



INTRODUCTION TO

IFS

Your personality is made up of an internal family of sub-personalities, or “parts.” You have parts who protect you, and parts who need protecting. IFS believes that all parts of you are inherently good and are trying to help in their own way. However, they have one idea of how to help and they stick to this idea, not knowing that it may cost you in other ways--particularly if other parts are not in agreement or aligned. IFS allows you to work with and heal these parts from the burdens they carry.

Key Concepts



An Internal Family

Our minds are made up of sub-personalities, or “**parts**.” They drive the bus of our lives. **Some protect**, while others **need protecting**.



Our Parts

The parts who protect us are called **Managers** and **Firefighters**. The parts who need protecting are called **Exiles**. They all have good intentions.



The Protectors

Your **managers** work tirelessly to shield you from exiles’ pain. When triggered, parts called “**Firefighters**” jump in to keep you from feeling the exiles’ hurt.



Unblending

Unblending is a conscious **separating** from your parts. You are “blended” with parts all the time. Unblending helps the You get **space** so there’s more of you in your system..



Who Are “You?”

You are not your parts. You are what IFS calls the authentic “**Self**.” Self is your heart-mind, **your soul**, the center of your being.



The 8Cs of Self

Self has: **Calm, Curiosity, Compassion, Confidence, Creativity, Connectedness, Clarity, and Courage**. Gauge Self Energy by how many C’s you’re feeling.

When there is more **Self Energy** available in your system, you have all you need to befriend and unblend from your parts. This allows you to heal parts’ burdens and build trust and harmony within.

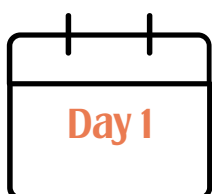
Content adapted from my book: *“The One Inside: 30 Days to Your Authentic Self”*



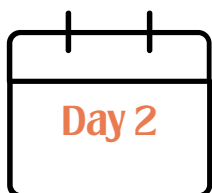
For More Connection



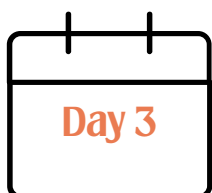
FOUR DAYS OF JOURNAL PROMPTS TO HELP YOU GET TO KNOW THE ONE INSIDE



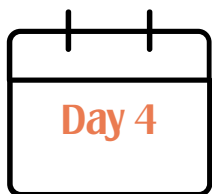
Grab a journal and write down what you notice from your parts so far. Welcome your numerous parts without judgement, with that soft curiosity that comes from your Self. Let your parts know you want to hear from them and that there is no wrong response. Write what your parts tell you about each word; you'll notice this by reactions you hear in your mind and feelings you experience in your body.



In your practice today, imagine those times when you were feeling more connected to your Self. Notice what this feels like in your mind and body. Notice your posture. Notice your facial muscles. You will continue to get to know this true you, this Authentic Self. You will be reminded of who you are meant to be, who you truly are.



As you begin to focus on more of your go-to parts, notice how you feel toward each one. If it is not a C-like word, you may be in another part. Ask parts to give you space to deepen your friendship and connection with the target part so you can get to know it. Notice how this spaciousness allows for more Self to flow through you.



Curiosity is a quality of Self; it is a sign you are experiencing Self energy. When you do something you later regret or wish you didn't do, bring curiosity in by closing your eyes, saying "Hello" to the part who did that, and regarding it with curiosity. See what comes up and see if that part will be more open about how it is trying to help you. Try experimenting with bringing parts around a table and sending them all curiosity.

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