a sense of relief, lightness, or peace. You can then welcome this unburdened part back into your system. It no longer carries the burden of shame, so it can take on a new, positive role, such as bringing joy or creativity.

CONNECTION TO THE EXIL

Identify an exile part you want to connect with. Write about how it manifests in your life (thoughts, emotions, behaviors).



What exile part wants to be seen and heard today?



How do the **thoughts** of this exiled part manifest?

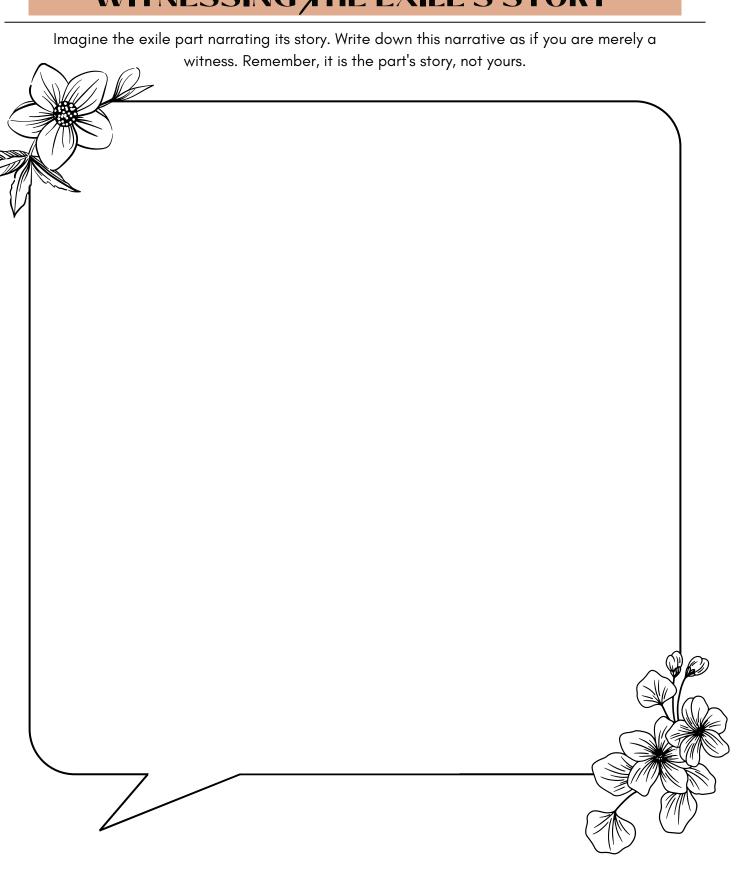


How do the **emotions** of this exiled part manifest?



How do the **behaviors** of this exiled part manifest?

WITNESSING THE EXILE'S STORY



Step 3.

EXPERIENCING THE EXILE'S EMOTIONS

Now, try to empathize with the part's feelings. Start in the middle block by writing which part is

showing up for you. In the surrounding blocks, write about these emotions and their intensity, as felt by the part. What part is showing up?

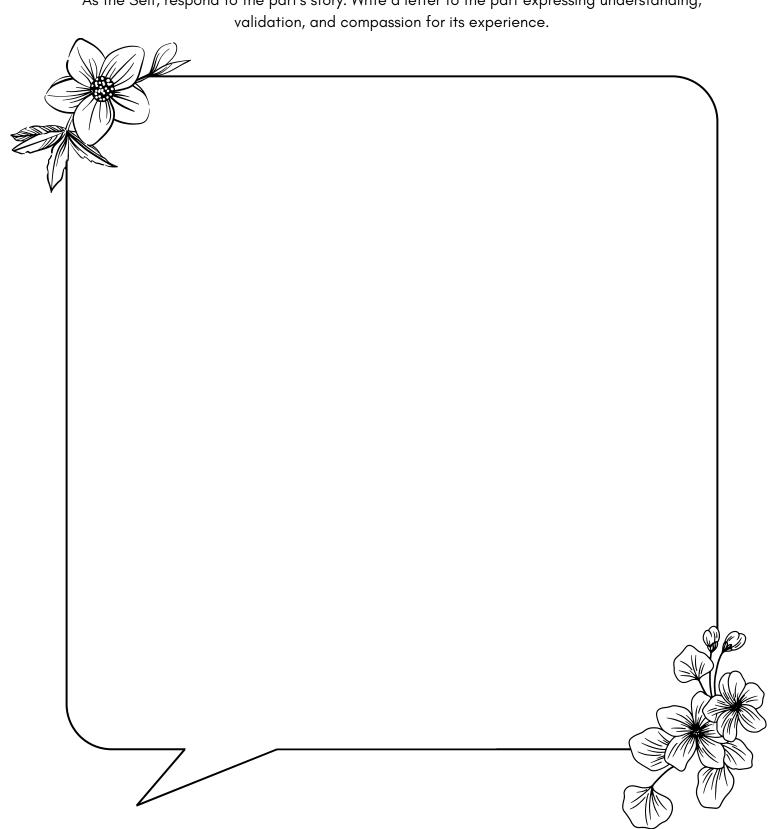


Pen down a statement distinguishing the Self from the part, such as "I understand this part feels...but I am not the part".

What the part says:
Your response to this part:
What the part says:
Your response to this part:
What the part says:
Your response to this part:
What the part says:
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What the part says:
Your response to this part:
What the part says:
Your response to this part:

COMPASSIONATE WITNESSING

As the Self, respond to the part's story. Write a letter to the part expressing understanding,



Step 6.

UNBURDEXING THE EXILE

Imagine the part letting go of its burdens. Write about how this might look or feel.

What does it feel like when this part lets go of the burden?	What do your thoughts sound like now?
What does it feel like instead?	What would others notice about you if this part let go?



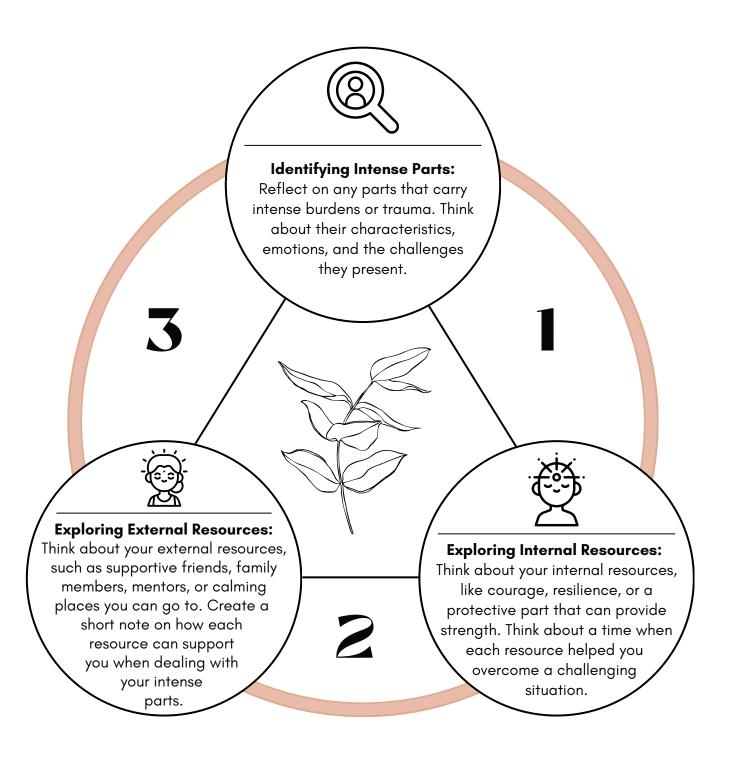
Envision the part integrating into your system without its burdens. How does this change the part's role or behaviors? Write about these changes.			



Draw a picture or create a collage that represents your integrated selt. How does it feel to embody all of your parts in a balanced way?			



Building Regoulces
A SUPPORTIVE JOURNEY



Building Regources A SUPPORTIVE JOURNEY



Visualizing Your Support System:

Draw a circle and place yourself at the center. Around you, draw smaller circles representing your resources, both internal and external. Connect these circles to yourself with lines, signifying the support they provide.



Engaging with Your Resources:

Reflect on a recent situation where you could have utilized one of your resources. How would that situation have been different?



Planning Future Use of Resources: Write down scenarios where your intense parts typically take over. Beside each scenario, list the resources you could use to help navigate the situation better.



Commitment to Utilizing Resources:

Write a commitment letter to yourself about how you plan to utilize your resources when dealing with intense parts in the future.

Notes

BRAINSTORM YOUR THOUGHTS HERE

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A Quick Guide



Step 1

Self-Identification: Write down how you identify your 'Self' in the present moment. What qualities does your Self possess? (Consider the 8 C's of IFS: Calmness, Clarity, Curiosity, Compassion, Confidence, Courage, Creativity, and Connectedness.)



Step 2

Identify the Part: Think about a young or vulnerable part of you that needs nurturing and care. Describe this part. How does it feel? What does it want or need?



Step 3

Describe the Situation: Write about a recent situation where this part was triggered or activated. What happened? How did you react? What did this part need at that moment?



Step 4

Re-parenting Role: Imagine your Self stepping into a nurturing, parental role. What kind of parent would you be to this part? Write down your vision of this.



Step 5

Words of Comfort: Write a letter from your Self (as a parent) to this part. What would you say to comfort, validate, and meet the needs of this part?



Step 6

Act of Care: Imagine an act of care or nurturing that you can provide for this part. It could be a comforting action, a symbolic gesture, or a mental image that brings comfort.



Step 7

Continual Care: How can you continue to provide this care for your part in your daily life? Create a small action plan for this.



Reflection: Reflect on this process. How did it feel to take on a parenting role for your part? How did your part respond?

Notes

BRAINSTORM YOUR THOUGHTS HERE

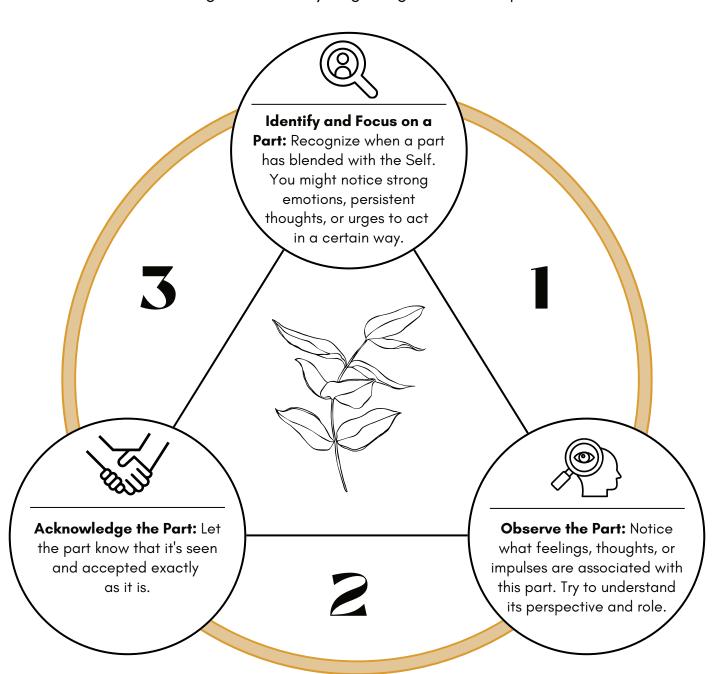
Quick Ac TO CONNECT WITH YOUR PARTS	AND LET THE 'SELF' DRIVE

Understanding The Relationship BETWEEN THE SELF AND THE PARTS

Let's unpack the relationship between the Self and the parts in the context of Internal Family Systems (IFS) therapy, particularly focusing on unblending, witnessing, and dialoguing.

WITNESSING

Witnessing is when the Self observes a part without judgment or the intention to change it. It's a way of getting to know the part.



Dialoguing

CONVERSING WITH THE PART THROUGH THE SELF

Dialoguing is an extension of witnessing, where the Self engages in a two-way conversation with a part.



Invite the Part to
Communicate: Ask the part if it's willing to speak or communicate in some way.



Ask Open-ended

Questions: Ask about its concerns, its role, or what it wants you to understand.



Listen and Respond with Compassion:

Show understanding and validation for the part's experience.



Express Appreciation:

Thank the part for sharing with you.