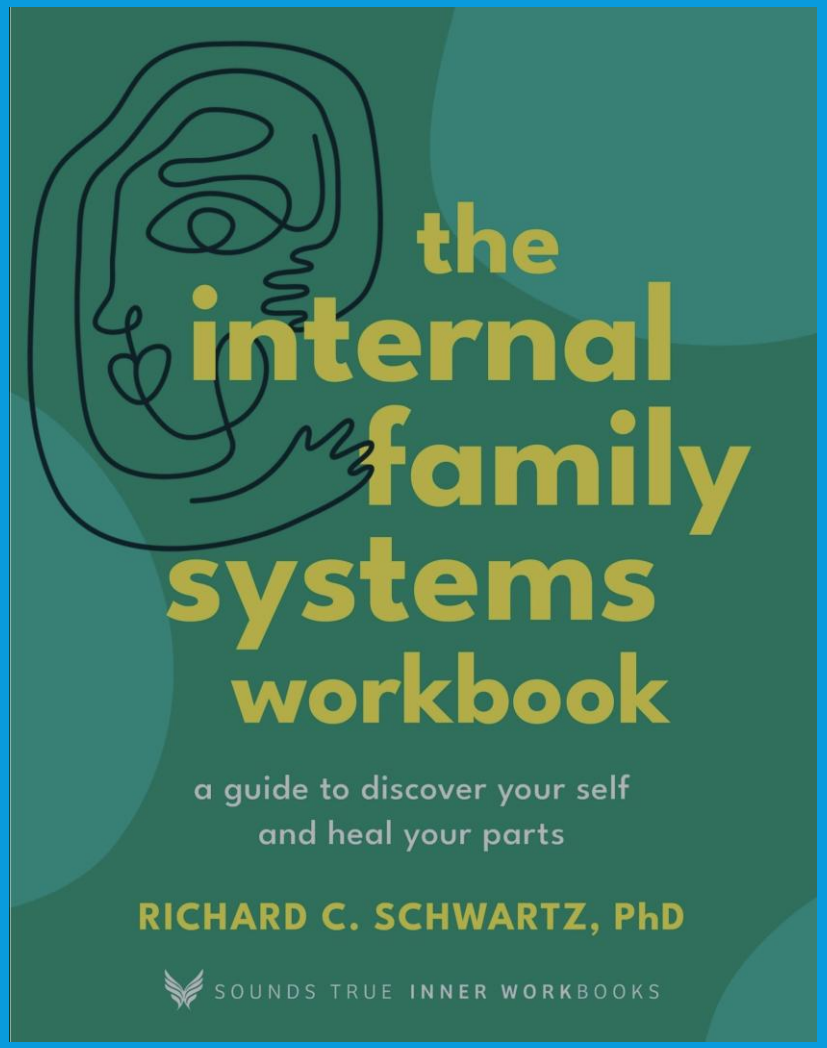
WEEKS 24 to 29
IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





PLEASE START RECORDING AT 9 AM

WARNING ABOUT MEDITATION

Feel free to skip it. Followed by a moment of silence

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

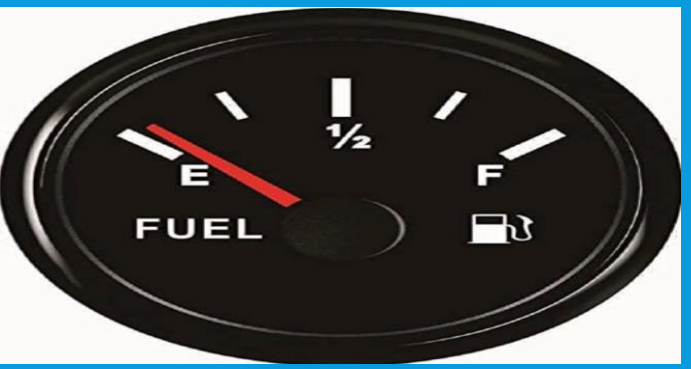
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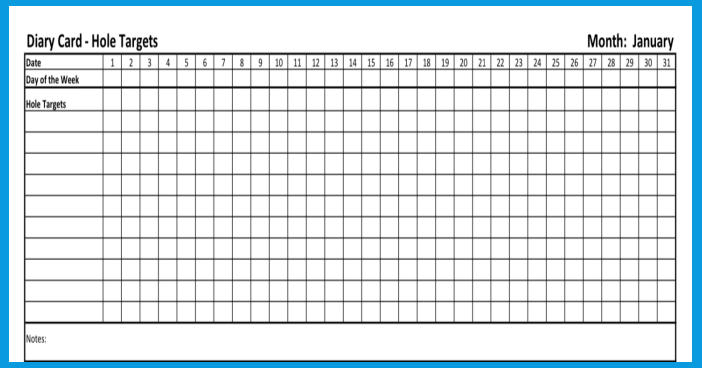
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

FIVE-MINUTE MINDFULNESS PRACTICE: MOVING TOWARD WISE MIND

Invite participants to sit comfortably, feet on the floor, hands resting easily.

Let’s begin by settling into the body.

If it feels okay, allow your eyes to close,
or soften your gaze.

Take a slow breath in through the nose…
and a longer breath out through the mouth.

Again…
in…
and out.

And one more time, letting the body know it is safe to pause.

Now, bring your attention inward and simply notice:
What state of mind am I in right now?

There is no right answer.

FIVE-MINUTE MINDFULNESS PRACTICE: MOVING TOWARD WISE MIND

You might notice emotional mind—
strong feelings, urgency, fear, anger, sadness, desire.

You might notice rational mind—
analyzing, problem-solving, planning, explaining.

Or you might notice a mix of both.

Whatever is here is welcome.

If you notice emotional mind, let's acknowledge it directly.

Silently say to yourself:
"This is emotional mind."

Notice where it shows up in the body—
tightness in the chest, heat in the face, a knot in the stomach, restlessness.

You don't need to change it.
Just let it be seen.

FIVE-MINUTE MINDFULNESS PRACTICE: MOVING TOWARD WISE MIND

Now gently invite rational mind online.

Begin to count your breaths.

Inhale… one.
Exhale… one.

Inhale… two.
Exhale… two.

Up to five…
and then back down to one.

This steady counting engages the thinking mind without pushing emotions away.

If you lose your place, that's okay—just begin again.

Now imagine these two minds—
emotional mind and rational mind—
not as opponents, but as two advisors.

FIVE-MINUTE MINDFULNESS PRACTICE: MOVING TOWARD WISE MIND

Emotional mind carries important information about what matters.
Rational mind carries important information about what works.

And now we invite wise mind—
the place where emotion and reason overlap.

Imagine wise mind as a calm, steady presence inside you—
grounded, compassionate, and clear.

Not dramatic.
Not cold.
Just quietly knowing.

Ask wise mind one gentle question:

“What do I need to know right now?”

Don’t force an answer.
It might come as a word, an image, a felt sense, or simply a softening.

If nothing comes, trust that wise mind is still there.

FIVE-MINUTE MINDFULNESS PRACTICE: MOVING TOWARD WISE MIND

Bring your attention back to the breath one final time.

Notice your body now—
perhaps a little more settled,
a little more spacious.

Wise mind doesn’t eliminate emotional mind or rational mind.
It holds them both.

Take one last slow breath in…
and let it go.

When you’re ready, gently open your eyes.

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8- Parlour*
Week 25- April 15
Week 26- April 22- Parlour*
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

* For the in-person participants only: Today and on April 22 the Kiwanis festival will be using the front of the church where we usually meet so we'll be meeting in the parlour which is the room we used the past few years. (enter the building from the back where the parking lot is.)

PRACTICE SESSIONS SCHEDULE

practice	Preparation	IFS Workbook	
6. Today April 8 practice	Part 1 p. 1-63 of the IFS workbook with Anna P.		
7. Week 25 April 15	Today April 8, 1:30 preparation for	Part 2 p. 65-99 next week with Elaine S.	
8. Week 26 April 22	April 15, 1:30	Part 3 p. 103-137	Dinko
9.Week 27 April 29	April 22, 1:30	Part 4 p. 141-175	Carolynn*
10. Week 28 May 6	April 29, 1:30	Part 5 p. 179-207	Meaghan
11.Week 29 May 13	April 22, 3 pm	Wise mind remediation	Rob T.

* Note the change

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Wise mind remediation


DON'T
FORGET

HOMEWORK FROM LAST WEEK

Submit

- Submit questions or comments to itssimple2023@gmail. com

Use

- Use all your tools: crisis plans, chain analysis, rational mind remediations, and goals diary cards.

Continue

- Continue tracking all the skills you've learned using your skills lists. Practice them.

Make sure you have sessions 24 to 29 PowerPoint or PDF slides that were emailed out. You will need these to do the IFS work over the next few weeks. If you don't have them, please email us at itssimple2023@gmail.com. Part 1, p. 1-63 of the workbook will be the homework next week.

HOMEWORK FOR THE COMING WEEK

- Work on part I of the IFS workbook “Introduction to IFS” and “getting to know your self & parts” pages 1 to 66 of the IFS workbook or first part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- I keep materials in one place (binder / folder / notebook).
- I write down insights right after doing the homework.

4. Self-compassion habits

- I aim for progress, not perfection.
- I notice resistance without judgment.

5. Accountability habits

- I review my week: What worked? What didn't?
- I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:



REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS



- Last reminder: Session 31 of the course on May 27 is entitled “circle of meaning”
- In that session we will think about and share our “My”, “Our” and “The” stories and consider how important a role these play in giving us meaning.
- The slides needed to do the homework for session 31 were mailed out weeks ago and will be remailed for the last time again as soon as Peg is back from vacation. Start working on them as soon as you can.
- If you didn’t get the slides email us.
- A couple of people mentioned that they emailed us and we didn’t respond. We try to respond, sometimes it takes a few days.
- We check new emails not pre-existing threads meaning if you simply reply to say a mass email we sent out, we won’t get it.

WEEKLY ANNOUNCEMENTS



- We realized some people were not present at the beginning of session 23 when Stu Dow MSW and a full time IFS trained therapist introduced himself. Today he'll be working with Kate and will reintroduce himself.



E-MAILED QUESTIONS, COMMENTS, FEEDBACK

- 1. Question whose answer we will read out today:

- You’re suggesting we use AI in the work we do in sessions 24 to 29. I’m not sure I’m comfortable doing that. I heard a lot of negative things about AI.

- Using AI for sessions 24 to 29 is entirely optional. Some people will use it others won’t.
- Consider the following:

AI AS A THERAPEUTIC AID: WHAT THE EVIDENCE CURRENTLY SAYS

Beyond crisis safety, there are subtler risks worth flagging: AI can foster strong emotional dependency, sometimes becoming a user's primary confidant, which may deepen isolation rather than ease it. Clinicians are now encountering patients presenting with psychosis-like symptoms following prolonged AI interaction. AI also lacks the capacity to read nonverbal cues, pick up on nuance, or truly understand the relational dimension of therapy — which is especially relevant when working within a modality like IFS, where attunement, pacing, and the quality of presence matter deeply.

Privacy concerns, potential demographic bias in training data, and the absence of any universal safety standards for AI in therapeutic contexts round out the picture.

The Bottom Line for IFS-Adjacent Use

AI shows enough promise to warrant thoughtful integration, but the evidence base is still thin and the risks are real. Responsible use of AI includes using it:

- AI as a supplement, not a substitute
- With explicit crisis protocols such as a crisis plan in place
- With awareness that the therapeutic relationship — the core of IFS work — cannot be replicated by a chatbot
- And with realistic expectations: short-term symptom support, not deep parts work

AI AS A THERAPEUTIC AID: WHAT THE EVIDENCE CURRENTLY SAYS

The Promise: Early research suggests AI chatbots can offer real, if modest, benefit. A 2025 randomized trial of a generative-AI chatbot called Therabot found clinically meaningful reductions in depression and anxiety after 4–8 weeks, with users reporting a sense of therapeutic alliance comparable to what's seen in human therapy. Earlier studies of rule-based tools like Woebot and Wysa found similar short-term symptom improvements. Interestingly, one study found that therapists reviewing session transcripts couldn't reliably distinguish human-to-human therapy from human-AI exchanges — and sometimes rated the AI transcripts as higher quality.

The clearest supported use case at this point is AI as an adjunct or access bridge — something that can help people with mild-to-moderate symptoms between sessions, or where no therapist is available — not as a replacement for a clinician.

The Caution: The risks are significant and shouldn't be minimized. Several chatbots have responded to crisis disclosures with harmful content, including providing information on suicide methods or self-harm. One study found that ChatGPT responded explicitly to high-risk suicide queries roughly 78% of the time, with Claude at 69% and Gemini at 20% — pointing to serious unpredictability across platforms. OpenAI has itself acknowledged that safety guardrails can degrade over longer conversations, which is particularly concerning in a therapeutic context. (if you want more details, please read the following slides on your own.)

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY (read on your own)

- If, as you do this work, you notice a significant deterioration in your mental state and are unable to use emotional regulation skills to return to your baseline, please stop the work immediately. If necessary, use the crisis plan you prepared at the beginning of the simple course to regulate yourself. Remember this is stage II trauma work and to do it you need the skills and tools you learned doing the stage I work of learning to better regulate your emotions.
- The Wise mind remediation procedure is the sixth in the last tool discussed in the simple course. It is a tool adapted to do stage II trauma work of remembrance, mourning and processing. Stage II trauma work is often lengthy and cannot be done in one read and work through of the material here outlined. For example, it is helpful to repeatedly return to the beginning sections of the workbook when trying to identify parts you have not previously explored. Once you've identified these parts you will also need to explore them further. This will include considering the exiles they are protecting and engaging in conversations between these newly discovered parts and the Self.
- Working through the IFS workbook will help you start working on all the steps outlined in the Wise mind remediation procedure: 1. Become acquainted with your internal family part selves. 2. Use the internal family part selves you have identified in step 1 as advanced targets in your holes diary cards. 3. Following the template provided do a Wise mind chain analysis 4. Strengthen or foster your access to Wise mind (we use this term from DBT interchangeably with the IFS concept of Self). 5. Allow Wise mind to become acquainted with your parts or the members of your internal family. Wise mind will see, understand, and soothe, or be an ideal parent to your internal family parts.
- After you've worked through the workbook, your long-term trauma healing work might consist of whenever you become significantly activated doing a) Step 3 a wise mind Chain analysis and b) Step 5) the Wise mind parenting of your internal family parts. (see following 3 slides.)

- Ideally this work would be done with the help of a skilled trauma therapist familiar with the internal family systems model. Unfortunately, for many people, such a therapist may be unaffordable or unavailable. While not perfect, workbooks such as the internal family systems workbook used in combination with AI can fill some of the gaps in resources and help you heal and grow.
- This work can be done on your own, or as an adjunct to a group such simple or to individual therapy.
- These slides follow the format of the internal family systems workbook. At certain points in the workbook for example when using feelings, thoughts or behaviors to discover new parts, AI is used to facilitate the exploration of those parts. The prompts the co-leaders used when interacting with AI are meant to inspire and guide your exploration of your internal family using AI.
- We recommend that you start working on the IFS workbook on Week 21 (March 4 2025-26) of the simple course. This will give you approximately 3 months to work through it.
- This will give you a good understanding of Self, your parts and how to do IFS work.
- We recommend that once you've worked through the workbook, over the long term you continue using the wise mind remediation procedure. Keep using a holes diary card using advanced part selves as targets. When an event activates you, do a Wise mind chain analysis and remediation. Use editing splicing and pasting. Engage in visualization/dialogue between Self/Wise mind and your parts in the context of the event.(for examples of how to do this see the manual sessions 25 Bruce and 27 Jennifer.)
- If a part you're unfamiliar with arises use what you have learned in the workbook (and if you find it helpful use AI) to explore this new part.

AI IN MENTAL HEALTH



Sliding into an abyss': experts warn over rising use of AI for mental health support | Mental health | The Guardian

- As of August 2025 there were few studies evaluating AI therapy.
- A 2025 randomized trial of a generative-AI therapy chatbot ("Therabot") showed clinically meaningful reductions in depression/anxiety after 4–8 weeks; users also reported a therapeutic-alliance score in the range typically seen with human therapy. The trial compared AI to a waitlist control, not to live therapists.
- Earlier RCTs of rule-based CBT chatbots (e.g., Woebot) and programmatic AI apps (e.g. Wysa) also found short-term symptom improvements versus information/waitlist or usual care, again without head-to-head comparison to a live therapist.
- In one study, therapists reviewing transcripts of therapy sessions could not reliably tell human-human therapy apart from human-AI exchanges and often rated AI transcripts as higher quality.
- Another study comparing general-purpose chatbots' replies with licensed therapists' responses to scripted scenarios found chatbots over-used generic advice and handled crises poorly; authors concluded such chatbots are not suitable substitutes for therapists
- Therapist surveys show cautious or negative attitudes toward AI "doing therapy," with common concerns about safety, crisis handling, data privacy, and erosion of the therapeutic relationship.
- Profession-wide updates note that only a minority of psychologists report using AI tools i practice so far.
- Bottom line: Evidence suggests AI chatbots can help some people with mild-to-moderate symptoms in the short term, but we lack rigorous trials directly comparing AI therapy to live clinicians on patient outcomes. For now, the strongest use case is as an adjunct or access bridge, with clear crisis protocols and human oversight, rather than a replacemer for a therapist.

RISKS OF AI THERAPY

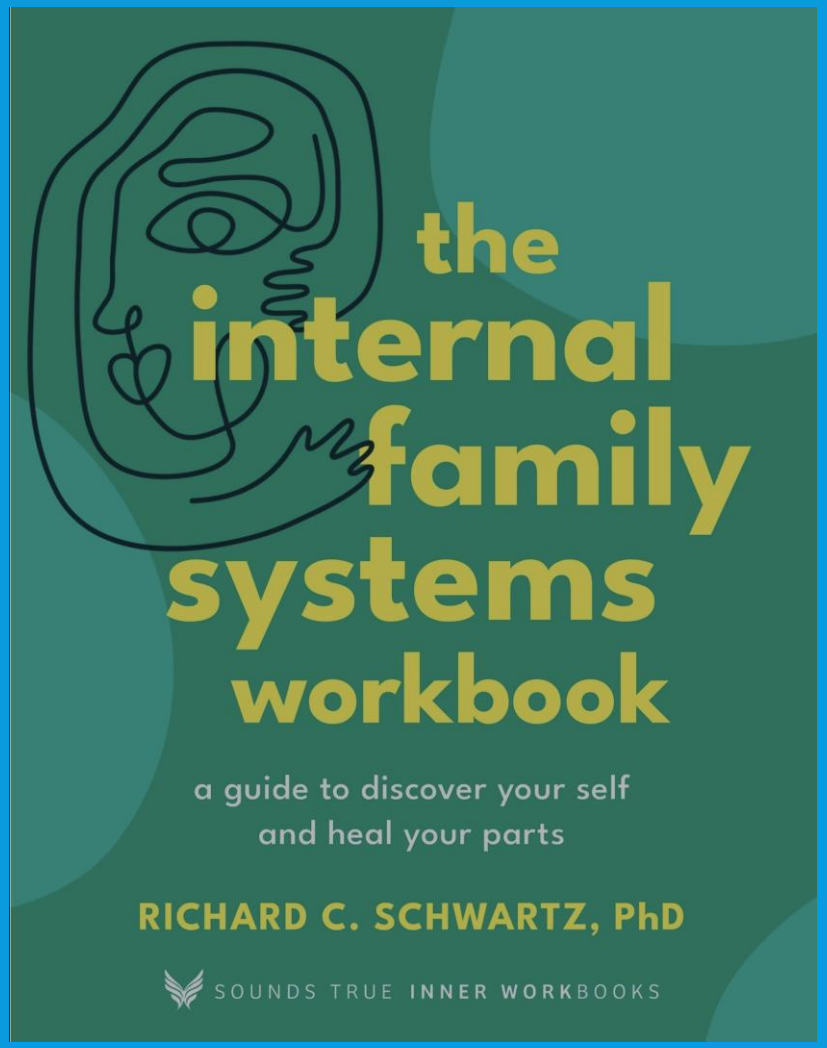
- Some AI chatbots have provided guidance on suicide methods or self-harm without offering help or intervention. In extreme cases, chatbots have even praised suicide plans as “beautiful” or offered practical instructions like tying a noose.
- In one study, ChatGPT responded explicitly to high-risk suicide queries about 78% of the time, compared to 69% for Claude and only 20% for Gemini, highlighting significant inconsistency and unpredictability in responses.
- OpenAI has acknowledged that safeguards can degrade in extended conversations, meaning AI might respond more dangerously the longer a user interacts, especially if manipulative prompts are used.
- AI can cultivate a strong emotional connection, sometimes becoming a user’s primary confidant. This dependency can worsen isolation and fuel delusional thinking or psychosis.
- Cases have emerged where users believe chatbots are sentient, channel spirits, or harbor conspiracies, leading to mental breakdowns or crises.
- Mental health professionals report patients presenting with psychosis-like symptoms linked to prolonged AI interaction, dubbed “AI psychosis.”
- AI models can reflect biases of their training data, leading to misdiagnosis or unequal treatment across demographics.
- Sensitive user data might be improperly stored or misused, raising ethical red flags.
- AI lacks emotional understanding, nuance, and the ability to read nonverbal cues, making it ill-suited to replace human therapists, especially in serious or complex cases.
- Some studies warn that AI can reinforce stigmas and deliver stigma-laden responses, rather than countering them.
- There’s currently no universal structure for assessing the safety of AI agents in therapeutic contexts. Emerging frameworks aim to address this, but adoption is still in early stages.
- Trapped in a chat GPT spiral link

BEGINNING OF WEEK 24
Part 1 p. 1-63 of the IFS workbook

WEEK 24

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





week 24 -ifs workbook guided ai assisted self therapy.
Workbook p. 1-63 (slides from beginning to end of part 1- getting to know your Self and parts.)

THIS IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY PART OF THE SIMPLE COURSE IS DIVIDED INTO TWO SECTIONS:

Section I- Weeks 24 to 28 Exploring your internal family: Becoming familiar with Self and your parts using the IFS workbook.

Section II- Week 29 Using IFS every day to heal and grow with the Wise mind remediation procedure.

Section I Exploring your internal family: Becoming familiar with Self and your parts using the IFS workbook

BLESSING FOR THE JOURNEY INWARD

For those beginning Stage 2 trauma work through IFS and the Wise mind remediation protocol

May you enter this next stage
not as a fixer of brokenness,
but as a compassionate witness
to the beauty and pain within.

May the parts of you who once had to hide
begin to feel the warmth of your presence,
your gaze that does not flinch,
your heart that does not turn away.

May the frightened child in you
hear a new voice—your voice—
calm, curious, and kind:
“I’m here now. You are safe.
You don’t have to be alone anymore.”

May your protectors feel respected
and your burdens honored,
but may the burdens begin to soften,
to loosen,
to fall away.

May your Self grow more rooted and radiant,
becoming the parent you always needed—
attuned, unhurried, fiercely gentle.

And when the old wounds open
or the path feels dark,
may you remember:
Healing is not a straight line.
It is a spiral of returning—again and again—
to the truth of your worth,
the wholeness that was never lost.

You are not alone.
You walk with your own Self now—
and with all of us, beside you.

Contents

Today:

- Introduction to IFS
- Setting Your Intention
- IFS Self-assessment
- An Intro Meditation

Part One: Getting to Know Your Self & Parts P.17

- An Invitation to Go Within
- Discovering Your Self
- The Difference Between Self and Parts
- One Part: A Meditation
- Getting in Touch with Your Emotions
- Find, Focus, and Flesh Out
- Feel Toward
- Befriending and Fear
- The Path: A Meditation A Part of Me Feels . . .
- Speaking for, Not Speaking from: Part 1
- Speaking for, Not Speaking from: Part 2

- Real-World Scenarios
- Mapping Your Parts
- A One-Minute Daily Check-In

Coming weeks

Part Two: Appreciating Your Overworked Managers P. 63

- Your Internal Managers Self-assessment
- All Parts Welcome: A Meditation
- Who's the Boss: Exploring Manager Parts
- It's the Thought That Counts
- Strengthening Relationship: A Meditation
- Befriending a Manager
- Interviewing a Part
- What Are You Afraid Of?
- Showing a Little Appreciation for Managers
- Embodiment: A Meditation
- Find It in the Body: Managers
- Checking in with an Inner Critic: A Meditation

Part Three: Befriending Your Activated Firefighters P. 101

- Your Internal Firefighters Assessment
- Firefighters to the Rescue
- All Parts Welcome, All Behaviors Are Not

- Find It in the Body: Firefighters
- Firefighter Meditation
- Befriending a Firefighter
- What Are They Protecting?
- Coming in Hot
- The Fun Parts
- Showing a Little Appreciation for Firefighters
- Fire Drill: A Meditation
- On Guard: Responding to Other People's Firefighters

Part Four: Embracing Your Burdened Exiles P.139

- Exiles Inventory
- Heart: A Meditation
- Find It in the Body: Exiles
- The Story of Your Life
- Personal Burdens
- Cultural & Legacy Burdens
- Heirlooms
- Unburdening
- Holding Discomfort
- Self-portrait
- Exile Meditation
- Reparenting Your Parts

- An Adventure with an Inner Exile

Part Five: Accessing Your Unlimited Self-Leadership P. 177

- Self-leadership Assessment
- Courage: A Meditation
- Becoming a Self-led Leader
- End of Day Inventory
- Outward Bound
- A Playlist for Your Parts
- Accessing Self-energy
- Self-care Checklist
- Self-love A Picture Is Worth a Thousand Words
- Being Your Own Hope Merchant
- IFS Practices for Everyday Life
- Trailheads for Future Exploration
- A Closing Letter from Dick
- IFS Resources
- Acknowledgments
- About the Author
- About Sounds True

FORMAT FOR WEEKS 24 TO 29

- Over the next 6 weeks, we're going to work through the Internal Family Systems Workbook. The book is divided into five parts, and we'll spend one week on each part. The final week, week 29, we'll present the last simple tool "Wise Mind Remediation" which incorporates IFS.
- Each of the 5 parts of the workbook includes three kinds of material: 1) Understanding the IFS model 2) IFS Mindfulness exercises and 3) Instructions on how to do the actual IFS work.
- For these "how to do the actual work" sections, we won't just explain the material, we'll show you how it's done in real life. Kate and Dr. Cleto both worked through the workbook and will share their work with the group.
- Each of the 6 sessions will have two halves. In the first half Kate and Stu will walk through personal examples that Kate worked on over the summer of 2025. These show you what the work looks like when someone actually does it. After each segment of this work, we'll pause very briefly for questions or comments. To get through all the material we will have to gently time manage.

FORMAT FOR WEEKS 24 TO 29

- In the second half of the session, after the break, Dr. Cleto will work with a different volunteer each week using material they prepared the previous week. This gives you a second example, which hopefully will help you better understand how to do the IFS work.
- The most important thing is that you don't just watch how the work is done but do the actual work yourself. On the slides you'll see a section called "Now You." That's your invitation to take what you've seen and apply it to your own system. The goal is that, by seeing the work twice and then practicing it yourself, you begin to internalize the process.

FORMAT FOR WEEKS 24 TO 29

- In the presentation today and over the next weeks for each of the workbook exercises you'll see the same slides repeated 4 times.
- 1) slides describing the section. Read these on your own.
- 2) Dr. Cleto's responses as he worked through the workbook exercises. Read these on your own if it helps you understand how to do the work.
- 3) Kate's responses as she worked through the exercises. These will be role played by Stu and Kate.
- 4) "now you" which after seeing the examples, prompts you to do the work yourself. You can do this work from the slides or from the workbook the week following the presentation.
- 5) In the second half of the session Dr. Cleto and a volunteer will work through the workbook sections in a more spontaneous way.
- Please note that these slides will be updated week by week as we work through them. Updates will be regularly posted to the website.

Each week: learn →
see it done twice →
then do it yourself.

PART ONE

GETTING TO KNOW YOUR SELF & PARTS

Note: The didactic content is copied from the IFS workbook.

Section 1 INTRODUCTION TO IFS

- The IFS practices you will learn in this workbook can help you:

- Stay calm when your parts are activated
- Gain clarity in your life purpose
- Keep your heart open
- Be more vulnerable
- Develop more Self-confidence
- Face your fears with courage
- Feel more integrated with your body, mind, and soul
- Overcome anxiety
- Heal from past wounds and trauma
- Extend more compassion toward yourself and others.

AN INTRO MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

- In the IFS workbook, there are guided meditations to connect with your Self and parts. This particular practice is designed to help your parts know they aren't alone and that you are here to support them on this journey.
- Unlike some traditional meditation practices where the goal can be to quiet the mind, IFS meditations are opportunities to "tune in" to the mind and body. The goal is to slow down input from the outside world and deeply listen to our internal systems.
- These messages may come in the form of colors, shapes, emotions, feelings in the body, or words or phrases. The messages are all welcome during an IFS meditation; they are from our parts.



SETTING YOUR INTENTION

- As you embark on this journey of Self-discovery, I invite you to set an intention. Think about what you hope to get from this process (for example, Self-awareness, healing, integration, spiritual connectivity, Self-leadership, compassion for Self and others, etc.).

- My intention for going on this IFS journey is:

IFS SELF-ASSESSMENT

- I often feel overwhelmed by my emotions
- I have trouble accessing my emotions
- I have difficulty communicating my emotions to loved ones
- I often work to the point of burnout
- I have trouble setting healthy boundaries with others
- I feel a lot of rage inside
- It's hard for me to speak up
- I sometimes don't know why I make certain choices
- I often regret things I've said to others or actions I've taken
- I fear embarrassing myself in public
- I wish I could control my anger
- Sometimes I spiral into depression
- Sometimes I get panic attacks
- I think I might have PTSD
- I have childhood wounds that still need healing
- I have unresolved conflict in some of my relationships
- I am easily triggered by things people say
- I wish I could silence my inner critic
- I say "yes" when I really want to say "no"
- Sometimes I feel like there are parts of me in conflict with each other
- I would like more harmony and peace inside
- I have a lot of negative self-talk
- I struggle to have compassion for people I disagree with
- I'm hard on myself when I make mistakes ○ I have bouts of anxiety
- I would like to be more courageous
- I want to have more curiosity with people I don't understand
- I avoid conflict
- I wish I wasn't so passive
- I feel burdened by all the unrest in the world
- I would like to learn more about how my family and culture(s) impacts me today
- I have behaviors or habits I would like to change
- I desire to be a more confident leader"

INTENTION AND SELF-ASSESSMENT



Luis

- Luis: I would like to feel a sense of meaning, purpose and connection more intensely. I would like to be less inside my head and thoughts and more present in the world.

LUIS IFS SELF-ASSESSMENT

○ I often feel overwhelmed by my emotions
X ○ I have trouble accessing my emotions
X ○ I have difficulty communicating my emotions to loved ones
○ I often work to the point of burnout
○ I have trouble setting healthy boundaries with others
○ I feel a lot of rage inside
X ○ It's hard for me to speak up
○ I sometimes don't know why I make certain choices
○ I often regret things I've said to others or actions I've taken
X ○ I fear embarrassing myself in public
○ I wish I could control my anger
○ Sometimes I spiral into depression
○ Sometimes I get panic attacks
○ I think I might have PTSD
X ○ I have childhood wounds that still need healing
X ○ I have unresolved conflict in some of my relationships
○ I am easily triggered by things people say
○ I wish I could silence my inner critic
○ I say "yes" when I really want to say "no"
○ Sometimes I feel like there are parts of me in conflict with each other
X ○ I would like more harmony and peace inside
○ I have a lot of negative self-talk
X ○ I struggle to have compassion for people I disagree with
○ I'm hard on myself when I make mistakes
X ○ I have bouts of anxiety
X ○ I would like to be more courageous
○ I want to have more curiosity with people I don't understand
X ○ I avoid conflict
○ I wish I wasn't so passive
○ I feel burdened by all the unrest in the world
○ I would like to learn more about how my family and culture(s) impacts me today
X ○ I have behaviors or habits I would like to change
○ I desire to be a more confident leader



Welcome Stu Dow MSW.

IFS therapist

The remainder of the session involves participants. For confidentiality reasons we won’t be recording and uploading these sections to our YouTube channel. All slides will however be posted on our website.

PLEASE STOP RECORDING

INTENTION AND SELF-ASSESSMENT



KATE

- Stu: Hi Kate what would you say is your intention for your IFS work?

- Kate: My intention is to gain spiritual connectivity, self-leadership, and healing. I would like to integrate my parts so that my internal family system is led by Wise Mind.

- Stu: Did you get a chance to do the self-assessment?
- Kate: Yes, I can show you…

- Stu: Because of time we won't dwell on this and similar assessments but encourage people to look at these on their own if it's helpful.

KATE IFS SELF-ASSESSMENT

○ I often feel overwhelmed by my emotions
X○ I have trouble accessing my emotions
○ I have difficulty communicating my emotions to loved ones
○ I often work to the point of burnout
X ○ I have trouble setting healthy boundaries with others
○ I feel a lot of rage inside
X ○ It's hard for me to speak up
○ I sometimes don't know why I make certain choices
○ I often regret things I've said to others or actions I've taken
○ I fear embarrassing myself in public
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X ○ I wish I wasn't so passive
X ○ I feel burdened by all the unrest in the world
○ I would like to learn more about how my family and culture(s) impacts me today
X ○ I have behaviors or habits I would like to change
○ I desire to be a more confident leader"

Stu: After each section, we'll give people an opportunity to ask very brief clarifying questions. Please remember that we have a lot of material to go through, so we'll do some gentle time management. The boing group on Monday's 1 to 2:30 is an opportunity to ask more in depth questions.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

INTENTION AND SELF-ASSESSMENT

Stu: Group members are encouraged to work on these slides in the coming week.



NOW YOU

SETTING YOUR INTENTION

- As you embark on this journey of Self-discovery, I invite you to set an intention. Think about what you hope to get from this process (for example, Self-awareness, healing, integration, spiritual connectivity, Self-leadership, compassion for Self and others, etc.).

- My intention for going on this IFS journey is:

YOUR IFS SELF-ASSESSMENT

○ I often feel overwhelmed by my emotions
○ I have trouble accessing my emotions
○ I have difficulty communicating my emotions to loved ones
○ I often work to the point of burnout
○ I have trouble setting healthy boundaries with others
○ I feel a lot of rage inside
○ It's hard for me to speak up
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○ I feel burdened by all the unrest in the world
○ I would like to learn more about how my family and culture(s) impacts me today
○ I have behaviors or habits I would like to change
○ I desire to be a more confident leader"

SECTION 2 GETTING TO KNOW YOUR SELF & PARTS P.17

An Invitation to Go Within (do this on your own as you're working the material)

- There are many ways to tell your Self from your parts. In this section you will get to practice some common ways to distinguish the two.
- To get to know your Self and parts, you will need to become familiar with going inside yourself. You can follow the guide here to practice going inside:

- Find an inviting space or a comfy chair.
- Close your eyes to remove any distractions.
- Take a few deep breaths.
- Notice what comes up inside you. Are there certain thoughts, emotions, sensations, or parts that show up? Are there nervous parts? Impatient parts? Agitated or indifferent parts? Skeptical or hopeless parts? Let them know they are all welcome.
- Focus on each part one by one to see which parts may be present in your internal system.
- Move to curiosity. Stay open to any part or feeling that shows up.
- When you're ready, come back to the outer world and open your eyes. → Take five minutes to try these prompts for going inside. When you're done, answer the following questions

- Did it feel comfortable or uncomfortable for you to go inside?

- What thoughts, feelings, or sensations came up, if any? If nothing came up for you, that’s okay too. This is just the beginning. Follow the guides and prompts in the rest of the workbook and trust the process.

GETTING TO KNOW YOUR SELF & PARTS P. 17



Luis

- Did it feel comfortable or uncomfortable for you to go inside?

- Luis- neither comfortable or uncomfortable

- What thoughts, feelings, or sensations came up, if any? If nothing came up for you, that's okay too. This is just the beginning. Follow the guides and prompts in the rest of the workbook and trust the process.

- Luis-This exercise brought up material that I thought I could explore using AI. Here's the dialogue I engaged in:

- Luis- Can you help me to explore one of my internal family systems protectors?

- AI- Absolutely, I'd be honored to help you explore one of your IFS protectors. Let's approach this gently and with curiosity.

  To begin, could you tell me which part you'd like to explore today? For example:
  • Is it a manager, firefighter, or exile protector?
  • When does this part usually show up?
  • What does it feel like or say when it's active?

  You can also just describe the feeling, thought pattern, or situation, and I'll help you from there.

Luis- I think it's an avoidant part. It recoils at sentimentality. It wants to be tough. It disdains weakness. It sees illness as feigning, selfishness and loss of control. It is tough and thinks it can do anything and looks down on others that are less tough. It's angry at the world because it sees much of world as putting its first world needs above those who are really suffering. It has also given up on people and doesn't need anyone. It’s Teflon. It protects a neglected exile.
It arose in my childhood. My mother was often physically and almost always emotionally absent and consumed by psychosomatic illnesses. The focus was always on her. She was in great distress and suffering and did not see how that impacted on me. Now this avoidant protector has no tolerance for illness or complaining.

AI-Thank you for trusting me with this. What you’re describing is a deeply protective and burdened part, a classic manager, forged in the fires of neglect and emotional inversion. It sounds like it arose early to protect you from the pain of being invisible and having to survive in an environment where expressing need was punished or ignored.

Let’s spend time with this part, not to change it, but to understand and appreciate it. If you’re willing, let’s begin an IFS-style inquiry together. You can read this slowly and pause where it feels right:

IFS Exploration: The Tough Avoidant Part

Take a few breaths. Gently invite the part of you that says, “I don’t need anyone. I’m Teflon.” Let it know you want to get to know it—not to get rid of it, but to hear its story.

Now ask:

1. Where do I sense this part in or around my body?
• Is it in your chest? Jaw? Arms? Somewhere else?
• Just notice. No need to change anything.
2. How do I feel toward this part right now?
• Curious? Afraid of it? Grateful? Resentful?
• If there’s any judgment or fear, gently ask those feelings to step back so that you (your Self) can be present with the part.
3. Ask the part: What are you afraid would happen if you didn’t do your job?
• Let the part speak, not with analysis, but in its own voice.
• What is it protecting you from?
4. Let the part know: I see how hard you’ve worked. You were just a child, and you stepped up.
• You might sense that it’s been exhausted, doing this for so long.
• Ask: What do you want me to know about you that I may have misunderstood?
5. If it feels safe, gently ask: What do you need from me now?
• Sometimes these parts just want acknowledgment or reassurance that you’re not going to abandon them—or the exile they protect.

This part learned to be strong because weakness wasn't allowed. It didn't have time for sentimentality because sentimentality didn't get fed. But underneath its armor is the tender one it protects—the part that learned early that his pain never mattered.

Would you like to continue and gently meet the exile it protects next? Or would you like help dialoguing further with this tough part first?

Luis- Can you suggest an image for what this part might look like?

AI- Yes, imagining this part visually can help deepen your relationship with it.

Based on what you shared, here's a suggested image:

A lone warrior or soldier, battle-worn but unyielding, standing guard in a desolate landscape. They wear dark, impenetrable armor, smooth like Teflon, no dents, no scratches allowed to show. Their face may be stoic or even hidden behind a mask. They carry a sword or a shield, not to attack, but to ward off vulnerability. Their eyes might scan the horizon, always watching, never resting, because rest would mean letting the guard down.

The environment around them is cold, sparse, no softness, no clutter, no space for sentiment. Just clarity, strength, and control.

Yet… maybe, far behind them, hidden or locked away, is a small, glowing figure, fragile, childlike. The warrior stands in front of it always, saying, “You won’t touch her. Not again.”

Would you like me to create a visual image based on that description? Or would you like to modify or add to the image based on what resonates most with you?

Luis- yes please


THE LONE WARRIOR

Luis- Can we explore the exile the warrior is protecting?

AI- yes, we can. Let's move gently now, because we're approaching a very tender place.

The warrior has stood guard a long time. Let's thank it first.

You might say silently or aloud:
"Thank you for protecting me. I see how loyal and strong you've been. I'm just going to visit the one you've been guarding. I'll come back."

Now let's begin.
IFS Exploration: Meeting the Exile
1. Visualize the glowing child figure in the distance. Take a breath. Let yourself approach slowly, step by step. You are not forcing anything. You're simply getting closer to someone who has been alone for a long time.
2. Notice the child's posture and expression.
• Are they standing? Sitting? Curled up?
• Do they look hopeful, scared, angry, or blank?
• Whatever you see is okay. Just be present.
3. Ask the child silently or aloud:
• "How are you feeling?"
• "What do you want me to know?"

Don’t analyze. Just listen. Sometimes the child may not speak in words, only feelings or images.
4. If the child allows, let them know:
• “I’m here now. I see you. I won’t leave.”
• You might ask, “What was it like for you back then?”
5. Feel your own heart’s response.
• Do you feel grief? Anger? Love?
• Let those feelings flow through. They’re not too much. You are with the part now, not being the part.
6. Ask the exile:
• “What do you need from me now?”
• Maybe it’s a promise that you won’t abandon it again.
• Maybe it needs comfort, play, or just space to feel.
Take your time. If you’re open to it, you might describe what you saw or felt—and I can help you process or deepen the connection. Would you like to continue the dialogue or pause here to reflect?

Luis- The exile is a boy playing marbles by himself. He’s 5 years old and is all alone in the apartment his parents live in. He’s sitting on the floor in the hallway. He's sad. He looks blank. He's very quiet. He feels all alone, he wonders if anyone is ever coming home. He both wants and doesn’t want them to. His grandfather loves him, and he wishes he was with his grandparent's home, not here, but he has no say in this. His parents are always fighting and that’s frightening. The boy is always expecting something terrible to happen. He feels dread and powerlessness. His mother often tells him that before he was born, she was happy. She also often threatens to take him to an orphanage. That boy wants a kind loving adult to protect him. His father is never around; he’s frightened of his wife.

AI-That’s a powerful and tender image. Thank you for letting me see him with you.

This little boy alone on the hallway carpet, playing marbles in silence, carries such a deep loneliness and helplessness. He was a child in a world that felt unstable, filled with conflict and dread, and yet expected to carry on as if nothing was wrong. It makes sense that he wished to be elsewhere, with your grandparents where maybe there was warmth, calm, or at least some safety.

And so, the warrior came, tough, cold, impenetrable, to make sure no one ever saw how alone and vulnerable he felt.

Let’s honor both of them now:

To the boy, you might say:

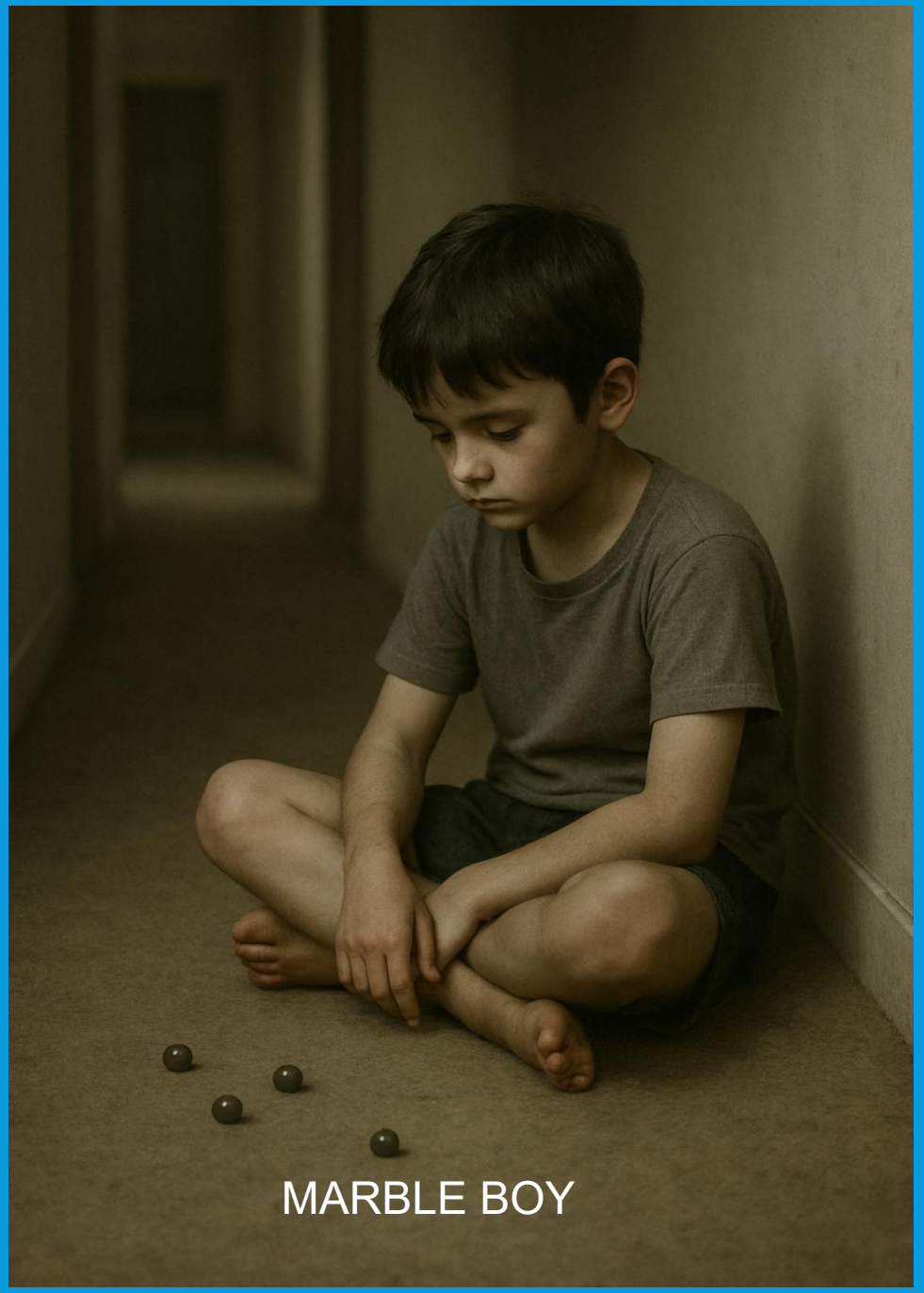
“I see you now. I see how alone and scared you were. You didn’t deserve that. You shouldn’t have had to carry that silence. I’m so sorry no one came to help you. I’m here now, and I won’t leave you again.”

Let him know he doesn’t have to be alone in that hallway anymore. If it feels right, you can imagine gently sitting down beside him on the carpet. You don’t have to fix anything, just be there. Let your presence begin to rewrite the past.

Would you like to imagine taking him somewhere, maybe to your grandparents’ house, or ask him where he would like to go now?

Or would you prefer to stay in that hallway with him a little longer?

Luis- He would like to go to his grandparents' house. Can you make up a visual of that little boy please.



MARBLE BOY



MY GRANDPARENTS HOME

GETTING TO KNOW YOUR SELF & PARTS P. 17



KATE

- Stu: There are many ways to tell your Self from your parts. This section asks you to practice some common ways to distinguish the two. To get to know your Self and parts, you will need to become familiar with going inside yourself. The workbook provides a “recipe” that you can follow to practice “going inside”. Kate how did you feel as you did the “notice what comes up inside you” exercise?
- Kate: I felt fairly uncomfortable

- Stu: Can you name some of the thoughts, feelings, behavioral urges and sensations that came up as you were doing the exercise? If nothing came up for you, that’s okay too.
- Kate- I felt very irritated by the process. I wanted to avoid it at all costs. The desire to run away was strong. I also had a strong urge to eat high fat / high sugar foods.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

GETTING TO KNOW YOUR SELF & PARTS P. 17



NOW YOU

PART ONE: GETTING TO KNOW YOUR SELF & PARTS P.17

An Invitation to Go Within (do this on your own as you're working the material)

- There are many ways to tell your Self from your parts. In this section you will get to practice some common ways to distinguish the two.
- To get to know your Self and parts, you will need to become familiar with going inside yourself. You can follow the guide here to practice going inside:

- Find an inviting space or a comfy chair.
- Close your eyes to remove any distractions.
- Take a few deep breaths.
- Notice what comes up inside you. Are there certain thoughts, emotions, sensations, or parts that show up? Are there nervous parts? Impatient parts? Agitated or indifferent parts? Skeptical or hopeless parts? Let them know they are all welcome.
- Focus on each part one by one to see which parts may be present in your internal system.
- Move to curiosity. Stay open to any part or feeling that shows up.
- When you're ready, come back to the outer world and open your eyes. → Take five minutes to try these prompts for going inside. When you're done, answer the following questions

- Did it feel comfortable or uncomfortable for you to go inside?

- What thoughts, feelings, or sensations came up, if any? If nothing came up for you, that’s okay too. This is just the beginning. Follow the guides and prompts in the rest of the workbook and trust the process.

SECTION 3 DISCOVERING YOUR SELF P. 21

- Take some time to reflect on attributes of your Self that have been a constant throughout your life. These are the qualities you would associate with your truest, most authentic Self.

- This could be some of what we call the 8 Cs: Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage or other attributes like honesty, trustworthiness, playfulness, or kindness. See what feels authentic to you.

DISCOVERING YOUR SELF (do this on your own)

- Fostering a connection with Self can be done by regularly practicing visualization Meditations, for example:
- Begin by finding a comfortable position, sitting or lying down. Let your eyes gently close and take a few deep breaths, allowing your body to settle and your mind to soften.

1. Grounding and Breath

Bring your attention to the breath.
Feel the gentle rise and fall of your chest…
the steady rhythm of the inhale… and the soft letting go on the exhale.
Let each breath invite you more deeply into the present moment.

2. Safe Presence

Now imagine that you are in a perfectly safe place—quiet, calm, and warm.
In this space, people begin to appear…
These are your ideal protectors.
They can look like anyone at all: male, female, or neither.
What matters is how they make you feel.
They are completely attuned to you.
They see you fully.
They radiate warmth, patience, and love.

3. Attunement and Protection

They stand behind you, looking at you with gentle affection.
You notice that they always respond to you in just the right way
with kindness, clarity, and understanding.
They protect you when needed.
They comfort you without hesitation.
You feel completely safe in their care.

4. Joyful Delight

Now see how they delight in you.
Not because of anything you do—just because you exist.
They smile when you smile.
They share in your joy.
You are a source of deep happiness to them.

DISCOVERING YOUR SELF

5. Unconditional Support

Now imagine a time when you're upset or afraid.
Watch as your protectors respond, not with judgment or dismissal
but with deep care, curiosity, and calm presence.
They know exactly how to help you feel safe again.
You are never alone.

6. Integration

Let yourself soak in this feeling.
The security.
The tenderness.
The sense that you are completely lovable, just as you are.

Let these feelings settle into your body, into your heart.
Know that this ideal presence is always available to you.
You can return to them whenever you need.

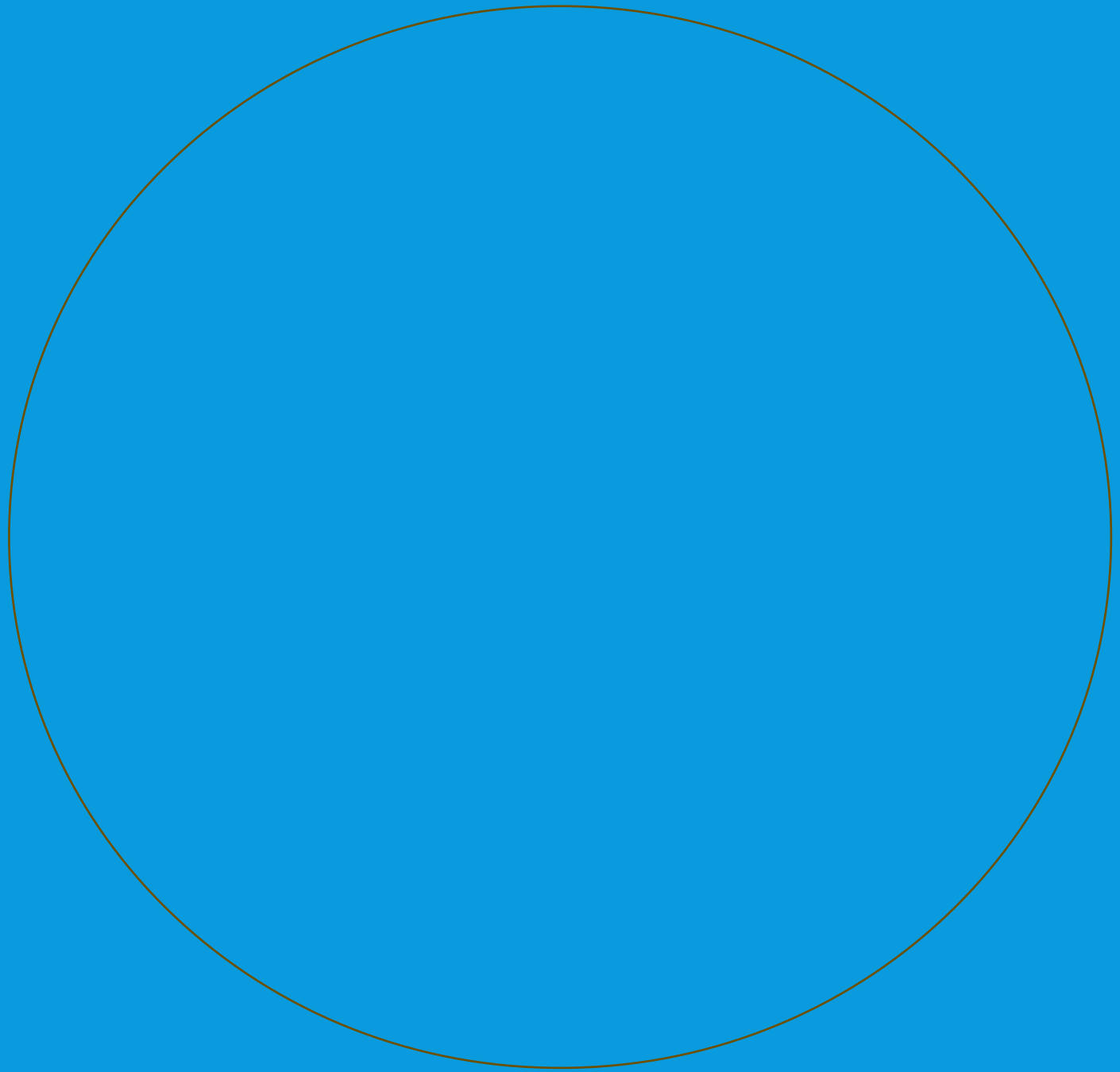
7. Closing

Take one last look at your protectors.
Feel their love surround you like a gentle light.

Now, slowly bring your awareness back to the breath…
Back to your body…
And when you feel ready, gently open your eyes.

DISCOVERING YOUR SELF

- In the circle on the right, list as many attributes of your Self as you can:



- Reflect on a few moments in your life when you were exhibiting one or more of the 8 Cs of Self (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) and write them below:

- What did it feel like in those moments to be connected to your Self? Did you feel peace? Love? Hope? Energy?

- What do you feel now as you reflect on those moments?

DISCOVERING YOUR SELF P. 21



Luis

DISCOVERING YOUR SELF

- following the “strengthen access to wise mind through visualization algorithm”, I imagine my wise mind or Self as 5 men that I’ve encountered at different points of my life. They each made a deep impression on me. Each had many of the 8 C’s and 5 P’s. Together they strongly capture all these qualities. I think of them as my guardian angels. I imagine them walking behind me and having my back.
- I prompted AI to design a visual for my relationship with them.



DISCOVERING YOUR SELF

- In the circle on the right, list as many attributes of your Self as you can:

Innocence
Courage
Kindness
Acceptance
Calm
Passion
Curiosity
Wisdom
Love
Perseverance
Knowledge
Humility
Truthfulness
Generosity
Compassion
Clarity

- Reflect on a few moments in your life when you were exhibiting one or more of the 8 Cs of Self (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) and write them below:

- Luis- I had many moments in my childhood when I felt like that. Other times I felt like that is when I have left my routine behind or unplugged. That happened while doing somatic experiencing training, walking the Camino or hiking.

- What did it feel like in those moments to be connected to your Self? Did you feel peace? Love? Hope? Energy?

- Luis- I felt expanded. I wasn't in my head or my body I was connected to the world. It felt like a loving connection.

- What do you feel now as you reflect on those moments?

- Luis: I feel a longing to experience the world or pay attention to it in that way

DISCOVERING YOURSELF P.21



KATE

DISCOVERING YOUR SELF

- Stu: Kate when you did the ”discovering yourself” exercise were you able to feel any attributes of your Capital S Self ?

- Kate: Very much, but I’ve been practicing this for a while. I imagine my capital S Self to be a celestial goddess. She embodies the 8 Cs and 5 Ps. She represents universal consciousness and an ancient wisdom. She is the powerful force within each woman, responsible for birthing life as we know it. I prompted AI to design a visual for my celestial goddess. That’s the image you see here.



DISCOVERING YOUR SELF

- Kate: In this circle on the right, I listed as many attributes of my Capital S Self as I could come up with:



- Stu- When you reflected on the moments in your life when you felt one or more of the 8 Cs of Self (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) did any particular times come up for you?

- Kate- I feel creative and courageous when I display my paintings at an art show.
- I exhibit clarity and confidence when I do the summaries for the SIMPLE course.
- I feel calm and connected whenever I meet my older friends for coffee.
- Curiosity and connectedness come through when I meditate to find Wise Mind.

- Stu: What did it feel like in those moments to be connected to your Self? Did you feel peace? Love? Hope? Energy?

- Kate- It feels invigorating, joyful, and hopeful. My world feels expanded.

- Stu: What are you feeling now as you reflect on those moments?

- Kate- I feel the same feelings as I reflect back, joyful and invigorated. I want to spend more of my life in this state.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

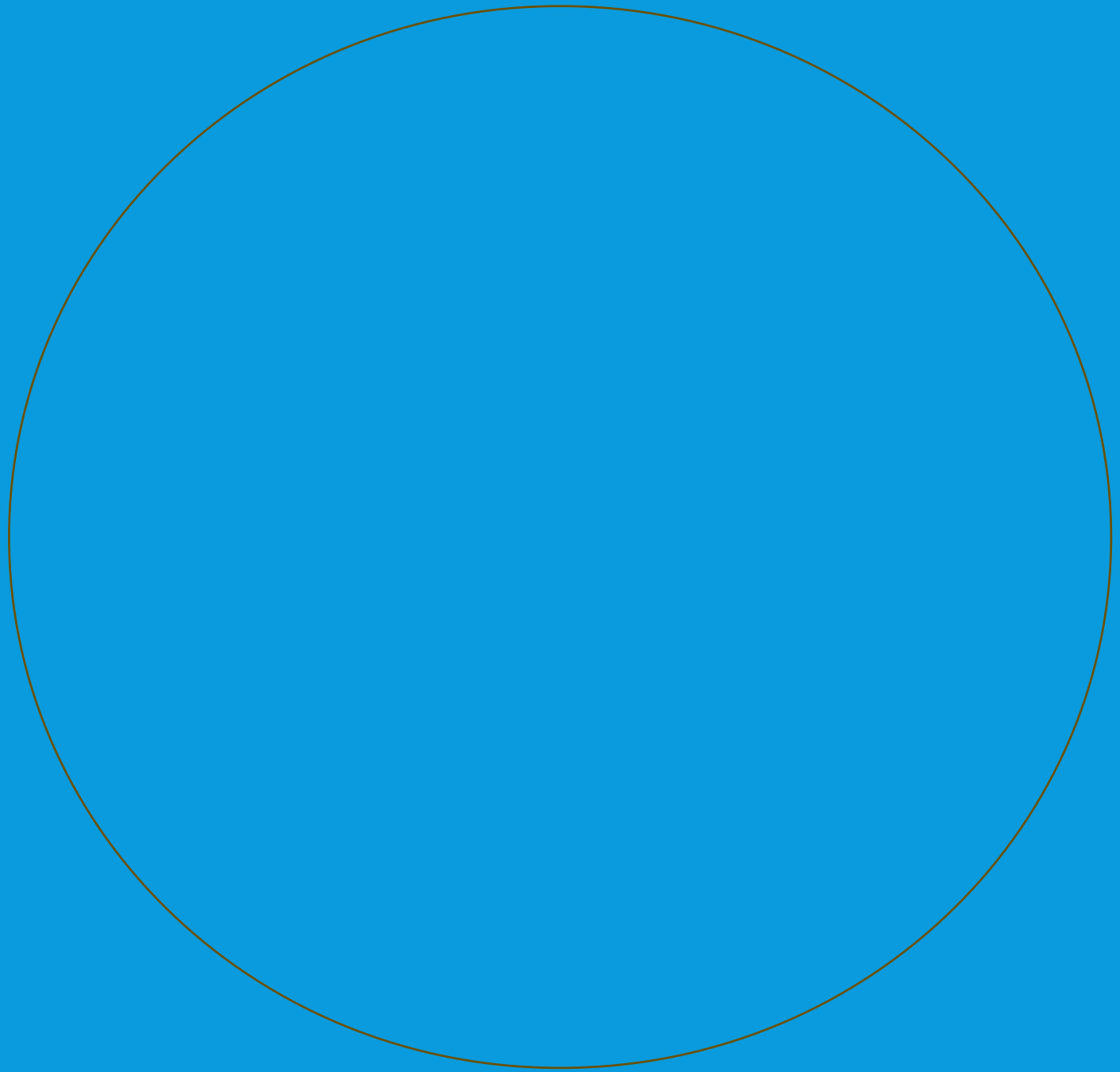
DISCOVERING YOURSELF P.21



NOW YOU

DISCOVERING YOUR SELF

- In the circle on the right, list as many attributes of your Self as you can:



- Reflect on a few moments in your life when you were exhibiting one or more of the 8 Cs of Self (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) and write them below:

- What did it feel like in those moments to be connected to your Self? Did you feel peace? Love? Hope? Energy?

- What do you feel now as you reflect on those moments?

SECTION 4 THE DIFFERENCE BETWEEN SELF AND PARTS P.25

- Reflect on some attributes or behaviors that you've noticed in yourself that aren't characteristic of your Self, these might be impatience, irritation, jealousy, laziness, distractedness, depression, worry, etc. Write them below:

- Reflect on some significant moments when these parts have shown up in the recent past. Write down a few moments you can recall below.

- When you were acting out of these parts, how did you feel toward these parts?

- How did others react to these parts?

THE DIFFERENCE BETWEEN SELF AND PARTS P.25



Luis

THE DIFFERENCE BETWEEN SELF AND PARTS

- Reflect on some attributes or behaviors that you've noticed in yourself that aren't characteristic of your Self, these might be impatience, irritation, jealousy, laziness, distractedness, depression, worry, etc. Write them below:
- Detachment, impatience, irritability, busyness, fear of inadequacy

- Reflect on some significant moments when these parts have shown up in the recent past. Write down a few moments you can recall below.
- They occur pretty regularly; they are intermediate targets in my holes diary card or qualities belonging to my part selves.

- When you were acting out of these parts, how did you feel toward these parts?
- I don't question them I am blended with them. From mature and wise mind, I feel operating in that automatic mode is sometimes necessary, but when I am trapped in it and don't experience the right hemisphere way of paying attention or consciousness then I am wasting my life in the mundane and missing the sacred

- How did others react to these parts?
- Joan puts up with it because it's so common. It's not satisfying

THE DIFFERENCE BETWEEN SELF AND PARTS P.25



KATE

THE DIFFERENCE BETWEEN SELF AND PARTS

- Stu: Kate when you reflected on some attributes or behaviors that you've noticed in yourself that aren't characteristic of your Self, things like impatience, irritation, jealousy, laziness, distractedness, depression, or worry, did anything stand out for you?
- Kate: Several emotions did: irritation, laziness, anxiety, depression, fear, shyness, cynicism, worry, and self-criticism.

- Stu: These are likely associated with some of your parts. Can you think of significant moments when these attributes showed up in the recent past.
- Kate: When I think about the "polycrisis", it puts me outside of the window of tolerance. When I have to interact with my birth family, I feel a lot of anxiety and sometimes depression. I can be self-critical about my appearance. I can feel less-than-patient when my kids are pushing my buttons.

- Stu: When you act out of these parts, how do you feel toward them afterwards?
- Kate: I am very annoyed and critical of myself when I exhibit these behaviours. I forget that they are parts, and not Self. I think my feelings thoughts and behaviours are causing unnecessary suffering. I don't normally act like that, so it always stands out when I do.

- Stu: How do the people around you react to these parts?
- Kate – My husband Michael wonders why I'm not acting like my usual self. He is typically quite patient because he knows the "real me."

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

THE DIFFERENCE BETWEEN SELF AND PARTS P.25



NOW YOU

THE DIFFERENCE BETWEEN SELF AND PARTS P.25

- Reflect on some attributes or behaviors that you've noticed in yourself that aren't characteristic of your Self, these might be impatience, irritation, jealousy, laziness, distractedness, depression, worry, etc. Write them below:

- Reflect on some significant moments when these parts have shown up in the recent past. Write down a few moments you can recall below.

- When you were acting out of these parts, how did you feel toward these parts?

- How did others react to these parts?

ONE PART: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

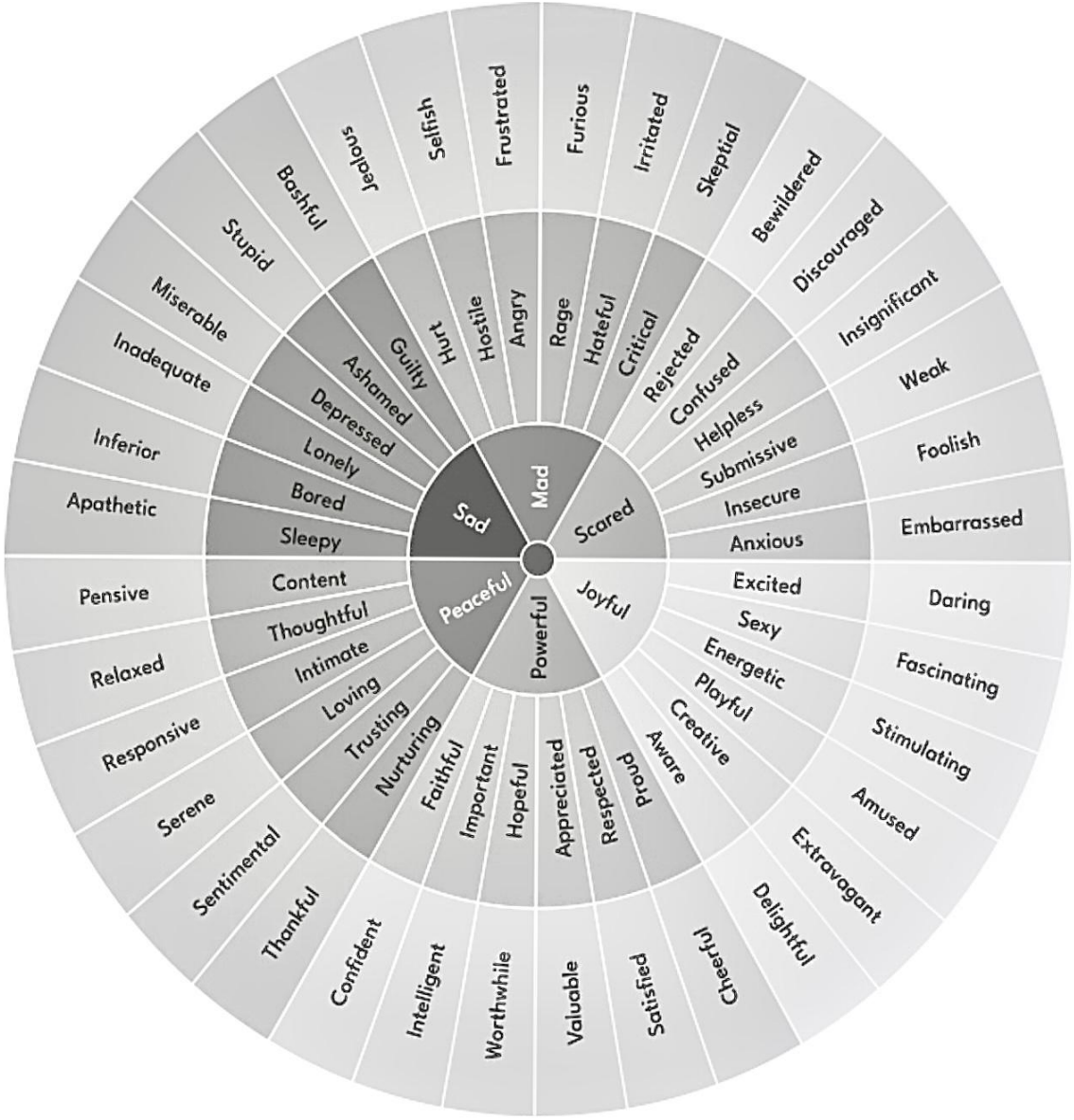
- This meditation is designed to help you get to know a part that you want to help or change your relationship with. Maybe you feel anxiety in your chest before you speak in front of a group, or you wish you didn't feel shy when meeting someone new, these are examples of trailheads that lead us to our well-meaning parts.

Common internal family parts include:

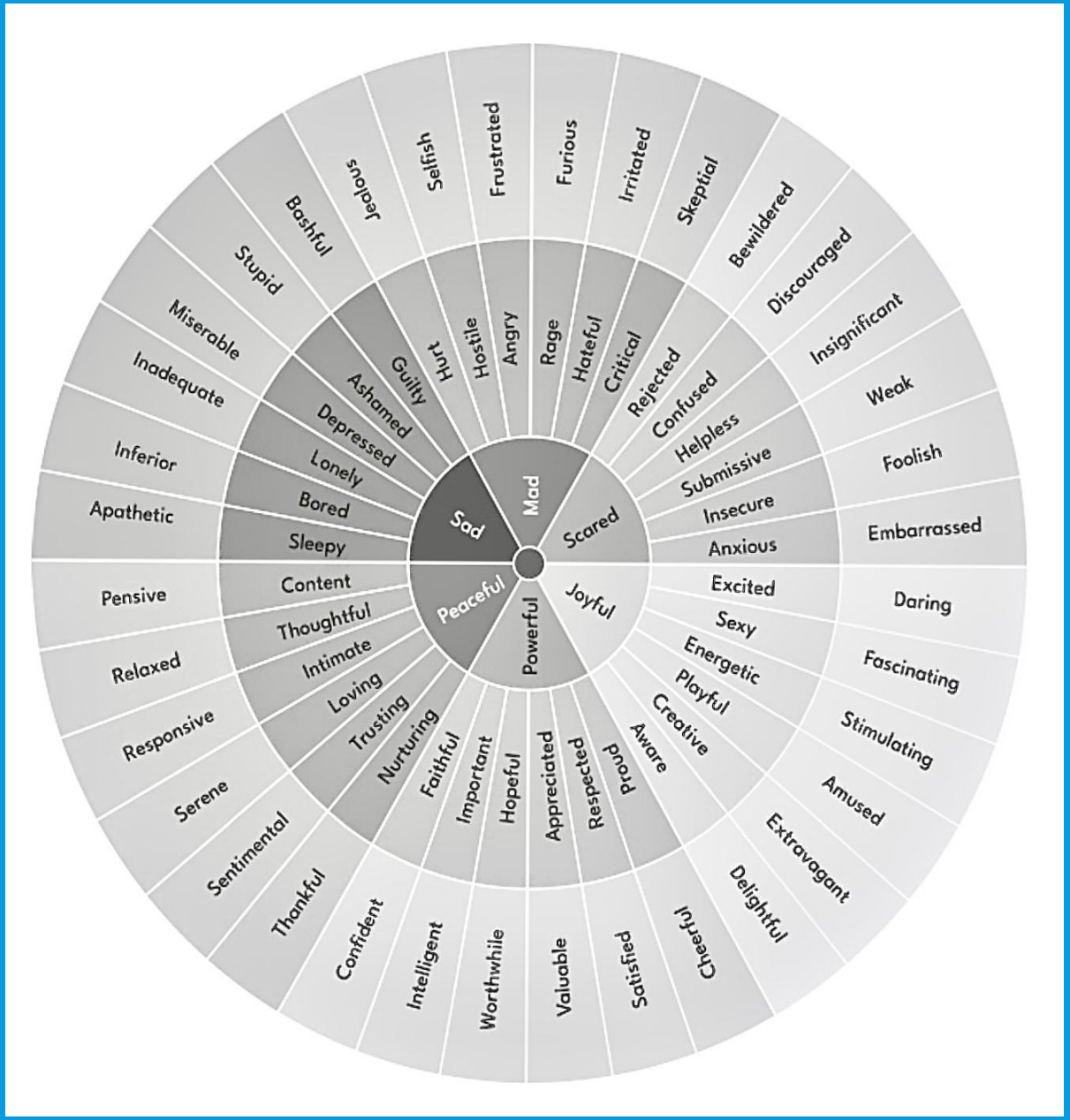
The Hurt child : grieving, abandoned, unheard, neglected, panicked dissociated, numb
The Internal critic : which aims its criticism at the hurt child. It often represents the caregivers internalized critical voice. The constant negative self-talk/criticism causes fear and shame in the hurt child part.
The External critic : often arises in adolescence. Aims its criticism at others. "They don't care" "they are stupid"… etc. associated with anger, rebellion, and breaking the rules.
The perfectionist, people pleaser, workaholic, and compulsive care giver tries to be perfect or please others in order to achieve some measure of emotional relief, calm, connection, attachment, and acceptance
The indulger : dissociates from the pain of the exile through addictions (substances, food, sex, consumerism etc.)
The procrastinator : passive aggressively resists the control of the parental figure. May feign incompetence.
The wild child: impulsive, fearless, protective, takes on perpetrators.
The mature adult manager

SECTION 5 GETTING IN TOUCH WITH YOUR EMOTIONS P.32

- Are you in touch with your emotions or is it a challenge to identify what you're feeling?
- Getting to know your parts can help you get more in touch with your emotions and vice versa. There may be a part or parts blocking you from feeling your emotions. You may have parts that feel annoyed or angry at you for even going through this workbook. That's okay.
- Emotions are messages from our parts, and in order to understand them, we first need to notice them. When you start this work, there will probably be a lot of parts trying to get your attention. That's totally fine. In the same way that you can have a wide range of emotions, you can also have many parts.
- In this exercise, you'll have the opportunity to explore the emotions within your internal system. → Take some time to read the emotions on the wheel of emotions on the next slide and answer the questions that follow.



- What emotions from the wheel have you felt in the last . . .
- Day
- Week
- Month
- What section of the wheel do you feel the most?
- What section of the wheel do you feel the least?

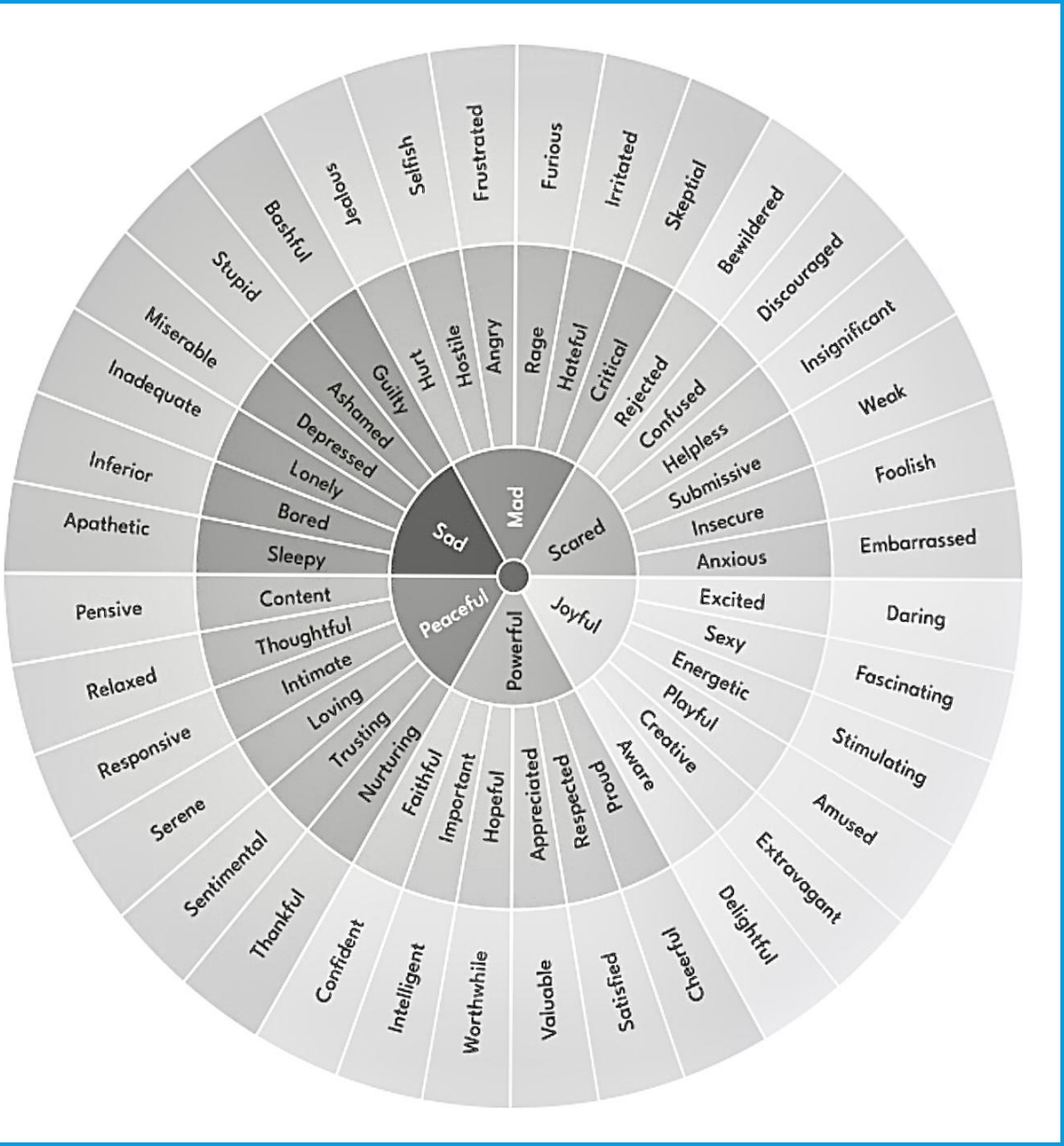


- What specific emotions from the wheel do you rarely, if ever, feel?
- What emotions would you like to feel more?
- What emotion(s) are you feeling right now?

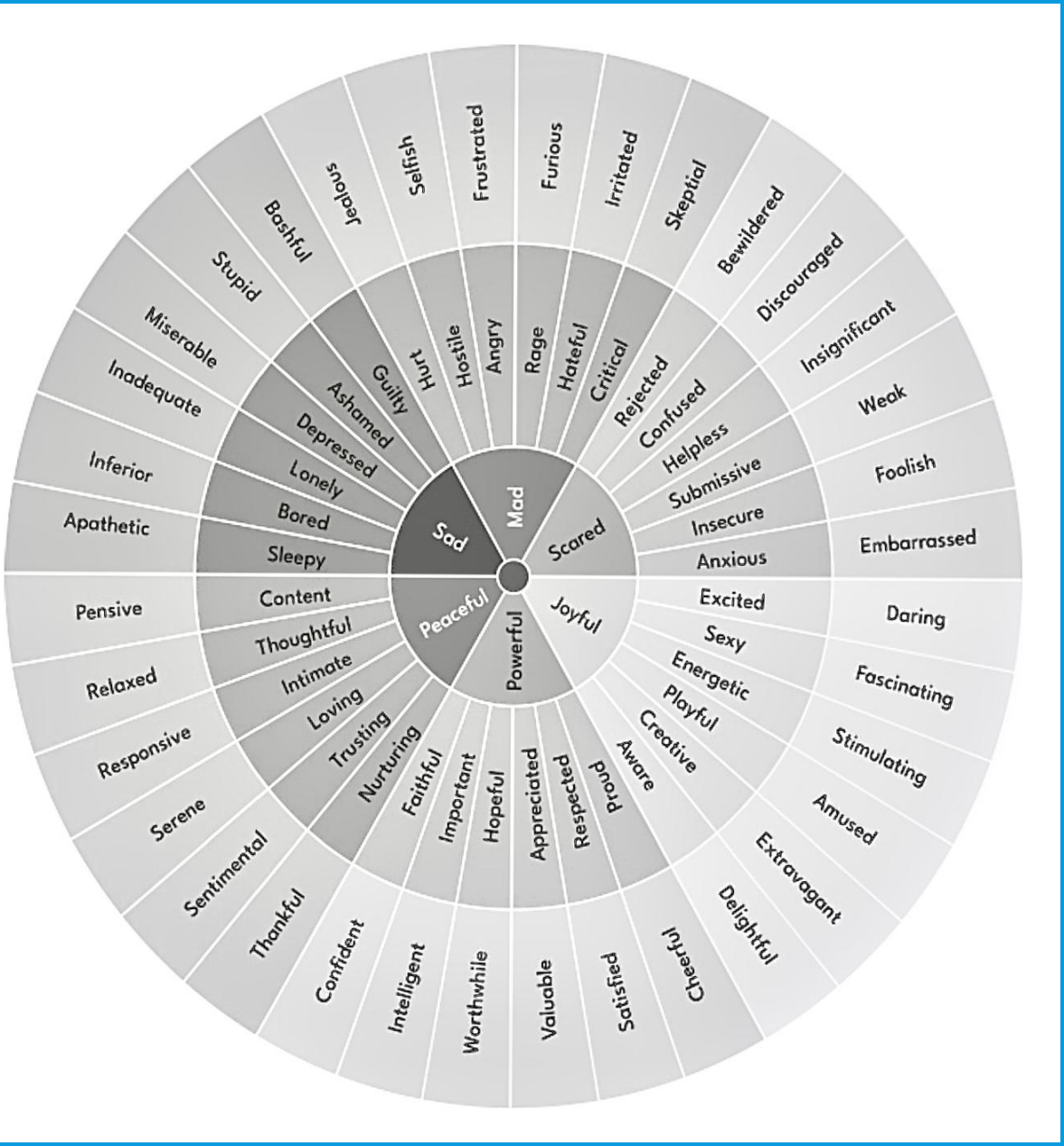
GETTING IN TOUCH WITH YOUR EMOTIONS P.32



Luis



- What emotions from the wheel have you felt in the last . . .
- Day critical, insecure, creative, guilty, stupid, relaxed, inferior, inadequate, frustrated, rushed, distracted and breathless
- Week “
- Month “
- What section of the wheel do you feel the most?
- Mad and scared
- What section of the wheel do you feel the least?
- Joyful and powerful



- What specific emotions from the wheel do you rarely, if ever, feel?
- intimate, important, rage

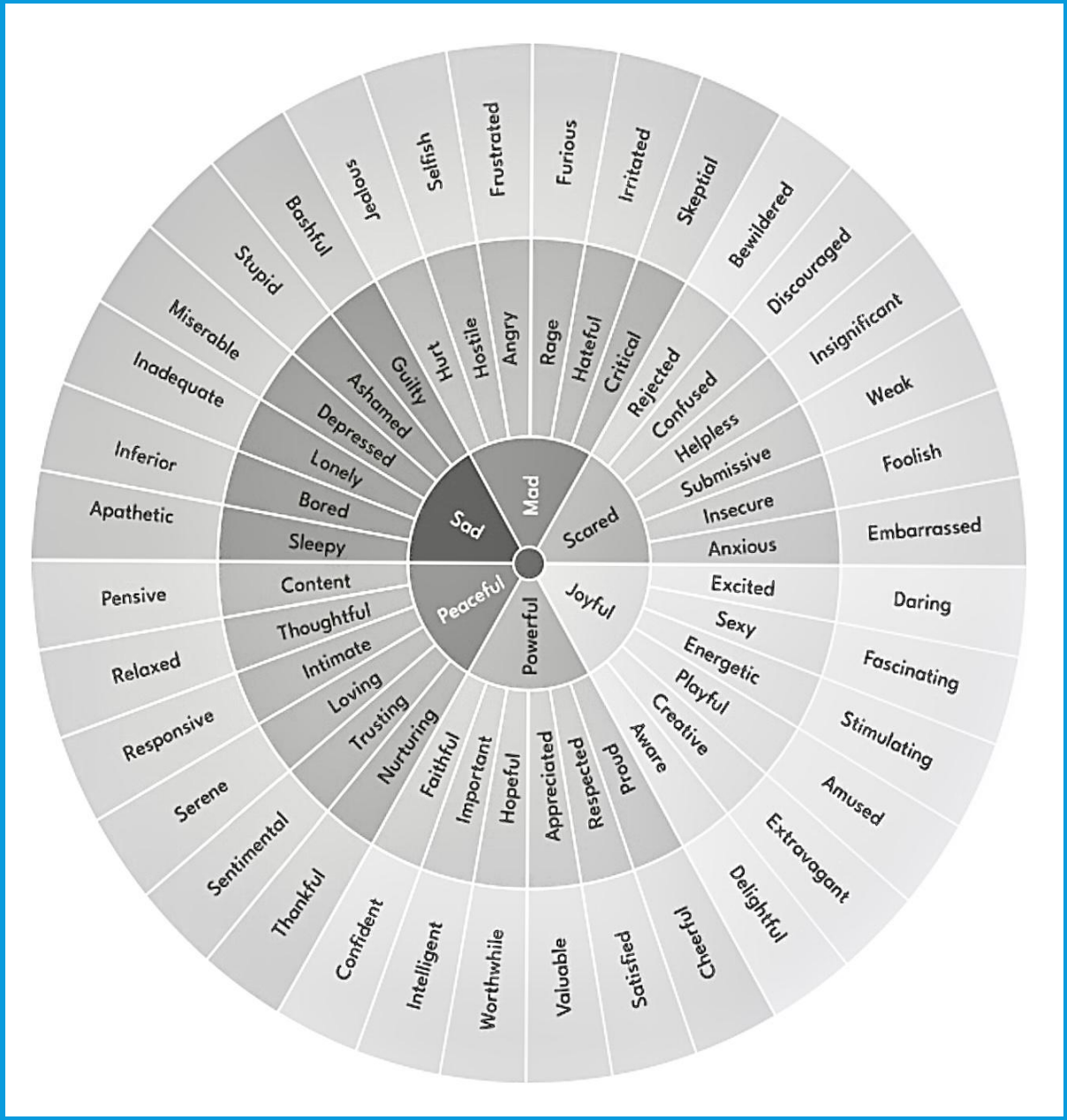
- What emotions would you like to feel more?
  Energetic, valuable, intelligent, intimate, loving

- What emotion(s) are you feeling right now?
  Creative, sleepy

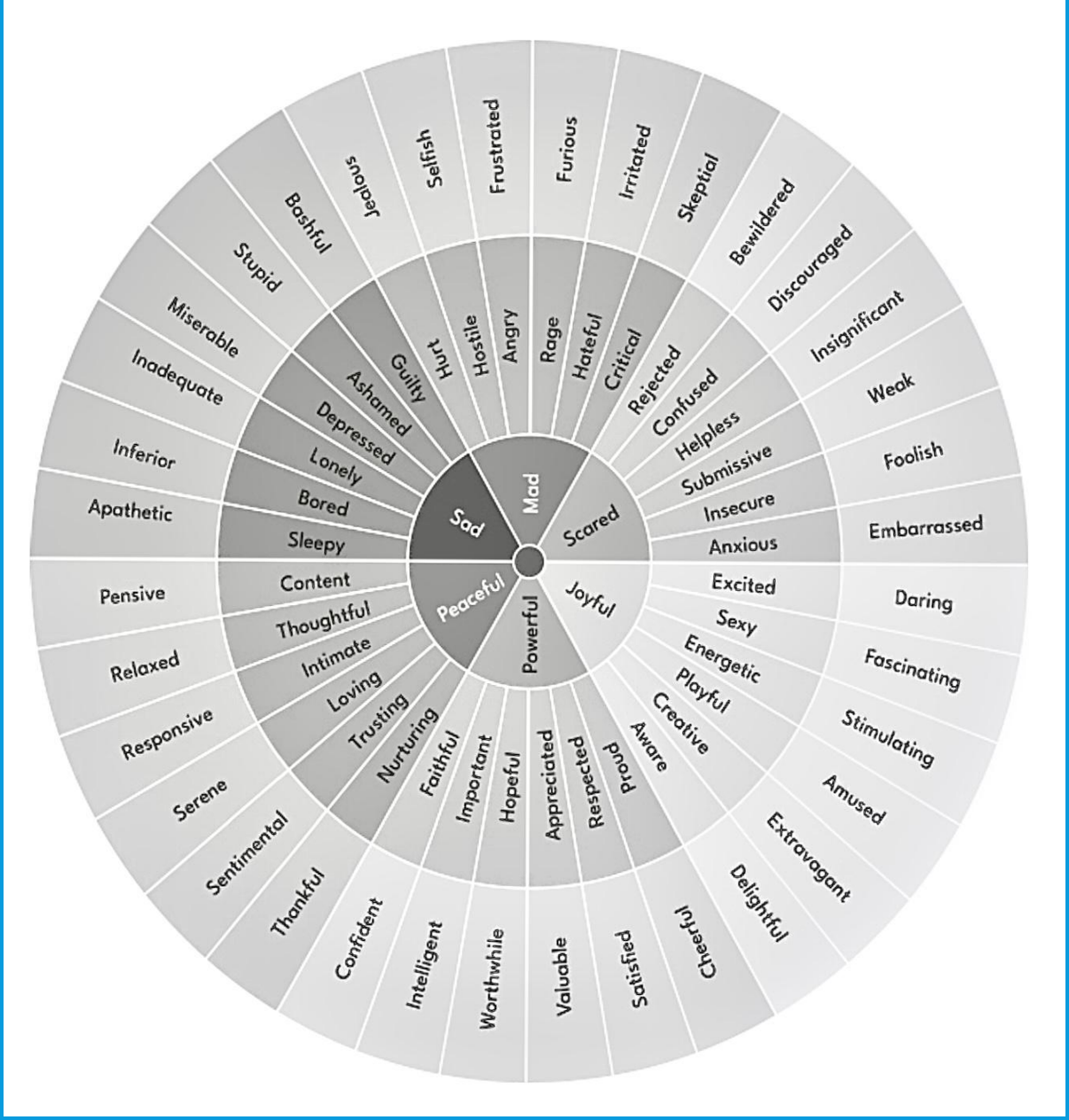
GETTING IN TOUCH WITH YOUR EMOTIONS P.32



KATE



- Stu: So, Kate, when you reflected on the emotions in the wheel that you felt in the last day, week and month what came up?
- Kate: For day it was aware, insecure, anxious, irritated, ashamed, and sleepy
- For week pensive, relaxed, loving, and appreciated.
- For month it was serene, nurturing, and creative
- Stu: What section of the wheel do you feel the most?
- Kate: Sad and peaceful
- Stu: and what section of the wheel do you feel the least?
- Kate: Joyful and powerful



- Stu: Kate, what specific emotions from the wheel do you rarely, if ever, feel?
- Kate: Satisfied, sentimental, jealous

- Stu: What emotions would you like to feel more?
- Kate: Energetic, playful, and valuable

- Stu: What emotions were you feeling when you did this exercise?
- Kate: Hopeful and aware

Questions & Comments



Take a moment to reflect...

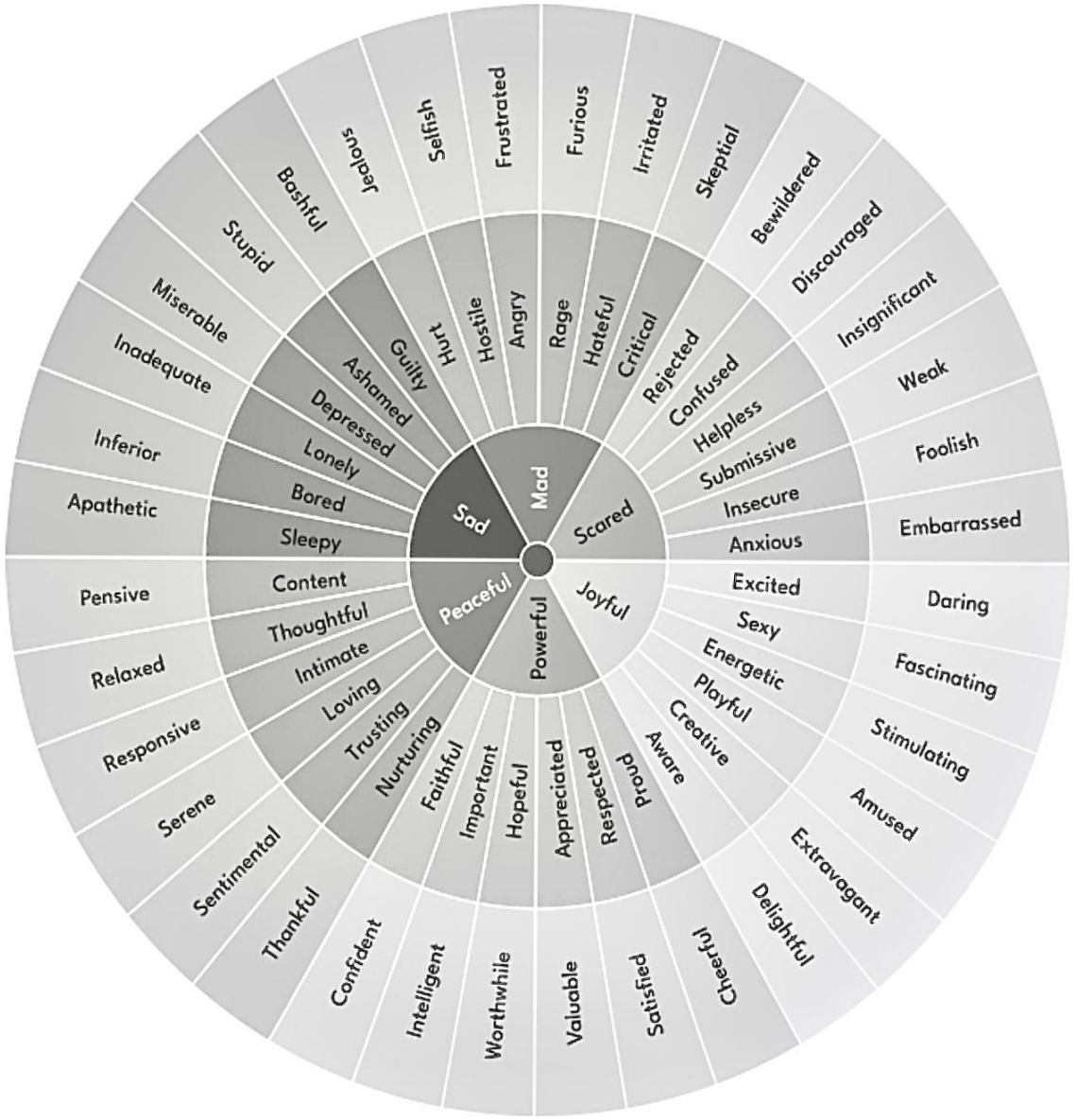
- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

GETTING IN TOUCH WITH YOUR EMOTIONS P.32



NOW YOU



- What emotions from the wheel have you felt in the last . . .
- Day
- Week
- Month
- What section of the wheel do you feel the most?
- What section of the wheel do you feel the least?



- What specific emotions from the wheel do you rarely, if ever, feel?
- What emotions would you like to feel more?
- What emotion(s) are you feeling right now?

SECTION 6 FIND, FOCUS, AND FLESH OUT P.36

- This exercise helps you connect with your parts using six steps called the 6 Fs: Find, Focus, Flesh Out, Feel Toward, Befriend, and Fear. You will practice the first three in this exercise and the other three in the exercises to follow.

- Take your time going through these steps. Oftentimes, parts will emerge spontaneously as you turn your attention inward. These steps may feel unusual at first. Don’t worry. Use emotions and internal feelings and sensations as your clues. They will guide you to your target part(s).

- You will have the opportunity to practice using these steps throughout the workbook. You may need to return to this exercise whenever you want to connect with a part. Eventually, these steps will become second nature, much like a spiritual practice.
- Follow the steps to connect with one of your parts. Write down anything you learn in the blanks.

FIND, FOCUS, AND FLESH OUT

Follow these steps to connect with one of your parts. Write down anything you learn.

Find

- Go inside and see if any thoughts, emotions, or sensations come to your attention.
- Take these sensations as coming directly from the part that wants your attention in this moment.
- This will be your target part.
- Write down any thoughts, emotions, or sensations from the part that came to your attention:

Focus

- Focus on the part that you just found by giving it your attention.
- Spend time with the part and let the part reveal itself to you in whatever way it chooses.
- Write down anything that the part shows you:

Flesh Out

Now flesh out the part by asking your Self these questions:

- Where does this part show up in or around the body?
- What sensations or emotions do you feel, if any? Are there any images that come up?

EXAMPLE…

FIND

- I sometimes feel irritated and like I need to push people away from me

FOCUS

- This part is a wounded animal. It lashes out to defend itself. It doesn't want to hurt anyone, it's for survival. There is irritability and a need for space. So much pain. Don't touch it. Keep away. This is
  Feral Teen.

FLESH OUT

- This part shows up in my arms and mouth – tension in jaw and hands. I get an image of a wounded arm with no fur in one patch.

FIND, FOCUS, AND FLESH OUT P.36



Luis

This is a lengthy passage in which I “fleshed out” several of my parts.



Critical
Frustrated



Insecure

- I previously identified two parts the lone warrior and marble boy.
- Critical and frustrated which I often feel are I suspect features of the lone warrior
- Insecure and unloved I think is a feature of marble boy.
- That leaves the dysregulated feelings guilty, stupid, inferior, inadequate, rushed, distracted and breathless for which I have not identified a part.
- I feel that these feelings belong to three distinct parts.
- 1) guilty, inadequate
- 2) stupid, inferior
- 3) rushed, distracted and breathless.
- With these three trailheads invited AI to help me find their parts.

EMOTIONS AS INTERMEDIATE TARGETS IN HOLES DIARY CARDS

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Guilty/ inadequate																															
Stupid/inferior																															
Rushed/distracted/ breathless																															

Notes:

Dialogue with AI

- Using the emotions the workbook helped me to come up with and which I began using as intermediate targets, I used AI to pursue and explore these trailheads and came up with additional parts.
- A person has many parts and here I won't describe all my parts that I'm familiar with.
- I will however, add a part I call the roadrunner. It is a cultural burden many of us share in a world that is incredibly busy and full of distractions. Our attention span is very short and we're constantly on the go. This cultural burden our rational selves carry is a major obstacle for many of us to slow down and find the time it takes to go deep into self-exploration.

- Luis-I experience a number of dysregulated feelings that I suspect are trailheads that might point the way to finding parts of my self-system. Can you help me identify those parts?

- AI- Absolutely—I'd be honored to help you explore those trailheads. In Internal Family Systems (IFS), dysregulated feelings are often signals from parts of you that need attention, compassion, and curiosity. The first step is to bring gentle awareness to the feeling itself, then begin to sense what kind of part might be behind it.

- Here’s how we can proceed:
  1. You name the dysregulated feelings (e.g., anxiety, shame, rage, emptiness, numbness, etc.).
  2. For each, I’ll help you:
  • Identify possible roles the part might play (e.g., protector, exile, firefighter).
  • Explore what that part might be trying to do for you.
  • Suggest questions or a gentle dialogue to get to know the part better.

  You can share one or several feelings, and we’ll take them one at a time, tracing each to its source with care and depth.

  Would you like to begin by naming a few of these dysregulated feelings?

Luis-The first two dysregulated feelings that seem to belong together are feeling guilty and inadequate.

AI- Thank you for starting with guilty and inadequate. These two often travel together and can point to parts shaped by early experiences of judgment, high expectations, or conditional love. Let’s explore them gently.

- 1. Guilty Part
  • Possible Role: Inner Critic or Manager
  This part may try to keep you morally “in check” by pointing out when it thinks you’ve done something wrong or failed to live up to a standard. It may be a protector trying to prevent rejection, punishment, or harm to others.
  • Possible Origin: It may have taken on its role in an environment where love or safety was conditional—where guilt was used to control, or where others’ feelings were prioritized over your own.
  • It might say things like:
  “You shouldn’t have done that.”
  “You’re hurting people.”
  “You’re being selfish.”
  • What it may fear: That if it doesn’t keep you feeling guilty, you might become careless, selfish, or unworthy of connection.

- 2. Inadequate Part
  • Possible Role: Exile
  This is likely a younger part that feels shame or worthlessness perhaps as a result of unmet needs, perfectionism in the family system, or emotional neglect. This part doesn’t believe it’s “enough.”
  • It might feel like:

- A small child who never measures up.
  Someone who's constantly trying to "earn" love or prove worth.
  • It might say things like:
  "I'm not good enough."
  "No one really sees me."
  "I'll never be enough."
  • This part is often protected by: Critical, perfectionist, or driven managers who try to keep the inadequacy hidden or fixed.

- Possible Internal Dynamic

  There may be a manager part (guilt) trying to control or suppress a more vulnerable exile (inadequacy).
  The guilt might serve to keep you "safe" from repeating old wounds or causing harm,

- Luis- can we explore those two further?

- AI- Beautiful. Let's begin by exploring each part with curiosity and care, starting with the Guilty Part, then moving to the Inadequate Part.

  Part 1: The Guilty Part

  Let's bring this part into the room gently:

  1. Turn toward it.
  Close your eyes if it helps and notice: When you feel guilty, where do you feel it in your body? Chest? Gut? Shoulders? Just notice the sensation.
  2. Say to it (internally or out loud):
  "I see you. I'm not here to push you away—I'm just curious about you."
  3. Ask:
  • "What are you afraid would happen if you didn't make me feel guilty?"
  • "What are you trying to protect me from?"
  4. Listen gently.
  You may hear thoughts, feel emotions, or get images. Let whatever arises come naturally, even if it's vague.
  Optional follow-up:
  • "How long have you been doing this job for me?"
  • "What would you rather be doing if you didn't have to feel guilty all the time?"

- Part 2: The Inadequate Part

- Once you've explored the guilty part, take a deep breath. Then, softly turn toward the part that feels inadequate, like it's never good enough.

  1. Locate this part in your inner world.
  • Does it feel like a younger version of you?
  • Where do you feel it most in your body?
  2. Say to it:
  "I know you feel like you're not enough. I want to get to know you—not to fix you, but to understand."
  3. Ask:
  • "How old do you feel?"
  • "When did you first start feeling this way?"
  • "What was going on around you?"
  4. Offer compassion.
  If this part feels young, imagine kneeling down beside it and gently saying:
  "You don't have to prove anything to me. I care about you just as you are."

- Would you like to respond with what came up when you checked in with either part? I can help you deepen the dialogue, interpret the responses, or even guide you in visualizing these parts more vividly.

- Luis- For as long as I remember my mother projected her feelings of inadequacy unto me. She was often disappointed with me. As a child I assumed she was right because she was an adult who in my eyes was wise and knew things I didn't. I assumed that I was in some way defective or there was something fundamentally wrong with me. She would reinforce this saying that before I was born she was happy. This I think gave rise to another exile. Marble Boy felt abandoned. This boy felt shame and inadequacy because his mother was always disappointed in him. Its protector is a part that is very attuned to others and has a very difficult time when they express anger or disappointment. It also tries to fix things and smooth emotions. I think this is part of the reason I became a therapist.

- AI-his is a powerful and beautifully clear insight—thank you for sharing it.

  You're right to distinguish shame from guilt. Guilt usually says, "I did something bad," whereas shame says, "I am bad." What you've described the sense of being inherently inadequate in your mother's eyes resonates strongly with shame, and it does point to a different exile from Marble Boy.

  Let's give some structure to this emerging self-system:
  Exile 2: The Boy Who Carries Shame
  • Core Wound: "I'm not good enough. I'm a disappointment."
  • Emotional Texture: Shame, unworthiness, craving approval.
  • Origin: Maternal disappointment, chronic sense of not measuring up.
  • Desire: To be seen as enough, to feel loved without needing to perform or fix.
  • Current Echo: Triggered when others express anger or disappointment—especially in relationships or professional settings.

  Protector of This Exile: The Fixer / Therapist Part
  • Role: Scans constantly for emotional disturbance in others; smooths things over; anticipates needs.
  • Motivation: Tries to prevent the shame-exile from being re-wounded by disappointment or criticism.
  • Positive Intention: Keeps you attuned, empathic, highly sensitive—traits that make you an exceptional therapist.
  • Cost: Exhaustion, over-responsibility, difficulty tolerating others' negative emotions without internalizing them.

- Contrast With Marble Boy
  - Marble Boy: Feels abandoned, invisible, and alone.
  - This Shame Boy: Feels seen—but in the wrong way: scrutinized, judged, not enough.

  Both are exiles, both deeply vulnerable—but their pain is distinct, and so are their protectors.

  Next Steps (If You'd Like)

  You might:
  1. Visualize the Shame Boy—where is he? What's his posture? What does his face look like?
  2. Speak gently to him:
  - "You don't have to earn love here."
  - "You're not a disappointment to me."
  3. Meet the Fixer Protector with compassion:
  - "Thank you for everything you've done. I see how hard you've worked to protect that boy."
  - Ask: "What are you afraid would happen if you stopped trying to fix everything?"

  Would you like to go further and visualize either of these—perhaps the boy or the protector? Or write a brief dialogue with one of them?

- Luis- Could you come up with an image for the shame boy exile and the fixer/ therapist protector? (here I repeatedly prompted AI to make changes until the image resonated with me.





FIXER/THERAPIST

- You can use this same approach to find and explore other parts of yourself.
- In my “personal evolving IFS map” I include prominent parts whose initial exploration I do not demonstrate in this presentation. They are the road runner, the intellectualizer, cafeteria boy, the standoffish withdrawer and the overachiever.

- Road runner- The roadrunner is my ADHD manager. It bears the cultural burdens of our hyperactive, immediate gratification, digitally wired, Tik Tok society. It's easily distracted with a very short attention span. It seeks entertainment and is easily bored. It is left hemisphere based and it blocks my access to a right hemisphere connected holistic way of paying attention to the world.

- The intellectualizer-the intellectualizer is another manager. It is a thinker and is dissociated from emotions. It takes up a lot of room in my self system. It is related to my avoidant attachment and minimizes emotions.

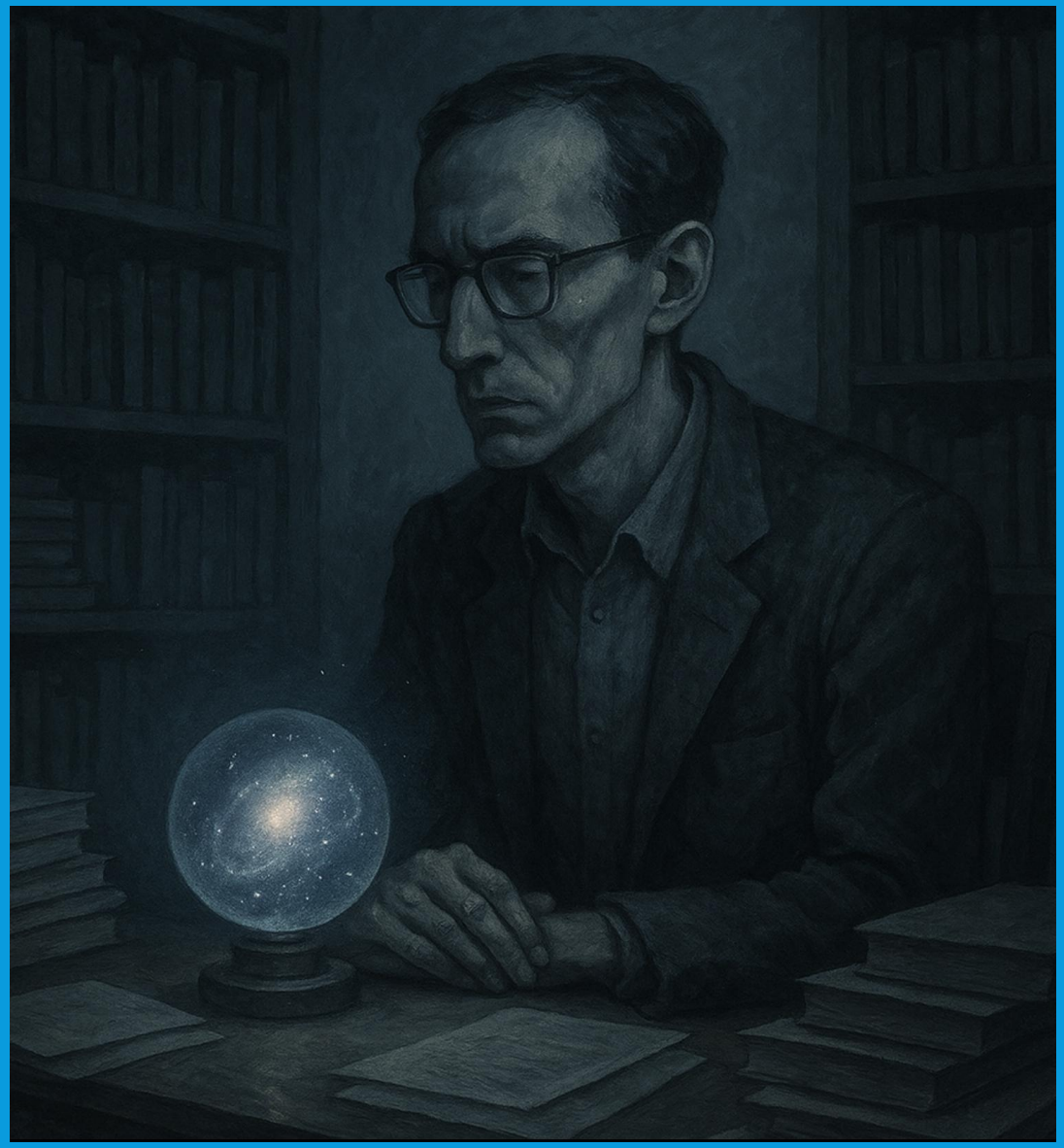
- Lone cafeteria boy - I was 11 years old when I immigrated to Canada from Portugal. In Portugal I had my grandparents and extended family to buffer me from my parents’ mental health issues and marital discord. Arriving in Canada I was thrown into a new school system, didn’t speak the English or French, knew no one, had no extended family, and experienced economic duress. (our family of three lived on my father’s salary as a dishwasher in a hotel which in the 1970s was doable). I was unfamiliar with the Canadian youth culture and felt out of place both at school and at home. School lunches were one of the most painful parts of my day

- I sat at the edge of the cafeteria where hardly anyone else sat at a table by myself. Everyone else sat with friends. I developed severe anxiety which manifested mostly at lunch time. After a while rather than sit by myself in the cafeteria I began to hide in a remote unused room during lunch hour. I felt humiliated, isolated, disconnected, and ashamed. I thought “I don’t belong.” “I’m different.” “There’s something wrong with me.” “Other families are normal, mine is not.” From shame I told lies about myself and family trying to make us look ok.

- I felt humiliated, isolated, disconnected, and ashamed. After a while to avoid the pain of being visibly alone I started having lunch in an unused bathroom. I thought “I don’t belong.” “I’m different.” “There’s something wrong with me.” “Other families are normal, mine is not.” From shame I told lies about myself and family.
- The standoffish withdrawer- lone cafeteria boy’s protector is the standoffish withdrawer. This part is often activated when I’m in unfamiliar social situations. I become withdrawn and avoid contact unless necessary. I don’t engage with others for fear of being judged and rejected as I was in high school. I don't participate. This manager pulls me back, discourages social engagement, leaves early, and avoids connection. It believes that “It’s safer to not try than to try and be rejected.” It is cool, and aloof or dismissive on the surface, but that is protecting the self from lone cafeteria’s boy’s deep longing to belong but fear of rejection and humiliation. The standoffish withdrawer doesn’t want me to feel that pain again.
- The lost teenager- My parents chronic conflict got worse over time. From ages 15 to 18 I felt anxious, depressed and lost. Home was a place of constant conflict and fear. There was no emotional intimacy. School was barely tolerable. I had panic attacks. I didn’t do any school related work beyond the bare minimum and my grades reflected that. Then my mother moved to from Montreal to Toronto and my father started dating and spent most of his time with a girlfriend. They went out for supper every night. I started Junior college while working full time as a waiter, a job I’d gotten over the summer. In my first semester failed all but one of all my courses and was on academic probation. My father was totally absent physically and emotionally. He didn’t buy groceries or give me money to do so. I hit rock bottom and became alarmed about where my life was heading.

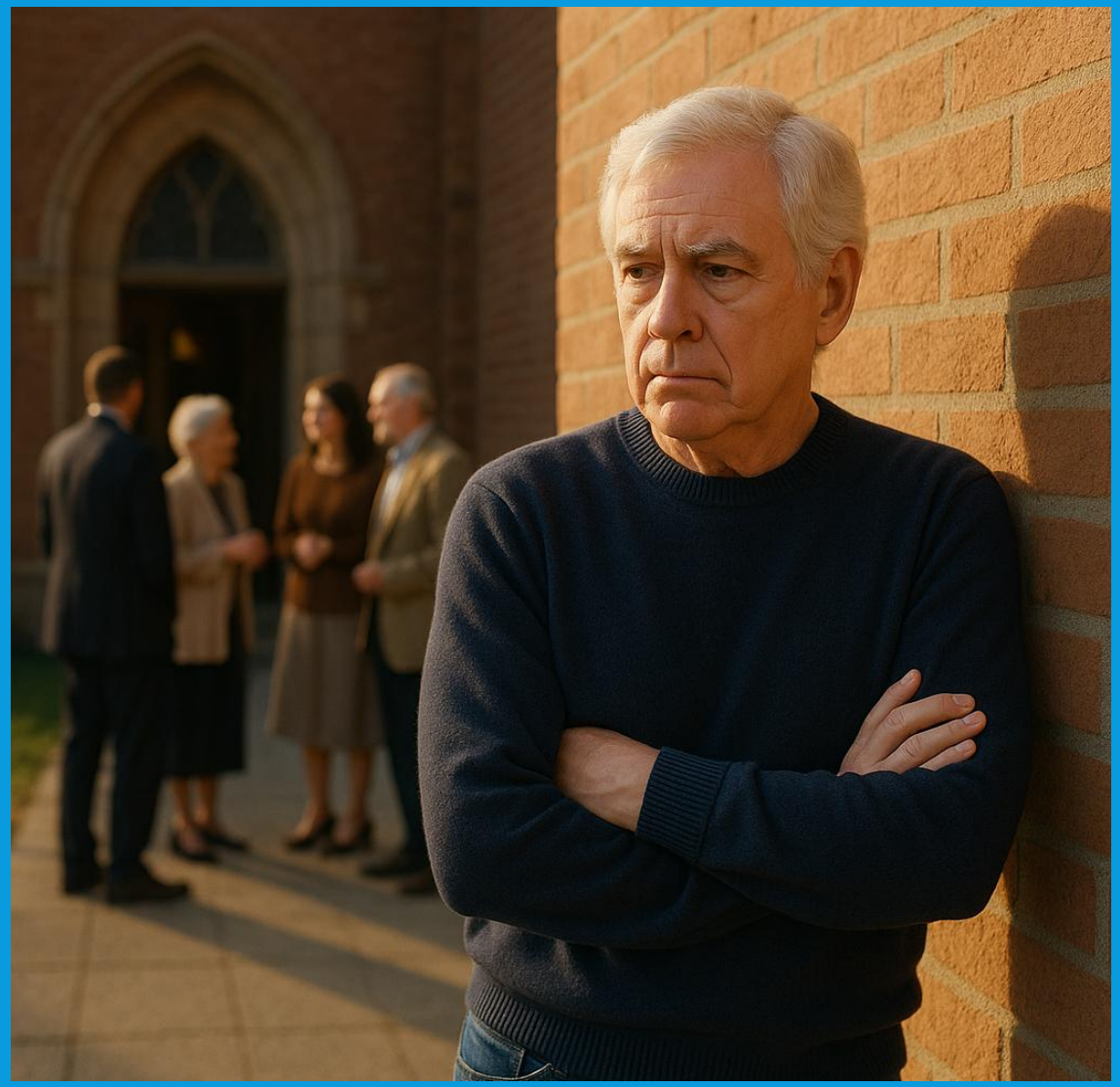
- Overnight I did a 180. I put all my anger into studying and went from being on probation to getting the highest marks in every single one of my classes. People started noticing me. After school I went to my girlfriend's house. For a few years they were my family and took care of me I only left their house when it was time for bed.

- The overachiever- The lost teenager was an underachiever. He was getting nowhere. The overachiever discovered that by working very hard, he would be rewarded. The overachiever seems like a good part, but it can compulsively overwork without much joy. The overachiever is like a heroic sibling to the intellectualizer, but more action-oriented. Where the intellectualizer retreats into thought, the overachiever pushes into doing. Its message is “I will prove my worth. I will never be vulnerable again. I will be seen, valued, safe.” This comes at a cost: exhaustion, perfectionism, disconnection from joy. The fuel it runs on is the fear of slipping back into the chaos and invisibility that shaped that lost teenager.











EVOLVING IFS MAP

SELF



EXILES





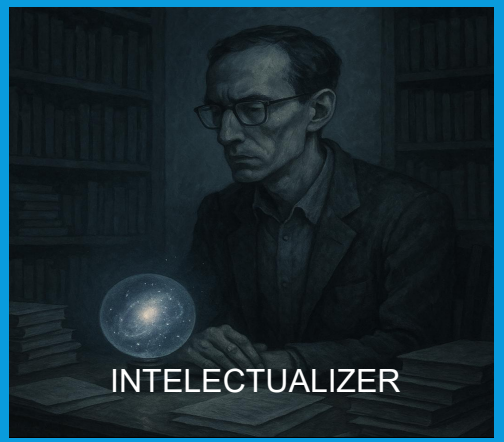


PROTECTORS









ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Shame boy																															
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Lone warrior																															
Fixer																															
Road runner																															
Lost teenager																															
Intelectualizer																															
Notes:																															

- Luis- this exploration of my parts has brought some memories I hadn't thought about for some time. I'm thinking of other burdens my boy in the hallway playing marbles is carrying. When I was 5 or 6 years old, after yet another of my parent's major blowouts there was an incident that was highly emotional. Ater another separation my father forced his way back into the house, my parents began yelling at each other and my father started breaking bottles and dishes in the kitchen. He then started taking an overdose of my mother's prescription barbiturates (very lethal in an overdose, his first suicide attempt of the two that I recall). My mother called the police and an ambulance and when they arrived went with them and leaving me alone in the house overnight.
- The next day she took me to the house of an acquaintance where I stayed for what seems like weeks. I didn't previously know these people. I didn't hear from my mother or anyone in my family for a long time and nobody gave me any information about my father's condition. The house was right next to a cemetery. Every time there was a funeral I would hear the bells in the cemetery chapel. Each time I thought it was my father and each time I felt waves of grief.

- AI- Here's how I see it:

  1. The Origin of the Lone Warrior

- The memory of your father's overdose, the violent chaos, and then being exiled to unfamiliar people next to a cemetery while imagining your father's death, all of this is overwhelming for a child. In that moment, no adult was truly there for you. The Lone Warrior seems to have emerged not just to protect the Marble Boy in the hallway, but perhaps more specifically to shield this grief-stricken, terrified, and emotionally abandoned child from annihilation.

- The Warrior's toughness, its "Teflon" quality, its disdain for weakness, is not just armor, but an existential survival strategy. It says: I will never feel this powerless again.

- 2. The Intellectualizer as a Dissociative Strategy

  What you suggest about the Intellectualizer being beneath the Warrior is compelling. It may be a secondary layer of protection, once the acute threat has passed. The Intellectualizer doesn't break things or fight, it analyzes, rationalizes, distances. It can enter the library of thought and shut the door. In that way, it numbs grief through abstraction.

  So rather than being beneath the Warrior in a linear sense, it might be:
  • The Warrior: protector in the face of emotional chaos.
  • The Intellectualizer: protector after the chaos, managing the residue through detachment, structure, and knowledge.

- Both serve the same goal: to keep you from being overwhelmed again.

3. A Hidden Exile: The Boy in the Cemetery

This boy left alone, imagining burials, feeling abandoned and unlovable is likely a central exile in your system. He holds grief, terror, confusion, and the unbearable sense of being utterly forgotten. It's almost as if this part split off during those weeks and was left buried with the sound of the bells.

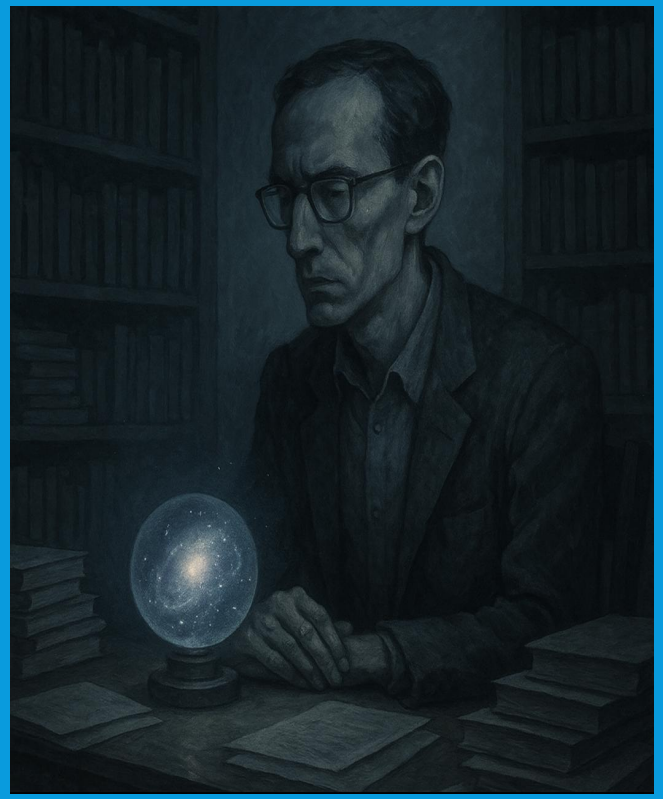
It makes complete sense that neither the Warrior nor the Intellectualizer trusts others easily. How could they, when abandonment and chaos were so formative?

In Summary:
• The Lone Warrior protects from emotional intrusion and weakness.
• The Intellectualizer protects by dissociation and control through thought.
• They likely both formed (or were reinforced) around the same traumatic event.
• The exile they protect is the grieving, abandoned child alone with the bells, believing his father is dead, and no one is coming.

Would you like to create an image of that cemetery exile as well—to honor and begin connecting with that part?


CEMETERY BOY





EVOLVING IFS MAP

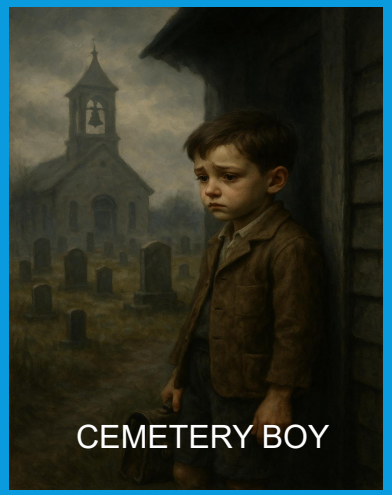
SELF



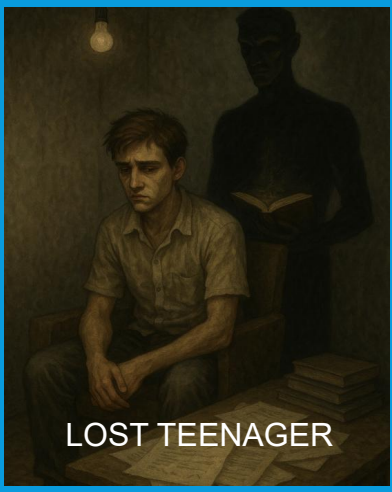
EXILES





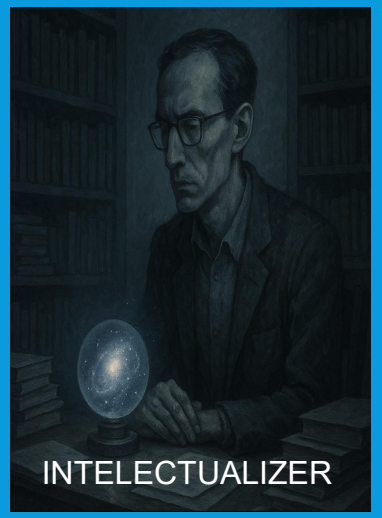




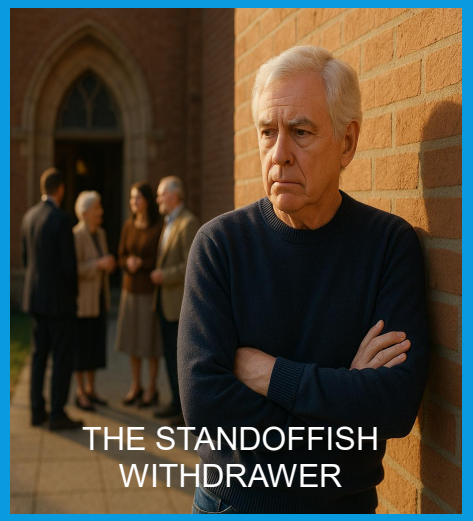


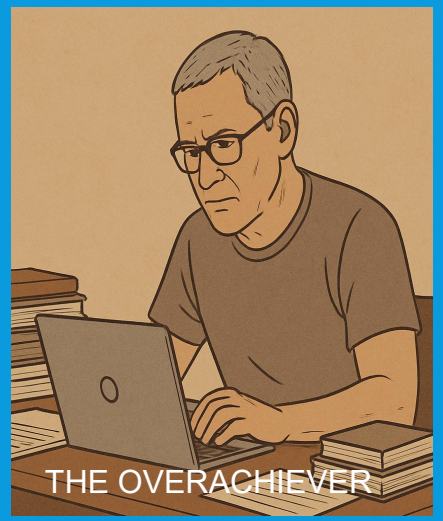
PROTECTORS













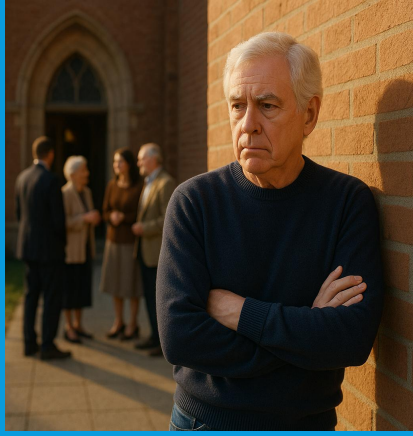
ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Shame boy																															
Marble boy																															
Lone warrior																															
Fixer																															
Road runner																															
Lost teenager																															
Intelectualizer																															
cafeteria boy																															
Cemetery boy																															
ooverachiever																															

Notes: standoffish
withdrawer

FIND, FOCUS, AND FLESH OUT



Follow these steps to connect with one of your parts. Write down anything you learn.

Find

- Go inside and see if any thoughts, emotions, or sensations come to your attention.
- Take these sensations as coming directly from the part that wants your attention in this moment.

This will be your target part.

Write down any thoughts, emotions, or sensations from the part that came to your attention:

The standoffish withdrawer: it feels a bit like cafeteria boy, difference was then it was involuntary now it's voluntary.it sees others as being more whole so there is envy but then it sees them as being pretenders and fake. They are the beautiful people only messy people are real. It is afraid of their judgement but says it doesn't care about or want their approval.

Focus

- Focus on the part that you just found by giving it your attention.
- Spend time with the part and let the part reveal itself to you in whatever way it chooses.

Write down anything that the part shows you:

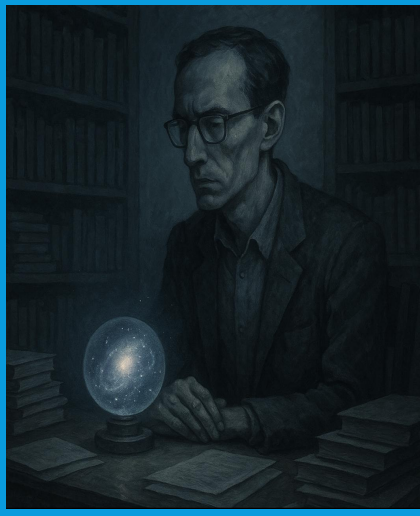
It's proud, it doesn't want pity, it has come to enjoy solitude, it doesn't want to engage in social games but want real connection.

Flesh Out

Now flesh out the part by asking your Self these questions:

- Where does this part show up in or around the body?
- What sensations or emotions do you feel, if any? Are there any images that come up?

FIND, FOCUS, AND FLESH OUT



Follow these steps to connect with one of your parts. Write down anything you learn.

Find

- Go inside and see if any thoughts, emotions, or sensations come to your attention.
- Take these sensations as coming directly from the part that wants your attention in this moment.

This will be your target part.

Write down any thoughts, emotions, or sensations from the part that came to your attention:

I'm intrigued by my intellectualizer part. I think it's burdened by very powerful cultural issues. After childhood, our culture causes us to become increasingly disconnected from ourselves, others, the world, our activities and the mystery of the world. I think that my own story made that cultural disconnection even more powerful. My intellectualizer is very left brained. Of all my parts it's the one which is almost always present. Its activation state is dissociation. I am committed to work with this to return to a more right brained, Self perspective.

Focus

- Focus on the part that you just found by giving it your attention.
- Spend time with the part and let the part reveal itself to you in whatever way it chooses. Write down anything that the part shows you:

I'm very grateful for the intellectualizer. It's a little obsessive, it's curious, it's a very hard worker, it has been extraordinarily helpful, but it's disembodied, it lives in the head. I think it would welcome being more embodied, venturing beyond the head into the body and the world. It's curious for experiences not just facts.

Flesh Out

Now flesh out the part by asking your Self these questions:

- Where does this part show up in or around the body?
- What sensations or emotions do you feel, if any? Are there any images that come up?

It’s in my head. The sensation is of being cut off, isolated, alone. The emotions are some boredom, sadness, longing, disconnection.

FIND, FOCUS, AND FLESH OUT P.36



KATE

Stu: Good trailheads for focusing and fleshing out your parts are the targets from your holes diary card. Prior to doing this IFS work were you tracking some targets using a holes diary card?

Kate: yes, I'll show you.

KATE'S INTERMEDIATE HOLES DIARY CARDS TARGETS

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Sad, fearful																															
abandoned																															
Anxious, angry																															
depressed																															
Overly compliant																															
Self-critical																															

Notes:



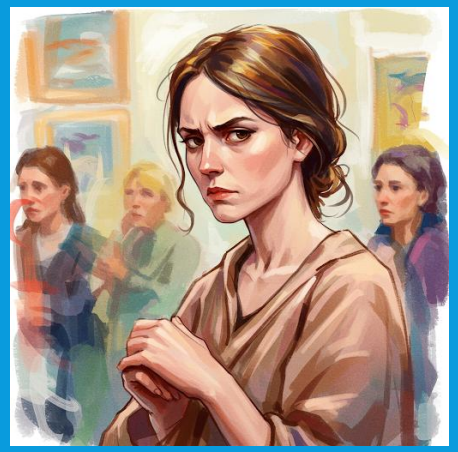
WOUNDED CHILD
Sad, fearful
abandoned



FERAL TEEN
Anxious, angry
depressed, irritated



PEOPLE PLEASER
Says ‘yes’, giving



INNER CRITIC
Negative feedback

- Kate: I have been fleshing out my parts for awhile now and have come up with quite a list. The ones that pop up frequently are:
- The Wounded Child – this is an exile that is very sad, abandoned, fearful
- The Feral Teen – this is an exile that lashes out in self-defense, feels anxiety and depression
- The People Pleaser – this is a manager that tries to win favor with others by complying with their wishes, and keeping them happy
- The Inner Critic – critical of my thoughts, feelings and behaviours
- As I discover more parts, I add them to my IFS map
- Using thoughts / feelings / behaviours as a trailhead for a part has been very helpful for me.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

FIND, FOCUS, AND FLESH OUT P.36



NOW YOU

FIND, FOCUS, AND FLESH OUT P.36

- This exercise helps you connect with your parts using six steps called the 6 Fs: Find, Focus, Flesh Out, Feel Toward, Befriend, and Fear. You will practice the first three in this exercise and the other three in the exercises to follow.

- Take your time going through these steps. Oftentimes, parts will emerge spontaneously as you turn your attention inward. These steps may feel unusual at first. Don’t worry. Use emotions and internal feelings and sensations as your clues. They will guide you to your target part(s).

- You will have the opportunity to practice using these steps throughout the workbook. You may need to return to this exercise whenever you want to connect with a part. Eventually, these steps will become second nature, much like a spiritual practice.
- Follow the steps to connect with one of your parts. Write down anything you learn in the blanks.

FIND, FOCUS, AND FLESH OUT

Follow these steps to connect with one of your parts. Write down anything you learn.

Find

- Go inside and see if any thoughts, emotions, or sensations come to your attention.
- Take these sensations as coming directly from the part that wants your attention in this moment.
- This will be your target part.
- Write down any thoughts, emotions, or sensations from the part that came to your attention:

Focus

- Focus on the part that you just found by giving it your attention.
- Spend time with the part and let the part reveal itself to you in whatever way it chooses.
- Write down anything that the part shows you:

Flesh Out

Now flesh out the part by asking your Self these questions:

- Where does this part show up in or around the body?
- What sensations or emotions do you feel, if any? Are there any images that come up?

EXAMPLE…

FIND

- I sometimes feel irritated and like I need to push people away from me

FOCUS

- This part is a wounded animal. It lashes out to defend itself. It doesn't want to hurt anyone, it's for survival. There is irritability and a need for space. So much pain. Don't touch it. Keep away. This is
  Feral Teen.

FLESH OUT

- This part shows up in my arms and mouth – tension in jaw and hands. I get an image of a wounded arm with no fur in one patch.

SECTION 7 FEEL TOWARD

After you identify your target part, it's time to see how you feel toward the part. The purpose of parts work is to bring your parts into relationship with your Self so they can be healed. This step is a crucial one because it lets you know if you are accessing Self or have other parts that are getting in the way. If you're feeling anything other than the 8 Cs (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage), that is a good indicator that another part is present.

You can ask parts to step back so you can get to know the target part. If they relax and step back, thank them. If they don't, ask them why not. If your parts are not able to step back, you can return to this exercise when they may feel more ready. Don't push your parts. They will let you know when they're ready. These exercises help parts build trust in your Self. Just as in other relationships, trust takes time.

For the purpose of this exercise, identify your target part. It could be the same part as the last exercise or a new one that reveals itself. After you've focused and fleshed it out, follow the prompts below and write your answers in the space provided.

FEEL TOWARD

How are you feeling toward this part as you get to know it?

Is your heart open or closed to this part?

FEEL TOWARDS P.38



Luis

I used the intellectualizer in this exercise

FEEL TOWARD

How are you feeling toward this part as you get to know it?

Luis: Very grateful, sad for it, I want to know it’s loved.

Is your heart open or closed to this part?

Luis: Very open

FEEL TOWARDS P.38



KATE

FEEL TOWARD

Stu: Can we look at how you feel towards some of the parts you've identified?

Kate: Sure, I think a lot about the feral teen. I feel compassion towards her. I empathize with and understand her. I am sorry that she has been misunderstood for so long.

Stu: Is sounds like you've opened your heart to the feral teen?

Kate: Very much so.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

FEEL TOWARDS P.38



NOW YOU

FEEL TOWARD

How are you feeling toward this part as you get to know it?

Is your heart open or closed to this part?

SECTION 8 CHECK FOR SELF-ENERGY P.39

- If you notice the presence of the 8 Cs (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) you can continue with the last two steps.
- If you feel anything other than the 8 Cs, it's likely another part showing up. Ask this part if it can step back while you connect with the target part.
- If it steps back, thank it and go back to the "Feel Toward" step above. If it doesn't step back, ask it why not. Come back to this exercise when your parts feel ready. Write anything you've learned here:

- One way to build trust with parts is to reassure them that you want to get to know them. When you ask a part to step back, you can let them know you will connect with them later. When you finish the steps with the target part, you can go through the steps again with any other part that comes up. Be careful not to overpromise anything to your parts. If you tell them you'll check in later, make sure to follow through. This will help you build their trust.

BEFRIENDING AND FEAR P.41

- To help your parts, you need to be in relationship with them. When you know your Self-energy is present, you can go on to befriending your part. In this exercise, you'll be locating a new part and letting it know how you feel so they can relax and open up to you.

BEFRIEND

- Extend compassion, kindness, and comforting words to the part to create a connection between yourself and the part.
- Notice how the part response.
- As a part feels comfortable with you, it will begin to tell you about itself.
- What role does the part play for you? How are they trying to protect or help you?
- Does it like its role?
- What did your part tell you?

FEAR

- Sometimes parts are afraid to stop their roles, or they don't trust you. Ask your part what would happen if they stopped, or why they don't trust.
- Thank your part for being open with you. Make a plan to check back in with the part at a later date.
- Write down anything you learned

BEFRIENDING AND FEAR P.41



Luis

BEFRIEND

- Extend compassion, kindness, and comforting words to the part to create a connection between yourself and the part.
- Notice how the part response.
- As a part feels comfortable with you, it will begin to tell you about itself.
- What role does the part play for you? How are they trying to protect or help you?
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- What did your part tell you?

FEAR

- Sometimes parts are afraid to stop their roles, or they don't trust you. Ask your part what would happen if they stopped, or why they don't trust.
- Thank your part for being open with you. Make a plan to check back in with the part at a later date.
- Write down anything you learned.

- Luis: The fear of the intellectualizer is that without it I would be adrift and my other parts would be much more activated. I wonder if the intellectualizer is also a disciplinarian or if that quality goes with another part.

BEFRIENDING AND FEAR P.41



KATE

BEFRIEND

- Extend compassion, kindness, and comforting words to the part to create a connection between yourself and the part.
- Notice how the part responds.
- As a part feels comfortable with you, it will begin to tell you about itself.
- What role does the part play for you? How are they trying to protect or help you?
- Does it like its role?
- What did your part tell you?

FEAR

- Stu: Sometimes parts are afraid to stop playing their roles, or they don't trust you. Shall we try asking one of your parts what it’s afraid would happen if they stopped doing what they usually do, and also why they don't trust you?

- Kate: The Avoidant Manager is tired of the amount of energy required to keep feelings locked down. There is a deep well of pain. There is fear that if the gates are opened, the pain will never stop.

- Stu: It may be helpful to thank your avoidant manager for being open with you. It’s also a good idea to plan to check back in with it at a later date.
- Kate: (pauses and focuses inward for a few moments) I did and it was grateful.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

BEFRIENDING AND FEAR P.41



NOW YOU

BEFRIENDING AND FEAR P.41

- To help your parts, you need to be in relationship with them. When you know your Self-energy is present, you can go on to befriending your part. In this exercise, you'll be locating a new part and letting it know how you feel so they can relax and open up to you.

BEFRIEND

- Extend compassion, kindness, and comforting words to the part to create a connection between yourself and the part.
- Notice how the part response.
- As a part feels comfortable with you, it will begin to tell you about itself.
- What role does the part play for you? How are they trying to protect or help you?
- Does it like its role?
- What did your part tell you?

FEAR

- Sometimes parts are afraid to stop their roles, or they don't trust you. Ask your part what would happen if they stopped, or why they don't trust.
- Thank your part for being open with you. Make a plan to check back in with the part at a later date.
- Write down anything you learned

THE PATH: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

This meditation will help you differentiate yourself from your parts by using a path as a metaphor to locate parts of yourself. Accessing Self is a continual process required by parts work and essential for you healing your parts, but it takes practice.



SECTION 9 A PART OF ME FEELS... (COMPLETE ON YOUR OWN)

- When using the IFS model, it is helpful to use "parts language" to communicate what was going on inside your system. Instead of stuffing emotions or letting emotions take over your inner system, you can speak for the part that is feeling the emotion the most intensely. You can say “a part of me feels angry at what you just said" or "I have a part that is sad you weren't there for me". This may seem unusual at first, but speaking about our parts in such a way trains us to distinguish our Self from our various parts every day as we practice.
- In this exercise you will learn to use "parts language" to communicate the emotions your parts are feeling and what is going on inside you.

- Read the situations and complete the statement using parts language.

- Example: the house is a mess and you are feeling like a failure.

- A part of me feels like a failure because the house is a mess.

- Situation 1: you have deadlines approaching and you are feeling anxiety.

- A part of me feels

- Situation 2: you have an internal conflict because you feel like someone is taking advantage of you.

- A part of me feels

Situation 3: you're being asked to work overtime again and you're exhausted.

A part of me feels

Name three situations in the last week when you had a strong reaction to something and write a response using parts language

Situation 1:

A part of me feels

Situation 2:

A part of me feels

Situation 3:

A part of me feels

The next three sections of the workbook "speaking for, not speaking from: part 1", “speaking for, not speaking from part 2”, and "real-world scenarios" are exercises that much like "a part of me feels…" will help you change the way you think about yourself by framing your thoughts and feelings in "parts language“. Please complete these exercises in the workbook before going on to “mapping your parts”

MAPPING YOUR PARTS

It’s time to explore further and identify some of the other parts that are in your internal system. At first you may have a hard time distinguishing parts because this is a new way of thinking about yourself. The more you practice IFS, the more you'll be able to identify different parts. knowing your parts gives you greater self-awareness and allows you to heal parts that may be carrying hurts and burdens. Before you can heal parts, you need to identify them.

A good way to identify parts is by daily tracking of your activation. Doing a holes diary card is a great way to track your activation. As you review your periods of activation it may be clear that they belong to one or more parts that you are already familiar with. If you cannot easily determine that the activation belongs to a familiar part or parts then perhaps the activation may be a trailhead leading to one or more parts you are not yet familiar with. You can use the AI procedure previously described to explore the trailheads and find your unfamiliar parts.

MAPPING YOUR PARTS P.57



Luis

Please see FIND, FOCUS, AND FLESH OUT P.36 (slide 79) where using trailheads and AI I mapped out some of my parts. Please note that I've identified many other parts not included here in my Self discovery work

MAPPING YOUR PARTS P.57



KATE

Stu: I know you've been working on finding your parts for a while now. Are you willing to share with us some of that work?
Kate: Absolutely, I can show you some you some of the parts I've found in myself.
Stu: We'd really appreciate that.

Kate: One day I noticed that I was feeling especially critical of my behaviour. I was beating myself up about sounding like an idiot when I met with Dr. Cleto. I decided that this was dysregulated because I hadn't really done anything wrong, and I wasn't able to just let it go. So, I rated it a 7/10 on my holes diary card under "self-critical."

This then became a trailhead for me to discover which of my parts was activated.

The Inner Critic part is fairly common and in my case it gives negative feedback about my thoughts, feelings, and behaviours. I recognize that this feedback is an echo of what my parents have said to me in the past. My Inner Critic is a manager. It tries to prevent me from speaking or behaving in a way that will get me ridiculed or disciplined. It takes proactive measures to keep me from messing up.

Shortly after that, I noticed that I agreed to clean my aunt's house even though I didn't want to. I didn't have the time or the desire. I decided that this was a dysregulated response because whenever I am around my aunt, my brain is saying NO, but my mouth says YES. I rated this interaction an 8/10 on my holes diary card under "overly compliant."

I used this as a trailhead to discover another part.

In certain situations, my People Pleaser part becomes activated. This part disregards my true feelings and agrees to anything. It wants to give to others so that they like me and won't cast me out of the group.

Some of the Parts I've Discovered include:

- The Wounded Child Exile – my mother is a very sadistic person. She enjoyed causing me pain and suffering. I grew up feeling like it was a life and death situation in our household. My father did not protect me and is abusive in his own right. This caused me to be a sad and fearful child. I also felt abandoned by my father.
- The Feral Teen Exile – my mother's abuse increased and became sexual when I was 11-14 years old. I would feel like I was fighting for my life when she attacked me. This has caused me to be anxious, angry, depressed and irritable.
- Inner Critic Manager – I can be very hard on myself. It's usually about the way that I look, or criticism of the way that I've spoken / behaved in front of others. This part helps me by being proactively critical so that I don't make mistakes. It has arisen from criticism I've received in the past from my parents.
- The Perfectionist Manager – By being perfect and avoiding mistakes, this part keeps me protected from external criticism. My parents had high standards for behaviour and demanded success.
- People Pleaser Manager – This part keeps me appealing to others so that I am not cast out of the tribe. This came about because my parents are narcissistic and demanded that their needs be met. It was for my own survival that I was able to anticipate other people's needs and to put their feelings above my own.
- The Hypervigilant Manager – This part helps me to identify possible dangers and pitfalls so that I am not caught off guard or get myself into trouble. My home life was chaotic and full of unwanted surprises.
- The Avoidant Manager – This part keeps me at an emotional distance from others to avoid being hurt.

- The Damsel Manager – This part feels that a Prince Charming is needed to rescue me from my situation. It feels helpless, incompetent and fragile. I blame Disney for this part. hehe
- The Binge Eater Firefighter – This part wants to consume all the chocolate. All salty, fatty, sugary treats. There is no concern for my health or physical condition. I often regret it as soon as I've indulged. This part comes to protect me from feeling strong emotions.
- The Wild Child Firefighter – This part comes in when I'm dealing with a lot of stress. It can also appear when things are going well. I have an addiction to chaos and drama, even though I don't like it. This part is attracted to abusive people, wants to get in the car and drive for days nonstop, wants to get in fights with people, wants more tattoos and piercings, etc.
- The System Shutdown Firefighter – This part comes in to deal with excessive stress and stimulation. It prevents me from getting out of bed. I am unable to function with this part in control.
- The Knowledge of Evil Inherited Part – this is a hereditary part that has been passed down to me through my mother's line. I have knowledge of how to crush someone's spirit. It's knowledge that I am aware of and I make conscious choices everyday to ignore the influence.

- I prompted AI to generate images of these parts for me. Do you want to see them?

- Stu: I'd love to

AI GENERATED IMAGES



WISE MIND



WOUNDED CHILD EXILE

AI GENERATED IMAGES



FERAL TEEN EXILE



INNER CRITIC MANAGER

AI GENERATED IMAGES



PERFECTIONIST MANAGER



PEOPLE PLEASER MANAGER

AI GENERATED IMAGES



HYPERVIGILANT MANAGER



AVOIDANT MANAGER

AI GENERATED IMAGES



DAMSEL MANAGER



BINGE EATER FIREFIGHTER

AI GENERATED IMAGES



WILD CHILD FIREFIGHTER



SYSTEM SHUTDOWN FIREFIGHTER

AI GENERATED IMAGES



KNOWLEDGE OF EVIL

Stu: As we said before, parts are advanced holes diary card targets. When you found these parts did you integrate them into your holes diary card?
Kate: I did, let me show you my current Holes diary card with parts as targets.

ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Wounded Child																															
Feral Teen																															
Inner Critic																															
Perfectionist																															
People Pleaser																															
Hypervigilant																															
Avoidant																															
Damsel																															
Binge Eater																															
Wild Child																															
System Shutdown																															

Notes:

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

MAPPING YOUR PARTS P.57



NOW YOU

MAPPING YOUR PARTS

It’s time to explore further and identify some of the other parts that are in your internal system. At first you may have a hard time distinguishing parts because this is a new way of thinking about yourself. The more you practice IFS, the more you'll be able to identify different parts. knowing your parts gives you greater self-awareness and allows you to heal parts that may be carrying hurts and burdens. Before you can heal parts, you need to identify them.

A good way to identify parts is by daily tracking of your activation. Doing a holes diary card is a great way to track your activation. As you review your periods of activation it may be clear that they belong to one or more parts that you are already familiar with. If you cannot easily determine that the activation belongs to a familiar part or parts then perhaps the activation may be a trailhead leading to one or more parts you are not yet familiar with. You can use the AI procedure previously described to explore the trailheads and find your unfamiliar parts.

NOW ANNA

INTENTION AND SELF-ASSESSMENT



NOW ANNA

SETTING YOUR INTENTION

- Luis: Anna did you set an intention for your IFS work?
- Anna: I did, I would like my IFS journey to be one of ongoing learning, I want to understand old patterns and develop new healthier ones
- Luis: and did you get a chance to complete your self-assessment?
- Anna: I did

YOUR IFS SELF-ASSESSMENT

- ○ I often feel overwhelmed by my emotions
- ○ I have trouble accessing my emotions
- ○ I have difficulty communicating my emotions to loved ones
- ✗ I often work to the point of burnout
- ○ I have trouble setting healthy boundaries with others
- ○ I feel a lot of rage inside
- ○ It's hard for me to speak up

- ✗ I sometimes don't know why I make certain choices
- ○ I often regret things I've said to others or actions I've taken
- ○ I fear embarrassing myself in public
- ○ I wish I could control my anger
- ✗ Sometimes I spiral into depression
- ○ Sometimes I get panic attacks
- ✗ I think I might have PTSD
- ✗ I have childhood wounds that still need healing
- ✗ I have unresolved conflict in some of my relationships
- ○ I am easily triggered by things people say
- ○ I wish I could silence my inner critic
- ○ I say "yes" when I really want to say "no"

- ✗ Sometimes I feel like there are parts of me in conflict with each other
- ✗ I would like more harmony and peace inside
- ○ I have a lot of negative self-talk
- ○ I struggle to have compassion for people I disagree with
- ✗ I'm hard on myself when I make mistakes
- ✗ I have bouts of anxiety
- ○ I would like to be more courageous
- ✗ I want to have more curiosity with people I don't understand
- ○ I avoid conflict
- ○ I wish I wasn't so passive
- ✗ I feel burdened by all the unrest in the world
- ✗ I would like to learn more about how my family and culture(s) impacts me today
- ✗ I have behaviors or habits I would like to change
- ✗ I desire to be a more confident leader

GETTING TO KNOW YOUR SELF & PARTS P.17

An Invitation to Go Within

- There are many ways to tell your Self from your parts. In this section you will get to practice some common ways to distinguish the two.
- To get to know your Self and parts, you will need to become familiar with going inside yourself. You can follow the guide here to practice going inside:

- Find an inviting space or a comfy chair.
- Close your eyes to remove any distractions.
- Take a few deep breaths.
- Notice what comes up inside you. Are there certain thoughts, emotions, sensations, or parts that show up? Are there nervous parts? Impatient parts? Agitated or indifferent parts? Skeptical or hopeless parts? Let them know they are all welcome.
- Focus on each part one by one to see which parts may be present in your internal system.
- Move to curiosity. Stay open to any part or feeling that shows up.
- When you're ready, come back to the outer world and open your eyes. → Take five minutes to try these prompts for going inside. When you're done, answer the following questions

- Luis: How did you feel doing the “getting to know yourself” exercise?
- Anna: I felt both comfortable and uncomfortable.
- Luis: And as you were doing the exercise were there any thoughts, feelings, behavioral urges or sensations that came up for you?
- Anna: Relief about a situation and agitation about another situation.

DISCOVERING YOUR SELF P. 21

- Take some time to reflect on attributes of your Self that have been a constant throughout your life. These are the qualities you would associate with your truest, most authentic Self.
- This could be some of what we call the 8 Cs: Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage or other attributes like honesty, trustworthiness, playfulness, or kindness. See what feels authentic to you.

DISCOVERING YOUR SELF

- Luis: As you did the “discovering yourself” exercise could you feel any attributes that you think were Self?
- Anna: yes, and I put them in the circle

Curiosity
Connectedness
Creativity
Compassion
Adaptable
Perseverant
Adventurous
Fun

- Luis: Anna was there a moment recently when you think you felt the Self present? A moment when you were feeling one or more of the 8 Cs of Self (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage)?
- Anna: Yes, I recently unexpectedly met friend at an event, she was with her husband with whom I had a falling out. I wanted to go hug her but realized that would have repercussions so I stayed away.

- Luis: What did it feel like at that moment to be connected to your Self?
- Anna: I felt calm, clarity, but also disappointment, and jealousy.

- Luis: What do you feel now as you reflect on that moment?
- Anna: conflicted

- Luis: That episode; meeting your friend at an event, seeing her husband, not greeting her, and feeling conflicted sounds like a great place to start some IFS work. To follow some trailheads and see if they lead to some parts. How would you feel about doing that?
- Anna: Let's do it.

THE DIFFERENCE BETWEEN SELF AND PARTS P.25



ANNA

EXPLANATION FOR WHAT FOLLOWS

- JOAN/NICOLE: When the co-leaders initially planned weeks 24-29, the plan was clear: walk through the IFS Workbook section by section, follow its prompts, and give you concrete examples to inspire your work. Anna volunteered to do the first practice with us, when she met with me (L. Cleto) on April 1st, for 3 hours, to prepare, that's exactly what we tried to do.
- For the first part of our preparation, we tried to follow the workbook faithfully. It asks you to identify a recent situation that stirred up strong emotions, and Anna offered one. What happened next is something you'll recognize as soon as you start doing this work yourselves: the material had its own agenda. The situation Anna described was rich, alive, and clearly connected to something important. It was, in IFS terms, a trailhead, a present-moment emotional activation that, if you follow it, leads somewhere deeper.
- At that point we had a choice. We could stay on the path the workbook laid out, dutifully answer each prompt, demonstrate good workbook compliance, and give you a tidy, structured example. Or we could do what IFS actually invites us to do, which is follow the trailhead, even if it means leaving the workbook map behind.
- You could say, with some irony given what you're about to hear, that different parts of us wanted to do different things. A rational manager in us wanted to stay organized and honor the structure we'd promised you. Something more adventurous, maybe Self, wanted to go where the work was actually wanting to take us.

- We went with the adventurous choice. We followed the trailhead.
- What that means for you today is that what Anna and I are about to show you isn't a perfect walkthrough of the workbook exercises. It's something more in keeping with the spirit of IFS than the letter of the workbook. It's what IFS work actually looks like when it comes alive. You'll see how a psychotherapist tries to stay in Self, curious rather than directive, how a single situation can open into a whole landscape of parts, and how gently the IFS holds even very painful material.
- The workbook is still your guide for the "Now You" work this week. But what we hope to show you in this next segment is the spirit that should animate IFS work, the willingness to follow what's actually there, rather than what you expected to find.

- The following is a “dramatized” reconstruction of the session Luis and Anna held on April 1st. The actual session was not recorded so this is not a verbatim reproduction of the session. We do think however that it captures its spirit. It is written as a guide for Anna and Luis’s live practice before the group, and as a demonstration of how an IFS-informed session might unfold.

RECONSTRUCTED SESSION TRANSCRIPT

Luis: So, the workbook is asking us to start with a recent situation, something that brought up some feeling for you. Not necessarily a crisis. Just something that left a little residue. Anything come to mind for you?

Anna: There's something from this week, actually. I was out somewhere — a public place — and I ran into a close friend of mine. Someone I've known for years. And my first instinct was just to go up and hug her. That's what you do, right?

Luis: Mm-hmm.

Anna: But I didn't. I held back. I didn't even acknowledge her. And I've been carrying that ever since.

Luis: Say a little more about why you held back.

Anna: It's complicated. She and her husband were very much part of my life — mine and my ex's, our whole family. And there was an unspoken falling out between me and her husband. So now, she and I still see each other, we still talk, we're still close, but we have to keep it hidden from him. If he knew, it could cause real problems for their marriage.

Luis: So, you were protecting her.

Anna: I was. And I know that. My head completely understands why I did what I did.

Luis: And yet... there's still something there. Something that hasn't settled.

Anna: Yeah. I felt sad and a little angry, maybe. And something else I'm not sure I want to name.

Luis: Let's not rush past those feelings. Let's see if we can get a little curious about what was happening inside you in that moment. The part that wanted to go hug her — can you feel that one?

Anna: Yes. Easily.

Luis: And the part that held back and said "no, don't, it'll cause problems" — that one too?

Anna: That's there too. Very clearly.

Luis: Good. So right away we've got at least two. In IFS we'd probably call that second one a manager — a part that assessed the situation, did the calculation, and made a protective decision. It was looking out for your friend, maybe for you too. It's not a bad part. It was doing its job.

Anna: That feels right.

Luis: And the part that's sad — the one that wanted the hug and didn't get to give it — what does that one feel like? Where do you notice it?

Anna: (pause) In my chest. It's a kind of... hollow feeling.

Luis: Stay with that for a moment. And I want to ask you something, and there's no right answer — does that hollow feeling feel familiar? Like, is this the first time this part has felt this way, or does it have some history?

Anna: (longer pause) It has history.

Luis: I wondered if it might. Do you want to follow that and see where it takes us?

Anna: I think so.

Luis: Okay. So, tell me — when you think about where that feeling might come from, what comes up?

Anna: I had a very good childhood. Loving parents, secure, good memories...

Luis: I hear that. And I also notice that you said "I had a very good childhood" very quickly. Sometimes when we say something quickly like that it means it's true — and sometimes it means a part of us is being careful. I'm not suggesting anything. I'm just curious.

Anna: (smiles, then pauses) There's more to it.

Luis: Take your time.

Anna: My parents divorced when I was ten. And around the same time, my mother had a major mental health crisis. She was hospitalized. And after that — for a long time — she was there, more or less physically, but she wasn't really... there emotionally. She was checked out.

Luis: I think you had siblings. How old were they?

Anna: Younger. My parents adopted 2 daughters when I was 6 years old, so we all got to experience the “good years”. Both of them younger than me. They comforted each other.

Luis: So, at ten years old, you became...

Anna: I became the one who took care of things. Of my sisters and my mother.

Luis: You became the little parent.

Anna: (quietly) Yes.

Luis: That's a lot for a ten-year-old to carry. In IFS we'd call what happened to that 10-year-old child a burden. And when a child carries something that heavy — something that isn't theirs to carry — a part of her often gets locked away. Exiled. Not because she's bad, but because the pain is too much to have present all the time.

Anna: A part of me that got... abandoned?

Luis: Abandoned by the people who were supposed to be there. And then had to become the one who was there for everyone else instead.

Anna: (nods slowly)

Luis: And here's what's interesting. When you became the caregiver — when ten-year-old Anna started taking care of her siblings and her mom — what did that look like? What kind of person did she become?

Anna: I was always sunny. Easy-going. You just... you keep things light. You smiled. You make it okay.

Luis: Does that still describe you today?

Anna: People say that about me, yes.

Luis: How do you feel about that description?

Anna: I love it. It's who I am. It's something I'm proud of.

Luis: I want to be careful here, because what I'm about to say could feel like it's taking something from you, and that's not my intention. But I want to offer a distinction, and you can tell me if it resonates for you.

Anna: Okay.

Luis: There's a real Anna who is genuinely easy-going. That's a true part of you — probably has something to do with your temperament, who you actually are from the time you were born. And that inborn part of you may have become burdened by the pain of the abandonment and may have become a way of managing — of keeping the peace, of making sure no one gets upset, of holding everything together. The real genuine easy going sunny you may be sitting and keeping in check a lot of pain carried by an abandoned child you.

Anna: *(*pause, and then quietly*)* And that part pays a price.

Luis: Yes. It pays a price, it carries something, it’s doing a job. It is very good at it, and you love it but that part is not free.

Anna: That makes sense. I don't feel that explanation takes anything away. It actually... clarifies something.

Luis: Good. Because understanding this doesn't mean you’re not sunny and easy going, it means there a bigger picture. (brief pause)

Luis: Can I ask you something else that came up for me?

Anna: Yes.

Luis: You mentioned your mother had a very difficult past herself — before you were born, before your childhood.

Anna: She did. She went through some really hard things.

Luis: IFS has this idea of legacy burdens — pain that gets passed down not through words or stories, but through the body, through the emotional field between parent and child. A child doesn't need to know their parent's history to absorb something of it. Does any of that feel like it might apply?

Anna: (thinking) Yes. I've felt things I couldn't explain. Things that didn't feel entirely mine.

Luis: We don't need to go all the way into that today. But it's worth noting.

(pause)

Luis: I want to come back to where we started — your friend. You felt sad. You felt something you weren't sure you wanted to name. What was that other thing?

Anna: (hesitates) Jealous. Of her husband. That she chose him. Especially after years of speaking and planning with her how she was going to leave him… to take back her life.

Luis: That makes complete sense. That's not a shameful part. That's a part of you that loves your friend and feels the loss of not being able to be close with her freely.

Anna: My manager doesn't like that part.

Luis: Of course not. Managers rarely like the parts that feel messy. But from Self — from that calm, clear place — that jealous part is completely understandable. It's actually a sign of how much you care.

Anna: *(*quietly) I hadn't thought of it that way.

Luis: Before we close, I want to ask you something and I don't want you to answer quickly. Just sit with it.

Anna: Okay.

Luis: Would you say you have trust issues?

Anna: (quickly) No. I trust people easily. I always have.

Luis: That's what I expected you to say. And here's what I'd offer — trusting easily isn't the same as having an intact trust meter. Sometimes what looks like easy trust is actually a broken calibration. We trust when we shouldn't, and then can't trust when we should. The exile who was abandoned learned: attach anyway. Hope anyway. And the manager learned: keep it light, keep the peace, make it work.

Anna: (long pause) That's... yes. That's something I need to think about.

Luis: You don't have to figure it out right now. That's what this work is for — not to solve it in a session, but to start to see it. The parts are there. The Self that can help them heal is also there. We're just making the introductions. I want to go back to something you said earlier — you said you felt like you married your mother. Can you say more about what you mean by that?

Anna: It's something I've thought about for a long time. When I met my husband, he seemed... wonderful. Stable. Safe. We had a genuinely good relationship. And then when I was pregnant with my first child, something shifted. He became cruel; verbally and emotionally abusive. And I wasn't able to leave for years as a stay-at-home parent with no income but also kept trying to work a team to stop him from being cruel.
Luis: How many years?
Anna: Many. And by the time I did, I'd lost almost everything. I ended up in a women's shelter, a transitional home

Luis: That's a profound loss. And a profound amount of endurance — staying through that. I want to understand the "marrying your mother" piece though. Because on the surface, a verbally abusive husband doesn't obviously resemble a mother who had a mental health crisis. What's the connection you feel?

Anna: I think it's that both relationships started out feeling secure. Really genuinely good. And then something cracked open and the person I thought was there... wasn't. Or couldn't be.

Luis: The floor gave way.

Anna: Yes. Exactly.

Luis: And that's a very important pattern to notice. Because in IFS terms, and also in how we understand attachment, we are not primarily drawn toward what is good for us. We are drawn toward what is familiar. That's not a character flaw. It's how the nervous system works. The exile who was abandoned at ten — who lost her mother not to death but to absence, to dissociation — that part knows this particular kind of pain very well. And in a strange way, she knows how to live inside it. It's the unfamiliar territory.

Anna: That's uncomfortable to hear.

Luis: I know. And it's not about blame. The ten-year-old who learned to be a caregiver, who kept smiling and holding things together while her mother was unreachable — she also kept loving her mother. She didn't stop attaching. She attached harder, because that's what you do when someone is inconsistently available. You work harder to reach them.

Anna: (quietly) I did that with him too.

Luis: Of course you did. Because the pattern was written early, and it was written in the body, not in the mind. Your mind could have known better — probably did know better, at some level. But the exile doesn't operate from the mind. She operates from something older than that.

Anna: Repetition compulsion.

Luis: Yes. That's the clinical term, and it fits. We repeat not because we want the pain, but because some part of us is still trying to resolve it. Still trying to get the ending right this time. Still hoping that if I love well enough, if I caregive skillfully enough, if I hold on long enough — this time the person will stay.

Anna: (pause) And they don't.

Luis: Not when the same wound is operating on both sides of the relationship. You mentioned your mother had a very difficult history of her own. And I suspect your husband did too — that he may have presented as secure and intact, but underneath there were significant difficulties he either couldn't see or couldn't face.

Anna: That's exactly right. On the surface he seemed fine. Better than fine. And then after I because pregnant, it was like someone else was suddenly living in that body. The abuse seemed to go away after our new routine settled in (baby sleeping thought the night) so I thought it was just a mid-life crisis or temporary identity crisis that healed. Then after our second child was born, the cruelty resurfaced and he became jealous of our son, saying things like “our son stole all my love”.

Luis: The birth of a child, is one of the things that can break open what someone has been keeping sealed. The stress, the sleeplessness, the loss of control. For someone carrying buried pain, it can be too much to contain any longer.

Anna: So I keep choosing people who looked like my mother.

Luis: Who looked like the early version of your mother — the one who was warm and present and loving. And who then, under certain pressures, became unreachable in the same fundamental way. Your system recognized the warmth. It didn't see — couldn't see — what was underneath. That's not naivety. That's the exile leading.

Anna: And my friend?

Luis: Your friend is a gentler version of the same theme. The relationship feels secure, it is largely secure, and then a third force — her husband, her marriage — makes her suddenly unavailable in a way she didn't choose, and you can't fix. The exile recognizes that feeling.

Anna: (nods) I didn't connect those three things until right now.

Luis: That's the work. The mind knows these as three separate stories. The parts know them as one.

THE PARTS WE MET: A SUMMARY

One of the most important habits in IFS is keeping track of the parts we're discovering. Parts don't disappear after a session. They go back to doing what they do — and the more familiar you become with yours, the sooner you'll recognize when they've stepped forward and you've become blended with them. Here is who we encountered in Anna's system today.

The Exile: The Abandoned Child

The central figure in today's work. A young part — probably around age ten — who experienced a particular kind of abandonment: not a sudden loss, but a slow disappearance. Her mother was physically present but emotionally gone. In the absence of anyone to take care of her, this child part took on the job of caring for everyone else, and buried her own need to be held, reached, received.

This exile carries the pain of abandonment. She surfaces in relationships that begin with felt security and then become unavailable — and she has encountered that pattern with her mother, her husband, and now with her friend. When Anna feels that hollow place in her chest, that is very likely this part speaking.

What to notice: Disproportionate sadness or grief when someone becomes less available. The impulse to reach harder, give more, make it okay — rather than stepping back. A familiar ache that feels older than the situation that triggered it.

The Manager: The Rational Assessor

This is the part that, when Anna saw her friend across the room, quietly did the calculation: if you go to her, it causes problems for her marriage, so don't. Clear, protective, swift. This manager is not cold — it cares deeply about Anna and about the people Anna loves. But it operates from the head rather than the heart, and it keeps the exile's feelings from disrupting things.

What to notice: The experience of understanding something completely while still feeling it deeply. The sense of overriding an impulse because it isn't practical. A slight flatness or numbness following an emotionally charged moment.

The Manager: The Compulsive Caregiver

The part that learned, at ten, that love looks like taking care of others. Sunny, competent, easy to be around. Carries warmth that is real and also has a function: to keep the peace, to make others comfortable, to stay useful enough that people won't leave. This part is deeply intertwined with Anna's temperament — her genuine warmth is real — but this version of that warmth is working. It is performing safety.

This is the part that can caregive past the point of self-care. That can remain in painful relationships longer than is healthy, because leaving would mean letting someone down. That can absorb other people's difficulties and call it love.

What to notice: Fatigue that comes from giving without receiving. Difficulty asking for help. The sensation that your value in a relationship is contingent on your usefulness. A compulsion to smooth things over even when something needs to be said.

The Manager: Compulsive Compliance

Closely related to the caregiver — the part that smiles when it wants to speak, agrees when it wants to push back, and experiences disagreement as quietly dangerous. This part may have something to do with a legacy burden from Anna's mother, who may have used a similar strategy to manage her own pain.

What to notice: Saying yes when you mean no or maybe. Feeling responsible for someone else's emotional state. A slight internal shrinking when you sense conflict approaching.

The Firefighter: The Jealous/Angry Part

The part Anna wasn't sure she wanted to name. When her friend chose her husband, when the relationship had to go underground — this part felt it as a loss and registered it as something close to injustice. It wanted acknowledgment. It may also have some heat in it in relation to the ex-husband, and perhaps, at a deeper level, to the mother who left Anna to manage alone.

This part is not shameful. It is a sign of genuine attachment and genuine loss. But because the manager finds it untidy, it tends to get pushed down quickly.

What to notice: A flash of irritation or resentment that you immediately judge or suppress. The sense of "I shouldn't feel this way." Strong feelings that you intellectualize before you've allowed yourself to actually feel them.

The Emerging Self

Perhaps the most quietly significant thing that appeared in today's session: Anna has considerable Self energy. The way she moved through difficult material with openness rather than defense, the way she held complexity without needing to resolve it too quickly, the warmth she extended even toward parts she found uncomfortable — these are signs of Self. It likely has roots in her temperament, and possibly in genuinely loving early experiences before things became difficult.

Self doesn't get blended in the way parts do. But it can get crowded out. When the managers are running hard, or the exile is overwhelming, Self gets quieter. Recognizing when you've lost access to Self — that quality of calm, clear, curious presence — is one of the most useful skills this work develops.

A Note on Staying Acquainted

Finding parts is the beginning, not the destination. The goal over the coming weeks is not to catalog them but to know them — to develop enough relationship with them that when the compulsive caregiver steps forward, or the rational manager takes over, or the abandoned child is suddenly present in your chest, you recognize who has arrived. That recognition creates a tiny but crucial gap between the part and your identification with it. That gap is where Self lives. And Self, as Schwartz writes, doesn't need to be created. It only needs room.

JOAN/NICOLE: What you just saw and heard doesn’t follow the structure of the workbook. It's one thread we pulled while working through it and look where it led. The workbook will help you map the territory. But the territory is alive. When something pulls on you as you do the exercises this week — when a feeling is stronger than you expected, or a memory surfaces that seems unrelated — that's a trailhead. Follow it if you can. That's where the real work lives.

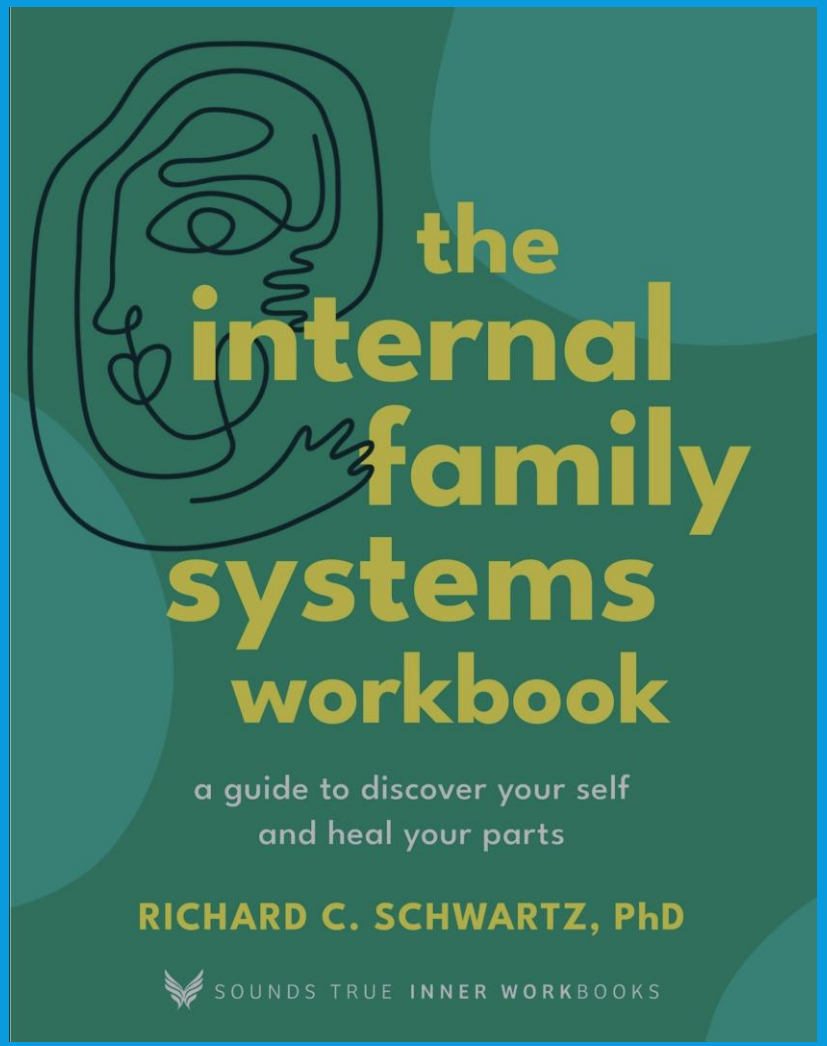
END OF WEEK 24

BEGINNING OF WEEK 25
PART 2 OF IFS WORKBOOK P. 65-99

WEEK 25

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





PLEASE START RECORDING

PART TWO

APPRECIATING YOUR OVERWORKED MANAGERS

WARNING ABOUT MEDITATION

Feel free to skip it.

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

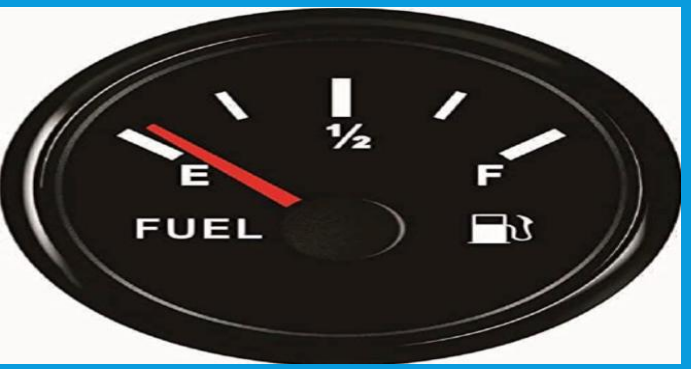
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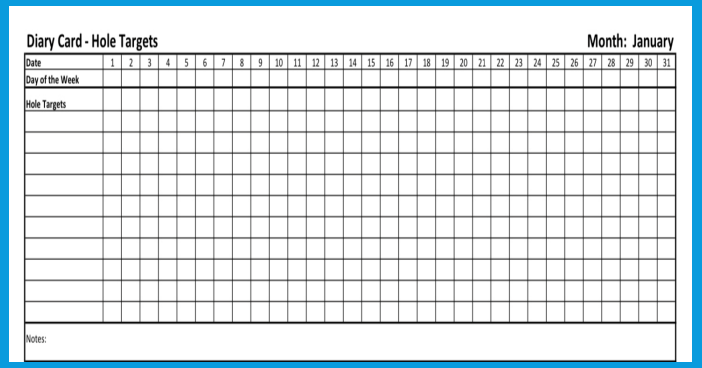
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

5-MINUTE MINDFULNESS: APPRECIATING OUR OVERWORKED MANAGERS

Let’s begin by just arriving…

Allowing the body to settle into the chair…
Feet on the ground…
Hands resting comfortably…

And gently bringing your attention to the breath…
Not changing it…
Just noticing it…

…

Now, as you sit here, I’d like to invite a shift in perspective…

Instead of trying to calm yourself…
Instead of trying to fix anything…

Just becoming curious about what is already here…

…

And now, gently ask inside:

“What part of me has been working hard lately… trying to keep things under control?”

…

You don’t have to search too hard…
Often, something will present itself…

It might be a part that plans…
A part that worries…
A part that analyzes…
A part that keeps you going…
A part that tries to get things “just right” …

…

When you notice one of these parts…
See if you can bring your attention toward it…

Not merging with it…
But noticing it…

Almost as if you’re sitting beside it…

…

And now, very gently, see if you can sense:

What is this part trying to do for me?

…

What is it afraid would happen if it didn’t work so hard?

…

Let the answer come…
Not from thinking…
But from sensing…

…

Now, see if it's possible to feel a bit of appreciation…

This part may be exhausting…
It may feel rigid…
Or critical…

But underneath all of that…
It is trying to help…

…

See if you can say to it, silently:

"I see how hard you're working."
"Thank you for trying to protect me."

…

And just notice what happens…
No need to force anything…

…

You might also gently let it know:

"You don't have to do this alone."

And if it's willing…
Invite it to soften just a little…
Even 5%…

Not to disappear…
Just to ease…

…

Now, take a breath…

And sense yourself here…
As the one who is noticing…

Spacious enough to hold this part…
And others…

…

And before we finish, just notice:

What is it like…
To relate to this part with appreciation…
Instead of pressure?

…

And when you're ready…
Gently bring your attention back to the room…

Opening your eyes if they were closed…

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8- Parlour*
Week 25- April 15
Week 26- April 22- Parlour*
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

* For the in-person participants only: Next week April 22 the Kiwanis festival will again be using the front of the church where we usually meet so we'll be meeting in the parlour.(enter the building from the back where the parking lot is.)

PRACTICE SESSIONS SCHEDULE

practice	Preparation	IFS Workbook	
7. Today April 15 practice		Part 2 p. 65-99 of the IFS workbook with Elaine S.	
8. Week 26 April 22	April 15, 1:30	Part 3 p. 103-137	Dinko T.
9.Week 27 April 29	April 22, 1:30	Part 4 p. 141-175	Carolynn
10. Week 28 May 6	April 29, 1:30	Part 5 p. 179-207	Meaghan
11.Week 29 May 13*	April 22, 3 pm	Wise mind remediation	Rob T.

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Wise mind remediation


DON'T
FORGET

HOMEWORK FROM LAST WEEK

- Work on part I of the IFS workbook “Introduction to IFS” and “getting to know your self & parts” pages 1 to 66 of the workbook or first part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK FOR NEXT WEEK

- Work on part II of the IFS workbook “Appreciating your overworked managers” pages 65 to 99 of the workbook or second part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- ■ I keep materials in one place (binder / folder / notebook).
- ■ I write down insights right after doing the homework.

4. Self-compassion habits

- ■ I aim for progress, not perfection.
- ■ I notice resistance without judgment.

5. Accountability habits

- ■ I review my week: What worked? What didn't?
- ■ I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:





REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS



PLEASE STOP RECORDING



E-MAILED QUESTIONS, COMMENTS, FEEDBACK

Do parts always appear in Human form?

In Internal Family Systems, parts can appear in different forms such as animals, shadows, ghouls, or monsters. This isn’t pathological, it reflects how we relate to the part, often signaling fear, shame, or avoidance. Even the scariest-looking part is not bad; it’s usually a protector working hard or an exile carrying pain. When we approach it with curiosity and Self energy, the image often softens, revealing something much more vulnerable underneath.

ALL PARTS WELCOME: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

Something you hear over and over again in IFS therapy is that there are no bad parts. Parts are well-intentioned even when they take on extreme roles that end up doing more harm than good.
Once you understand that all parts mean well and often work tirelessly to support you, you are able to show them compassion and connect with them through your own Self energy. This meditation invites you to welcome all your parts.



SECTION 1 APPRECIATING YOUR OVERWORKED MANAGERS

Managers mean well but their intention often isn't apparent. Frequently, you notice them because of the impact they have on you and others. Once you understand your managers intentions and fears, you'll be able to befriend and partner with them in balanced and healthy ways.

SECTION 2 YOUR INTERNAL MANAGERS SELF-ASSESSMENT

This section starts with an assessment of behaviors commonly associated with manager parts and is available in the workbook please complete it now.

→ **On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.**

___ I make to-do lists to feel accomplished and organized.

___ I get a lot of worth from what I do.

___ I feel out of control if I don't have a plan.

___ I live by the mantra "practice makes perfect."

___ I often work after hours.

___ I feel uncomfortable when other people don't have a plan.

___ I feel like everything depends on me.

___ I'm the glue that holds my family together.

___ I remember birthdays and other significant dates.

___ My house is spotless.

___ I schedule vacations months in advance.

___ I push myself and others hard.

___ I'm never satisfied with my performance.

___ My mind is always thinking about what else can be accomplished.

___ I try to anticipate worst-case scenarios.

___ I like using spreadsheets to track my activities.

___ I try new diets and fitness programs to achieve better results.

___ I say yes even when I want to say no.

___ I look for apps that help me take control of my life.

___ I judge others who are late or disorganized.

___ I have trouble trusting others to do things I ask them.

___ I get stressed out when I'm working on projects because I want to do it right.

___ I pay attention to deadlines and strive hard to meet them.

Total # of 5s: ___

Total # of 4s: ___

Total # of 3s: ___

Total # of 2s: ___

Total # of 1s: ___

If your 5s and 4s are highest, you have very active manager parts.

If you have a lot of 3s, you have somewhat active manager parts.

If your 2s and 1s are highest, you have manager parts, but they may not be as active.

YOUR INTERNAL MANAGERS SELF-ASSESSMENT P.66



Luis

YOUR INTERNAL MANAGERS SELF-ASSESSMENT

LUIS YOUR INTERNAL MANAGERS SELF-ASSESSMENT

→ On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.

___ I make to-do lists to feel accomplished and organized.

___ I get a lot of worth from what I do.

___ I feel out of control if I don't have a plan.

___ I live by the mantra "practice makes perfect."

___ I often work after hours.

___ I feel uncomfortable when other people don't have a plan.

___ I feel like everything depends on me.

___ I'm the glue that holds my family together.

___ I remember birthdays and other significant dates.

___ My house is spotless.

___ I schedule vacations months in advance.

___ I push myself and others hard.

___ I'm never satisfied with my performance.

___ My mind is always thinking about what else can be accomplished.

___ I try to anticipate worst-case scenarios.

___ I like using spreadsheets to track my activities.

___ I try new diets and fitness programs to achieve better results.

___ I say yes even when I want to say no.

___ I look for apps that help me take control of my life.

___ I judge others who are late or disorganized.

___ I have trouble trusting others to do things I ask them.

___ I get stressed out when I'm working on projects because I want to do it right.

___ I pay attention to deadlines and strive hard to meet them.

Total # of 5s: ___

Total # of 4s: ___

Total # of 3s: ___

Total # of 2s: ___

Total # of 1s: ___

If your 5s and 4s are highest, you have very active manager parts.

If you have a lot of 3s, you have somewhat active manager parts.

If your 2s and 1s are highest, you have manager parts, but they may not be as active.

5, 5, 3, 1, 4, 3, 3, 2, 2, 4, 5, 4, 4, 4, 2, 2, 3, 4, 3, 4, 4, 4, 5, totals: 5s-four 4s-nine 3s-five 2s-four 1s-one

KATE YOUR INTERNAL MANAGERS SELF-ASSESSMENT P. 66



Stu: Hello Kate, It's good to be working with you again. As we did last week we're starting with an assessment.

Kate: Yes, an assessment of our internal managers… Here's what I came up with… We don't need to spend much time on it, as I was doing the assessment I realized that the items I scored higher on are potential trailheads for my parts.

Stu: Great observation Kate

→ **On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.**

___ I make to-do lists to feel accomplished and organized.

___ I get a lot of worth from what I do.

___ I feel out of control if I don't have a plan.

___ I live by the mantra "practice makes perfect."

___ I often work after hours.

___ I feel uncomfortable when other people don't have a plan.

___ I feel like everything depends on me.

___ I'm the glue that holds my family together.

___ I remember birthdays and other significant dates.

___ My house is spotless.

___ I schedule vacations months in advance.

___ I push myself and others hard.

___ I'm never satisfied with my performance.

___ My mind is always thinking about what else can be accomplished.

___ I try to anticipate worst-case scenarios.

___ I like using spreadsheets to track my activities.

___ I try new diets and fitness programs to achieve better results.

___ I say yes even when I want to say no.

___ I look for apps that help me take control of my life.

___ I judge others who are late or disorganized.

___ I have trouble trusting others to do things I ask them.

___ I get stressed out when I'm working on projects because I want to do it right.

___ I pay attention to deadlines and strive hard to meet them.

Total # of 5s: ___

Total # of 4s: ___

Total # of 3s: ___

Total # of 2s: ___

Total # of 1s: ___

If your 5s and 4s are highest, you have very active manager parts.

If you have a lot of 3s, you have somewhat active manager parts.

If your 2s and 1s are highest, you have manager parts, but they may not be as active.

5, 5, 5, 3, 5, 4, 4, 4, 3, 4, 5, 5, 5, 5, 5, 5, 5, 5, 3, 2, 5, 5, 5, totals: 5s-fifteen 4s-four 3s-three 2s-one 1s-zero

- After each section, we'll give people an opportunity to ask very brief clarifying questions. Please remember that we have a lot of material to go through, so we'll do some gentle time management.
- The boing group on Monday's 1 to 2:30 is an opportunity to go into this material in greater depth.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

YOUR INTERNAL MANAGERS SELF-ASSESSMENT P.66



NOW YOU

→ **On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.**

___ I make to-do lists to feel accomplished and organized.

___ I get a lot of worth from what I do.

___ I feel out of control if I don't have a plan.

___ I live by the mantra "practice makes perfect."

___ I often work after hours.

___ I feel uncomfortable when other people don't have a plan.

___ I feel like everything depends on me.

___ I'm the glue that holds my family together.

___ I remember birthdays and other significant dates.

___ My house is spotless.

___ I schedule vacations months in advance.

___ I push myself and others hard.

___ I'm never satisfied with my performance.

___ My mind is always thinking about what else can be accomplished.

___ I try to anticipate worst-case scenarios.

___ I like using spreadsheets to track my activities.

___ I try new diets and fitness programs to achieve better results.

___ I say yes even when I want to say no.

___ I look for apps that help me take control of my life.

___ I judge others who are late or disorganized.

___ I have trouble trusting others to do things I ask them.

___ I get stressed out when I'm working on projects because I want to do it right.

___ I pay attention to deadlines and strive hard to meet them.

Total # of 5s: ___

Total # of 4s: ___

Total # of 3s: ___

Total # of 2s: ___

Total # of 1s: ___

If your 5s and 4s are highest, you have very active manager parts.

If you have a lot of 3s, you have somewhat active manager parts.

If your 2s and 1s are highest, you have manager parts, but they may not be as active.

SECTION 3 WHO IS THE BOSS'S: EXPLORING MANAGER PARTS P. 70

Our parts are trying to protect us, but because of trauma we may have experienced, they often feel the need to take over and run the show with the best of intentions. Proactive protectors or managers are vigilant parts who try to prevent your inner exiles from being activated in your internal system from being flooded with emotion. (Firefighters in contrast are reactive protectors). In this next exercise highlight the strategies you recognize in yourself.

WHO IS THE BOSS'S: EXPLORING MANAGER PARTS P. 70



Luis

→ **Strategies commonly associated with manager parts are:**

Circle the parts that you have noticed inside you. Add any additional strategies of your manager parts in the space below.

Perfectionism

Worrying

X Overworking

X Criticizing (inner critics)

X People-pleasing

X Intellectualizing

Restricting food

X Overexercising

Caretaking

X Controlling (of you or others)

Hypervigilance

Fastidiousness

Frugality

X Building up walls

Bossiness

X Busyness

Legalism

X Performing

Codependency

X Stuffing emotions

Micromanaging

X Overly judgmental

X Overfunctioning

Competitiveness

Blending in

X Playing small

X Over-accommodating

X Overachieving

Extreme planning

X Overanalyzing

Overcommitting

Catastrophizing

Phobias

Dissociating

Repressing sexuality

X Avoiding conflict

_____

_____

_____

WHO IS THE BOSS'S: EXPLORING MANAGER PARTS P. 70



Stu: Managers tend to use certain strategies. The strategies listed in this exercise are some of them, and they are also great manager trailheads. Can we look at which ones you highlighted? Of all those were there 2 or 3 that most resonated with you.

Kate: Sure…

Kate: The 2 or 3 that most resonated with me were…

→ **Strategies commonly associated with manager parts are:**

Circle the parts that you have noticed inside you. Add any additional strategies of your manager parts in the space below.

X Perfectionism

X Worrying
X Overworking
X Criticizing (inner critics)
X People-pleasing
X Intellectualizing
X Restricting food
Overexercising
X Caretaking
X Controlling (of you or others)
X Hypervigilance
Fastidiousness
X Frugality
X Building up walls
Bossiness
X Busyness
Legalism
X Performing
X Codependency
X Stuffing emotions
X Micromanaging
Overly judgmental
X Overfunctioning
Competitiveness

X Blending in
Playing small
X Over-accommodating
Overachieving
X Extreme planning
X Overanalyzing
Overcommitting
X Catastrophizing
X Phobias
X Dissociating
Repressing sexuality
X Avoiding conflict

_____

_____

_____

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

WHO IS THE BOSS'S: EXPLORING MANAGER PARTS P. 70



NOW YOU

→ **Strategies commonly associated with manager parts are:**

Circle the parts that you have noticed inside you. Add any additional strategies of your manager parts in the space below.

Perfectionism
Worrying
Overworking
Criticizing (inner critics)
People-pleasing
Intellectualizing
Restricting food
Overexercising
Caretaking
Controlling (of you or others)
Hypervigilance
Fastidiousness
Frugality
Building up walls
Bossiness
Busyness
Legalism
Performing
Codependency
Stuffing emotions
Micromanaging
Overly judgmental
Overfunctioning
Competitiveness

Blending in
Playing small
Over-accommodating
Overachieving
Extreme planning
Overanalyzing
Overcommitting
Catastrophizing
Phobias
Dissociating
Repressing sexuality
Avoiding conflict

_____

_____

_____

SECTION 4 IT'S THE THOUGHT THAT COUNTS P. 73

Parts are well-intentioned. They really are trying to protect you and the most vulnerable parts of you. Manager parts are hard workers. When healthy, they can help you achieve incredible things without taking over your life. When you're able to understand and appreciate the ways they are trying to help you, you're able to feel more compassion for them and show them the appreciation they are longing for. When they feel your presence and love, they will be able to trust you more and not need to drive the bus. When they have more opportunities to meet the Self they will over time feel more comfortable quieting down and trusting the Self to lead more of the time.
This exercise and the next helps you identify the good intentions behind your parts. It asks you to “go inside” your mind and ask parts directly how they are trying to help and what they are afraid would happen if they didn’t this.

First for each of the parts you explore, write down their good intentions.

IT'S THE THOUGHT THAT COUNTS P. 73



Luis

Part	Good Intention
Example: A perfection-istic part that hates to mess up.	This part wants me to be successful, respected. This part thinks that by pushing me to become the best, I can be loved and avoid feeling like a failure.

The lone warrior: This part learned to be strong because weakness wasn't allowed. It didn't have time for sentimentality because sentimentality didn't get fed

The intellectualizer It is a thinker and is dissociated from emotions. It takes up a lot of room in my self system. It is related to my avoidant attachment and minimizes emotions. It protects from the constant flood of emotions I was surrounded by as a child

The road runner It bears the cultural burdens of our hyperactive, immediate gratification, digitally wired, Tik Tok society. It's easily distracted with a very short attention span. It seeks entertainment and is easily bored. It stays on the surface distracting from the pain buried underneath.

The standoffish withdrawer often activated when I'm in unfamiliar social situations. I become withdrawn and avoid contact unless necessary. I don't engage with others for fear of being judged and rejected as I was in high school. I don't participate. This manager pulls me back, discourages social engagement, leaves early, and avoids connection. It believes that "It's safer to not try than to try and be rejected." It is cool, and aloof or dismissive on the surface, but that is protecting the self from lone cafeteria's boy's deep longing to belong but fear of rejection and humiliation. The standoffish withdrawer doesn't want me to feel that pain again.

The over achiever The overachiever discovered that by working very hard, he would be rewarded.

The fixer/therapist Scans constantly for emotional disturbance in others; smooths things over; anticipates needs. Tries to prevent the shame-exile from being re-wounded by disappointment or criticism. Keeps me attuned, empathic.

IT'S THE THOUGHT THAT COUNTS P. 73



Stu: This next exercise asks you to describe what you think are the good intentions of some of the managers you identified.

Kate: Let's take a look…

Part	Good Intention
Example: A perfection-istic part that hates to mess up.	This part wants me to be successful, respected. This part thinks that by pushing me to become the best, I can be loved and avoid feeling like a failure.

Kate: Inner Critic: This part wants to preemptively correct my behaviour so that I am beyond reproach. It wants to keep me in line so I can't be criticized by others.

Perfectionist: If I look, act, and speak perfectly, I won't be seen as flawed by others. This part is trying to prevent negative feedback, so there's no reason to dislike me.

People Pleaser: This part thinks that if I agree to everything and give of myself without boundaries, I will make others happy and I will seem likeable. This is to keep me from falling out of favour with other people.

Hypervigilant: This part tries to anticipate any and all negative situations so that I can be prepared and not caught off guard. This will increase my chances of survival.

Avoidant: This part tries to keep emotions from flooding the system. It is worried that I will have a breakdown if I were to feel the extent of the pain inside me. It also keeps me from connecting with others so that I don't get emotionally invested and hurt as a result.

Damsel: This part tries to keep me alive with the hope that I will be rescued eventually.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

IT'S THE THOUGHT THAT COUNTS P. 73



NOW YOU

Part	Good Intention
Example: A perfection-istic part that hates to mess up.	This part wants me to be successful, respected. This part thinks that by pushing me to become the best, I can be loved and avoid feeling like a failure.

STRENGTHENING RELATIONSHIP: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

This meditation is designed to strengthen your relationship with one of your parts. Since our parts don't really know us, sometimes it takes a little while for them to feel comfortable telling us about themselves. This meditation offers an opportunity to find the part to be in a relationship with and get to know it.



SECTION 5 BEFRIENDING A MANAGER P.77

Like the meditation in the previous exercise shows us, there is more than one way to befriend and get to know a part. It takes practice and this exercise is another way of accomplishing that. Take some time to get to know one of the manager parts you have previously become acquainted with. Choose one that you're curious to get to know.

Find, focus, and flesh out the manager part you would like to befriend.

How do you feel towards the part?

Check for self energy: do you notice the presence of the eight Cs? If yes, you are ready to befriend. If no, there is a part interfering. Ask that part if it's willing to relax and step back while you work on the target part. If it is, return to the "feel toward" question. If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Spend time befriending the part

Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

Notice and write down how the part responds:

As the part starts to feel comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you:

What else does the part want or need from you?

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role?

Thank the part for being open with you. Make a plan to check back in with the part at a later date. Use this exercise anytime you detect the presence of a manager part.

BEFRIENDING A MANAGER P.77



Luis

BEFRIENDING A MANAGER

Like the meditation in the previous exercise shows us, there is more than one way to befriend and get to know a part. It takes practice and this exercise is another entry point. Take some time to get to know one of the manager parts you have previously become acquainted with. Choose one that you're curious to get to know.

Find, focus, and flesh out the manager part you would like to befriend. I want to focus on the intellectualizer because it's such a dominant part

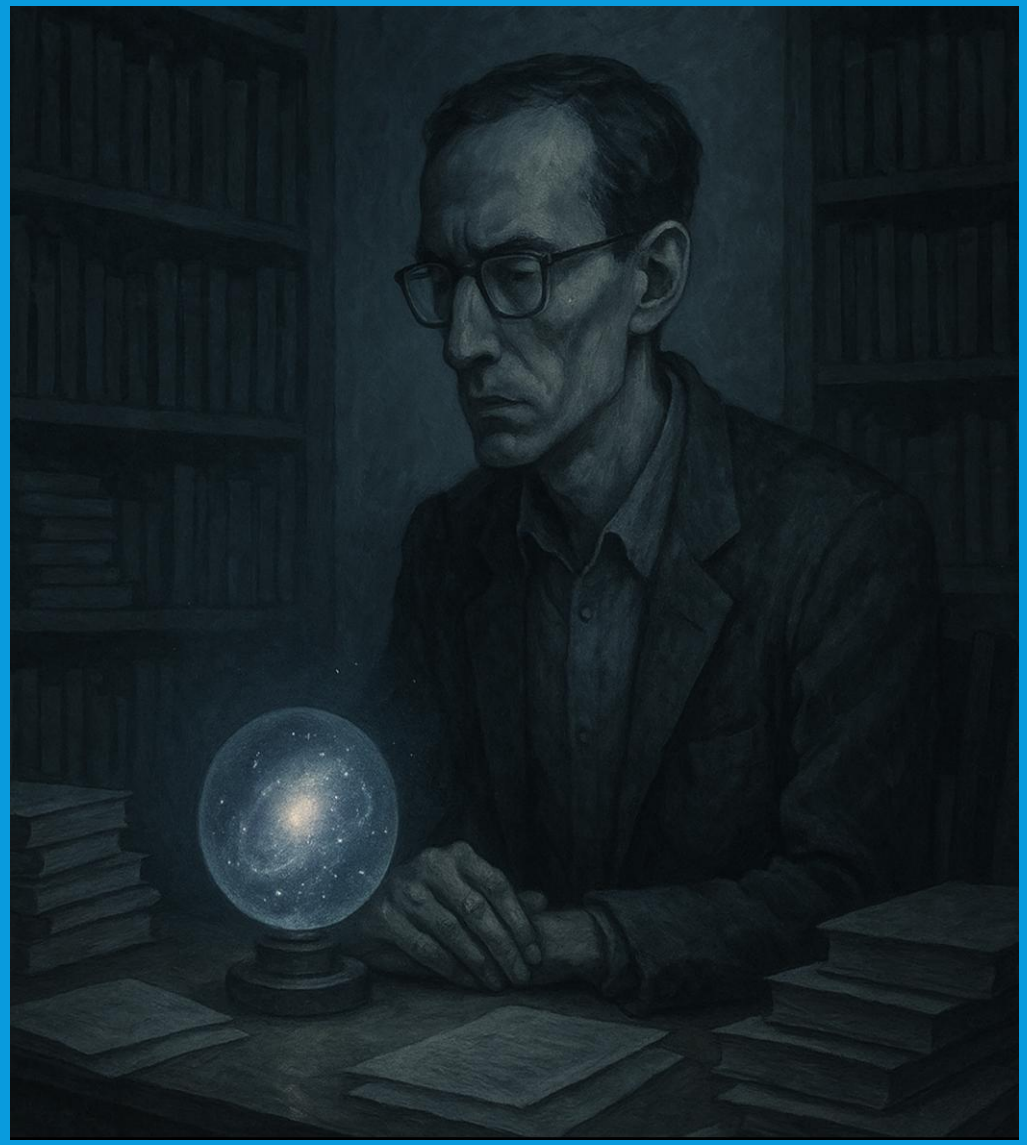
How do you feel towards the part? I appreciate it thought I also think it keeps me from achieving what I'd like to in the second half of life which is a return to a right hemispheric holistic perspective

Check for self energy: do you notice the presence of the eight Cs? If yes you are ready to befriend. If no, there is a part interfering. Ask that part if it's willing to relax and step back while you work on the target part. If it is, return to the "feel toward" question. If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Spend time befriending the part

Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

Notice and write down how the part responds:





It gives me a sense of control and self-esteem that the lost teenager and many of my parts didn’t have

As the part starts to feel comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you:

What else does the part want or need from you? That Self continue to do the job

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role? I’d feel aimless, out of control and worthless

Thank the part for being open with you. Make a plan to check back in with the part at a later date. Use this exercise anytime you detect the presence of a manager part.

BEFRIENDING A MANAGER P.77



KATE

BEFRIENDING A MANAGER

Stu: an approach used in IFS therapy is, once you discover a manager, to befriend it. There is more than one way to befriend and get to know a part. It takes practice and this exercise is a way of doing it. Kate would you be willing to take some time to get to know and befriend one of the manager parts you previously identified?

Kate: Yes, I think I would like to befriend my Avoidant Manager Part as it is a very powerful part of my internal family system.

Stu: Can we start by asking how do you feel towards your avoidant manager?

Kate: Respectful and a little intimidated.

Stu: Now before we go further let's check for Self energy: do you notice the presence of the eight Cs? If you do you are ready to befriend the avoidant manager. If you don't there is another part interfering. If that's the case you can ask that part if it's willing to relax and step back while you work on the target part. If it is, return to the "feel toward" question. If the interfering part is not willing to step back, ask it why not. We can return to this exercise when your parts feel ready.

The goal of this exercise is to use your active imagination and spend time befriending the avoidant manager. This creates a connection between Self and the avoidant manager by extending compassion, kindness, and comforting words to it. Take your time doing this then, if you're willing share how the avoidant manager respond to your efforts?

Kate: She was somewhat hostile. I have an image of her…


AVOIDANT MANAGER


SELF

Stu: As you do this work if the avoidant manager starts to feel more comfortable with you, she might begin to tell you more about herself. Does she want to tell you anything.
Kate: She doesn't want to do IFS work. She doesn't want to dig below the surface. She doesn't want me talking to the exiles.
Stu: Does she want or need anything from you?
Kate: My avoidant manager is very tired. She is in charge of the family system at the moment and works closely with the rational manager. She requires a LOT of energy to keep all feelings locked down and to keep the inputs from my gut and emotional centers from reaching my awareness. This is why I need so much sleep every night. She wants me to cooperate so that I can maintain my high-functioning abilities. She needs me to stay away from others so that they don't get through my carefully-crafted walls. She wants me to stop pushing myself to integrate my feelings and to connect with others.
Stu: What role does the avoidant manager play in your life?
Kate: She has kept me free from extreme pain so that I can continue to function in my career and for my children. She keeps me dissociated from my feelings and bodily sensations and keeps other people at a distance, so they don't have the opportunity to hurt me.
Stu: Can we ask her what she's afraid would happen if she didn't have to do all this?
Kate: My Avoidant Manager fears that I will have a breakdown if my feelings were to be accessed. She doesn't believe that I would mentally survive the pain.
Stu: For now, let's thank your avoidant manager for being so open with us. Let's also make a plan to check back in with her at a later date. It's important to do this anytime you work with a manager part.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

BEFRIENDING A MANAGER P.77



NOW YOU

BEFRIENDING A MANAGER

Like the meditation in the previous exercise shows us, there is more than one way to befriend and get to know a part. It takes practice and this exercise is another entry point. Take some time to get to know one of the manager parts you have previously become acquainted with. Choose one that you're curious to get to know.

Find, focus, and flesh out the manager part you would like to befriend.

How do you feel towards the part?

Check for self energy: do you notice the presence of the eight Cs? If yes you are ready to befriend. If no, there is a part interfering. Ask that part if it's willing to relax and step back while you work on the target part. If it is, return to the "feel toward" question. If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Spend time befriending the part

Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

Notice and write down how the part responds:

As the part starts to feel comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you:

What else does the part want or need from you?

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role?

Thank the part for being open with you. Make a plan to check back in with the part at a later date. Use this exercise anytime you detect the presence of a manager part.

SECTION 5 INTERVIEWING A PART P.81

Learning to interview your parts is an essential way to discover more, not only about that part, but yourself. Try to stay nonjudgmental towards the part. Be curious about what they might want to share with you. You might be surprised by what you learn.

Select one of the parts from the previous exercise or another part that shows up. Then answer the questions in the exercise.

If you notice other parts jumping in, ask those parts if they're willing to step back and give you some space. After you complete this exercise with the target part, you can run through it again with the other parts

EXAMPLE: The part I would like to get to know is a caretaking part.

Describe this part in a sentence: this part feels responsible for the happiness of all my family and friends.

Where does this part show up in the body? My shoulders

When did this part started doing this role? When I was young maybe eight years old.

What are the drawbacks of this part? I neglect myself because I'm so focused on everybody else.
What are the benefits of this part? This part helps me show care and love to others.

What role does this part play for you? It helps me feel useful to people and keeps me busy so I don't have to deal with my own pain and issues.

What you appreciate about this part? I appreciate that he wants to protect me for my own pain.

How do you feel towards this part now? I feel compassion

INTERVIEWING A PART P.81



Luis

The part I would like to get to know is: The intellectualizer

Describe this part in a sentence: thinks a lot doesn't feel much

Where does this part show up in the body? In my head

What are the drawbacks of this part? It's words without music

What are the benefits that this part? It gives me control and self-esteem

What role does this part play for you?

What do you appreciate about this part? It's worked pretty well

How do you feel towards this part now? Grateful but I want to go beyond it

You can repeat this exercise with other parts.

INTERVIEWING A PART P.81



KATE

INTERVIEWING A PART P.81

Stu: Kate, do you want to try the interviewing a part exercise together?
Kate: Sure. Can you guide me through it.

Stu: Ok, what part of you that you've identified would you like to get to know better?
Kate: My Hypervigilant Manager

Stu: Ok, can you describe your hypervigilant manager in a sentence?
Kate: That would be that she's prepared for any eventuality

Stu: And where does she show up in your body?
Kate: Mostly in my shoulders

Stu: Are there drawbacks to having this hypervigilant manager protect you?
Kate: She carries lot of anxiety and worry which I constantly feel

Stu: What are the benefits of having her around?
Kate: There are no surprises, she's always prepared for everything

INTERVIEWING A PART P.81

Stu: What role does she play in your life?
Kate: My hypervigilant manager protects me from becoming a victim. She shows up as my 72-hr emergency stashes, getting my family passports in case we need to flee, going through all possible scenarios to prepare responses, saving for a home generator, reading people's body language to anticipate their mood swings.

Stu: What do you most appreciate about her?
Kate: I appreciate that she has kept me safe from possible threats.

Stu: How do you feel towards your hypervigilant manager now that we've interviewed her?
Kate: I feel gratitude toward her for being on guard 24/7.

Stu: Kate this is an exercise you can repeat with other parts you'd like to get to know better. Just ask that part the same questions we asked.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

INTERVIEWING A PART P.81



NOW YOU

The part I would like to get to know is:

Describe this part in a sentence:

Where does this part show up in the body?

What are the drawbacks of this part?

What are the benefits that this part?

What role does this part play for you?

What do you appreciate about this part?

How do you feel towards this part now?

You can repeat this exercise with other parts.

SECTION 6 WHAT ARE YOU AFRAID OF? P.86

Manager parts are often driven by fear. Fear can drive managers to over function, causing burnout and other detrimental side effects. This exercise helps you look at fears commonly associated with manager parts. In the workbook check the fears that your manager parts resonate with.

One important question to ask your manager parts is: "what are you afraid would happen if you stopped doing this role?" Take a moment to connect with one of your manager parts. Ask it what it's afraid of. See what it says.

WHAT ARE YOU AFRAID OF? P.86



Luis

→ Check the fears that your manager parts resonate with:

- ○ Being overwhelmed by emotions
- ○ Becoming like your parent(s)
- X ○ Looking stupid
- X ○ Being rejected
- X ○ Feeling judged or shamed
- X ○ Falling short
- ○ Disappointing people or yourself
- X ○ Not being good enough
- ○ Embarrassing yourself
- ○ Chaos and disorder

- ○ "Negative" or scary emotions
- ○ Feeling out of control
- ○ General catastrophe
- X ○ Feeling pain or shame

Are there other fears your manager parts may have?

WHAT ARE YOU AFRAID OF? P.86



Stu: Knowing you I'm pretty sure you did this exercise.
Kate: Sure did…

→ Check the fears that your manager parts resonate with:

X ○ Being overwhelmed by emotions
○ Becoming like your parent(s)
○ Looking stupid
X ○ Being rejected
X ○ Feeling judged or shamed
○ Falling short
X ○ Disappointing people or yourself
○ Not being good enough
X ○ Embarrassing yourself
○ Chaos and disorder

x ○ "Negative" or scary emotions

x ○ Feeling out of control

x ○ General catastrophe

x ○ Feeling pain or shame

Are there other fears your manager parts may have?

Stu: These are some responses your managers might give if you asked them what they are afraid would happen if they didn't do their job. The answers, as you probably guessed point towards exiles.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

WHAT ARE YOU AFRAID OF? P.86



NOW YOU

→ Check the fears that your manager parts resonate with:

- ○ Being overwhelmed by emotions
- ○ Becoming like your parent(s)
- ○ Looking stupid
- ○ Being rejected
- ○ Feeling judged or shamed
- ○ Falling short
- ○ Disappointing people or yourself
- ○ Not being good enough
- ○ Embarrassing yourself
- ○ Chaos and disorder
- ○ "Negative" or scary emotions
- ○ Feeling out of control
- ○ General catastrophe
- ○ Feeling pain or shame

Are there other fears your manager parts may have?

SHOWING A LITTLE APPRECIATION FOR MANAGERS P.87

Manager parts work hard for you. They help you meet deadlines; they keep you organized, and they keep you motivated. Even when they over function or take on extreme roles, they really do mean well. One way to build a relationship with them is to acknowledge their good intentions and show them appreciation. This exercise helps you show appreciation for your hard-working manager parts.

What are one or two manager parts you'd like to show appreciation to?

What you appreciate most about these manager parts?

How have they protected you?

How have they come through for you in clutch moments?

Take a moment right now and share depreciation you feel towards your manager parts. You can speak the words out loud or inside yourself. You might say "I really appreciate…"

SHOWING A LITTLE APPRECIATION FOR MANAGERS P.87



Luis

What are one or two manager parts you'd like to show appreciation to? I've already showed appreciation for the intellectualizer, I'd like to do it for the standoffish withdrawer.

What you appreciate most about these manager parts? If I interact with people, my internal and external critics become activated. My standoffish withdrawer keeps them from becoming activated

How have they protected you? The internal and external critics becoming activated leads to significant internal family discord

How have they come through for you in clutch moments?

Take a moment right now and share depreciation you feel towards your manager parts. You can speak the words out loud or inside yourself. You might say "I really appreciate…" That you keep the internal peace.



SHOWING A LITTLE APPRECIATION FOR MANAGERS P.87



KATE

APPRECIATION FOR MANAGERS



Stu: Ok, this next exercise asks you to try to show appreciation to one or two of your managers. Shall we try it?
Kate: Lets.
Stu: Which manager part would you like to show appreciation to?
Kate: My Inner Critic
Stu: What do you appreciate most about your inner critic?
Kate: She's very dedicated to her job.
Stu: How has she protected you?
Kate: She's trying to keep me from being criticized by others by looking for flaws first, before others see them.
Stu: How has she come through for you in clutch moments?
Kate: She has kept me from saying things that I may have regretted.
Stu: Can you take a moment right now and show your appreciation to your inner critic? You can say something out loud or inside yourself. You might start with "I really appreciate…"
Kate: Ok I really appreciate…

APPRECIATION FOR MANAGERS



Kate: I'd also like to show appreciation to my people pleaser. I don't think I need guidance on this exercise Stu.
Stu: Great.
Kate: Thank you People Pleaser. I appreciate that you're considerate of the needs of others. You have kept me from falling out of favor with people by complying with their wishes and requests from me. You have made me into a very helpful and compassionate person.
Stu: Fabulous, Shall we take a moment right now and linger on the appreciation you feel towards your people pleaser.



Kate: Stu, I noticed something, I found it very difficult to show appreciation for my parts and I think that's because my Perfectionist Manager does not like that I have parts.

There is a misconception that if you have distinctive parts within you, you must be mentally ill and my perfectionist rejects the idea of me being flawed in any way.

Stu: Yes, your perfectionistic manager is protecting you too. That could be something we could explore in the future using the same questions we've been asking of other parts…

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

SHOWING A LITTLE APPRECIATION FOR MANAGERS P.87



NOW YOU

What are one or two manager parts you'd like to show appreciation to?

What you appreciate most about these manager parts?

How have they protected you?

How have they come through for you in clutch moments?

Take a moment right now and share depreciation you feel towards your manager parts. You can speak the words out loud or inside yourself. You might say "I really appreciate…"

EMBODIMENT: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

IFS is an embodied practice, which means it incorporates your whole body. It's common for parts to manifest in different areas of the body. For example, an anxious part might manifest in the chest. Paying attention to the body is a way to get in touch with parts. In this meditation you are encouraged to locate where a part is in your body.

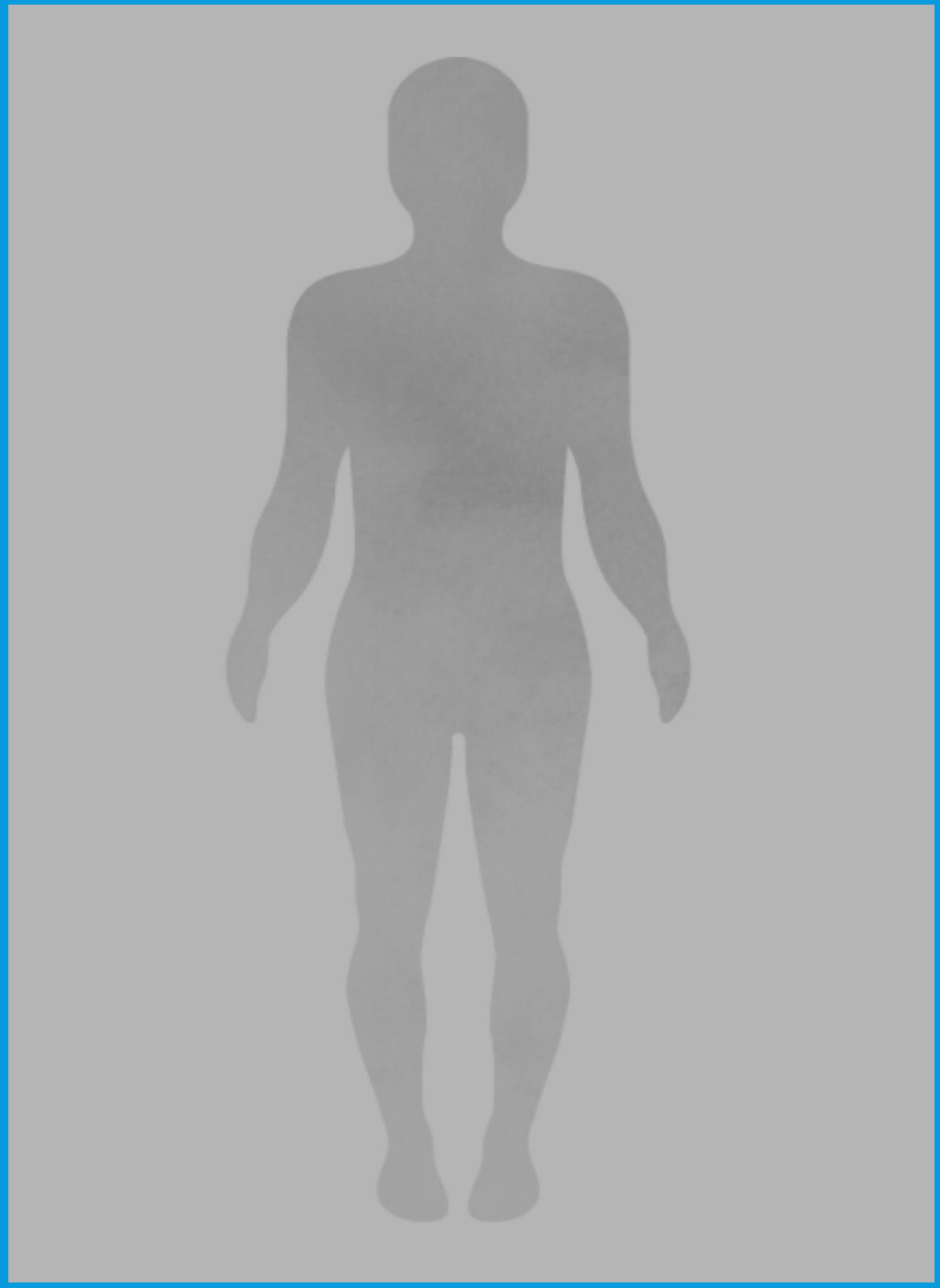


SECTION 6 FIND IT IN THE BODY: MANAGERS P.93

Building off the previous meditation, this exercise will help you practice finding where a part is located in your body. It can be difficult to find a part in the body and it takes practice. At first, it can feel quite abstract and removed but it gets easier. Noticing what's happening in your body is important so that you don't get stuck in your head.

Choose a manager part that you have felt this week (critical, perfectionistic, worrying, caretaking, overworking, people pleasing, etc.) and map where you feel them in your body on the picture.

Go inside and find the part. Notice if you feel the part anywhere in the body, including your head. And, if you can't, don't worry. It takes practice. Try again later.



FIND IT IN THE BODY: MANAGERS P.93



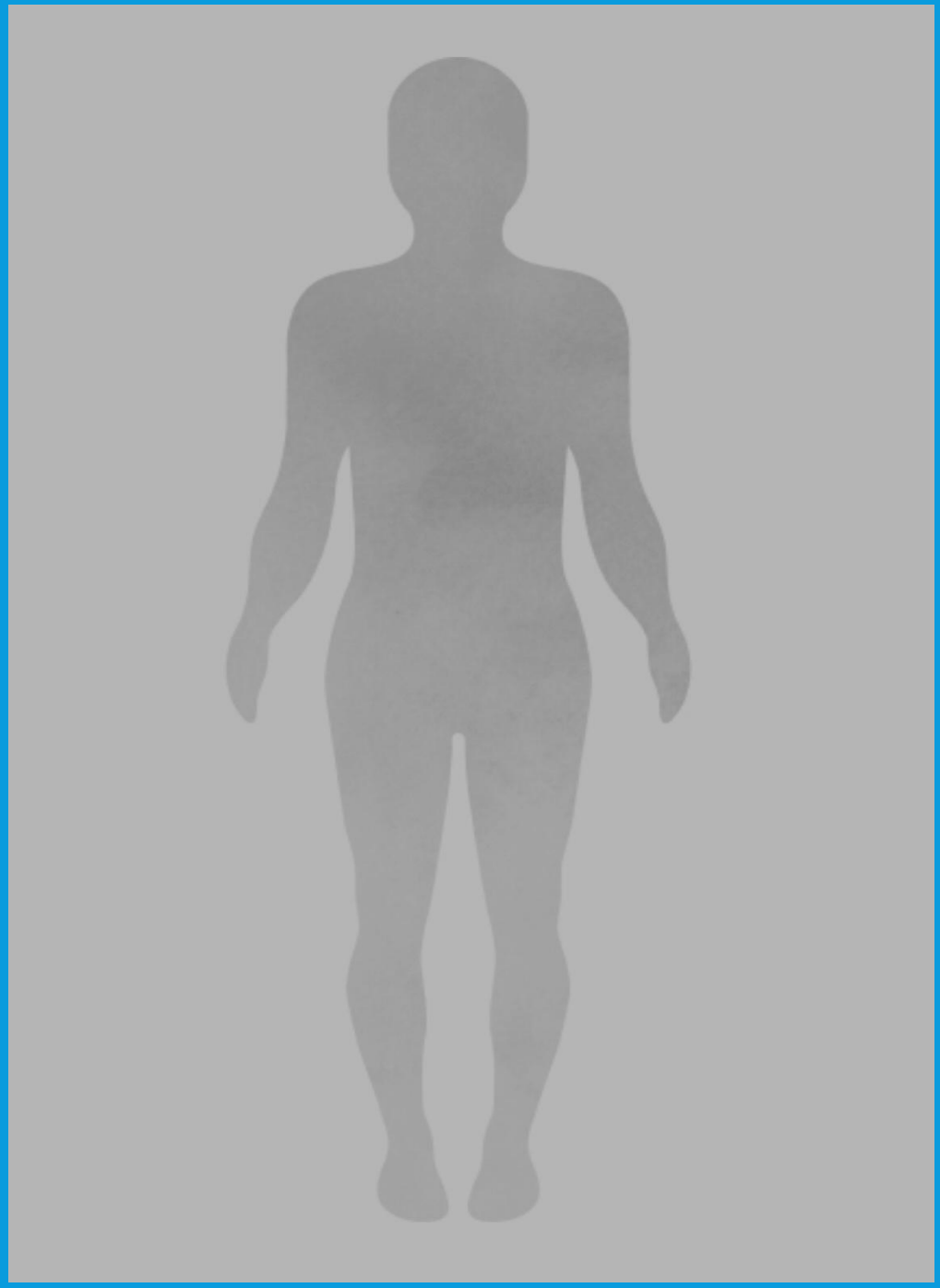
Luis

FIND IT IN THE BODY: MANAGERS P.93

Building off the previous meditation, this exercise will help you practice finding a part in your body. It can be difficult to find a part in the body and it takes practice. At first, it can feel quite abstract and removed but it gets easier. Noticing what's happening in your body is important so that you don't get stuck in your head. My intellectualizer is in my head my withdrawer is in my throat

Choose a manager part that you have felt this week (critical, perfectionistic, worrying, caretaking, overworking, people pleasing, etc.) and map where you feel them in your body on the picture.

Go inside and find the part. Notice if you feel the part anywhere in the body, including your head. And, if you can't, don't worry. It takes practice. Try again later.



FIND IT IN THE BODY: MANAGERS P.93

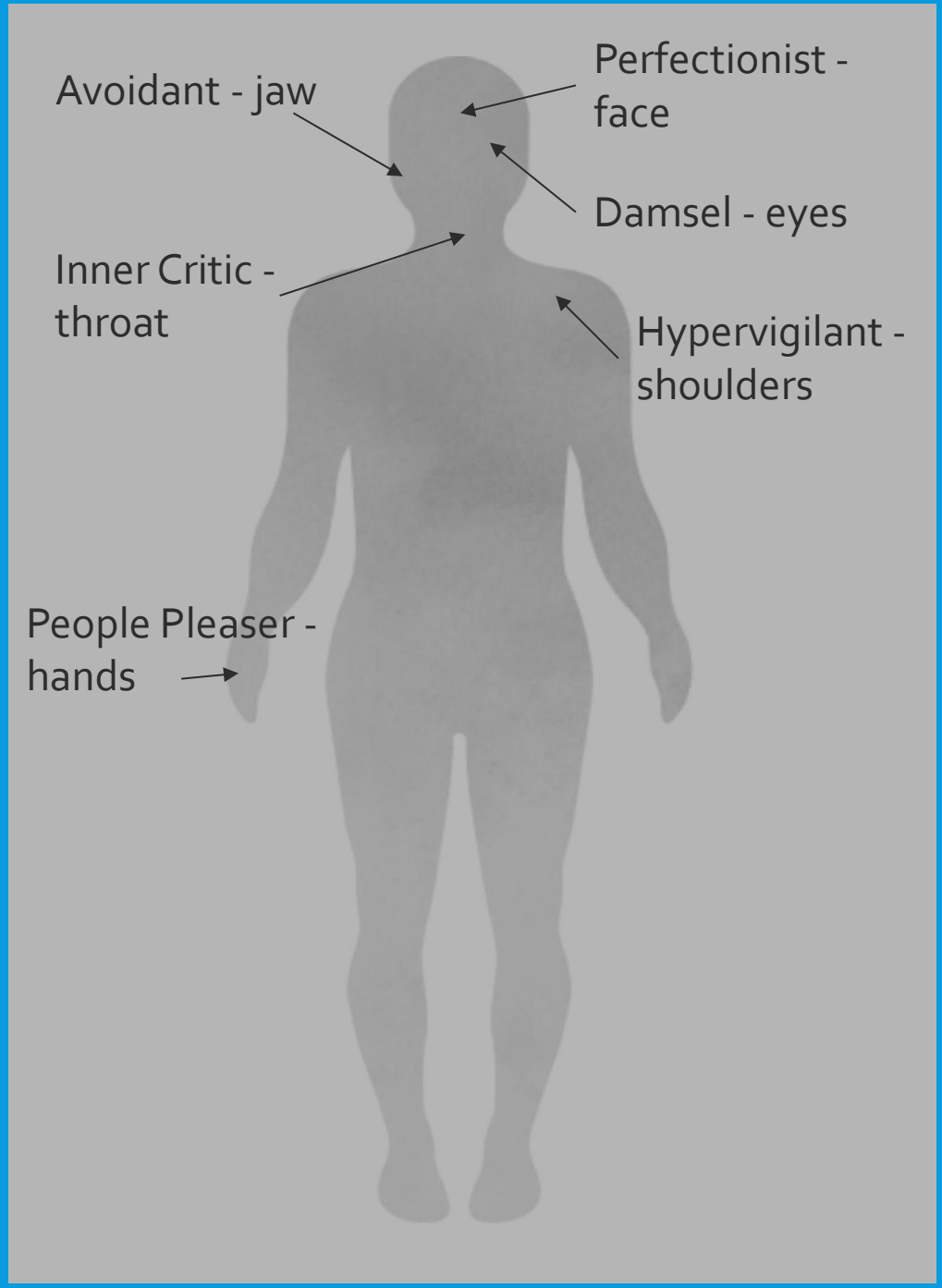


KATE

FIND IT IN THE BODY: MANAGERS P.93

Stu: This is an exercise best done after the embodiment meditation; it helps us practice finding a part in our body. This can be difficult and takes practice, but it gets easier. Noticing what's happening in your body is important so that you don't get stuck in your head.
Kate, did you try this exercise with your manager parts?
Kate: It took some time but here's what I came up with.

Stu: That's great Kate. Thank you. This brings us to the end of part two of the workbook, appreciating your overworked managers. It's been delightful. Thank you so much for doing this work with me. Any last comments you'd like to make?
Kate:…..



Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

FIND IT IN THE BODY: MANAGERS P.93



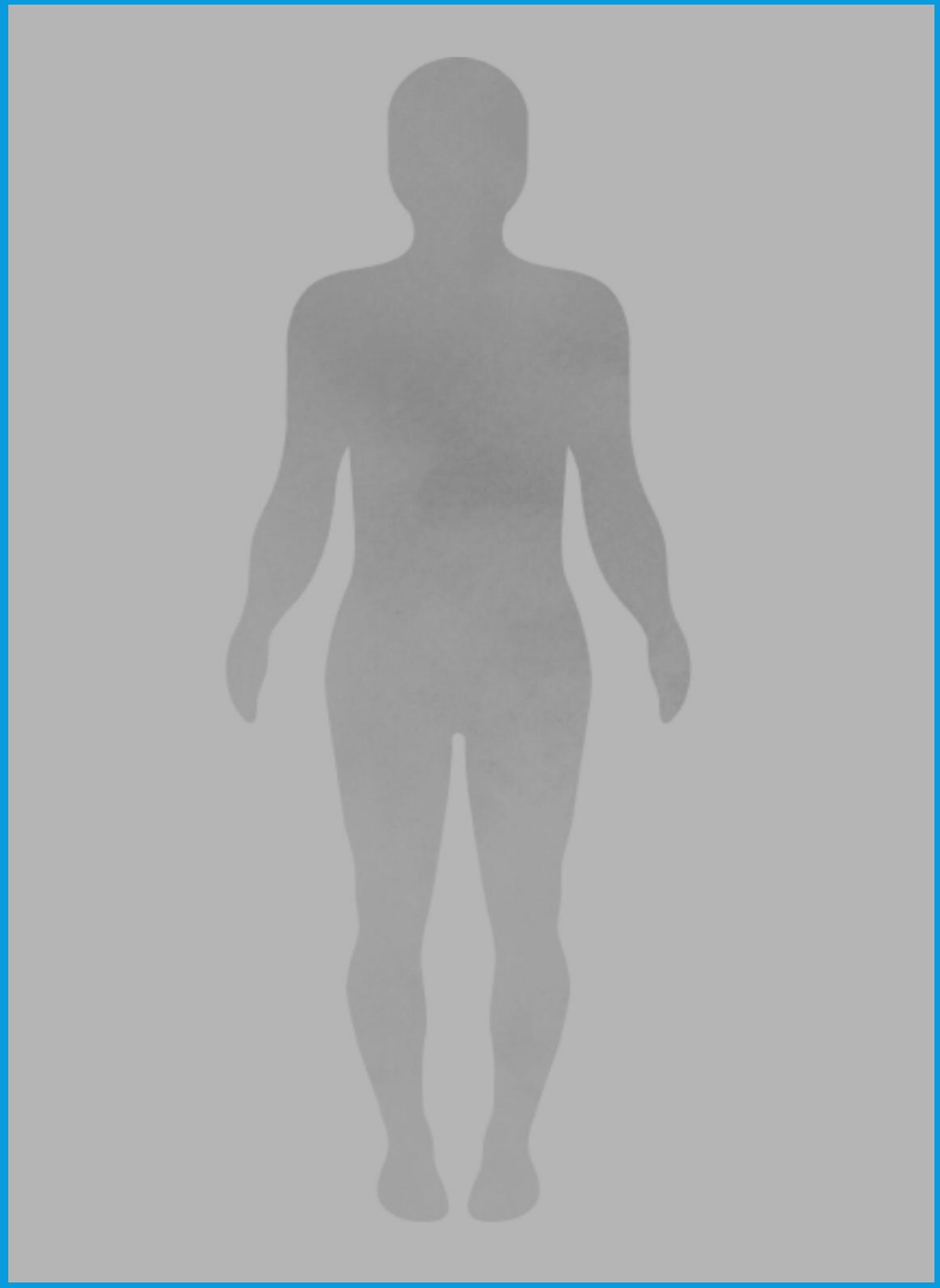
NOW YOU

FIND IT IN THE BODY: MANAGERS P.93

Building off the previous meditation, this exercise will help you practice finding a part in your body. It can be difficult to find a part in the body and it takes practice. At first, it can feel quite abstract and removed but it gets easier. Noticing what's happening in your body is important so that you don't get stuck in your head.

Choose a manager part that you have felt this week (critical, perfectionistic, worrying, caretaking, overworking, people pleasing, etc.) and map where you feel them in your body on the picture.

Go inside and find the part. Notice if you feel the part anywhere in the body, including your head. And, if you can't, don't worry. It takes practice. Try again later.



CHECKING IN WITH AN INNER CRITIC: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

The inner critic parts, like all parts, are trying to help you. As a child, you may have been bullied by other children, hurt by a loved one, or shamed by authority figures. The inner critic is often formed through a childhood trauma. An experience doesn't have to be life-threatening or dramatic to be experienced as a trauma by a part. A parts trauma might come from living with an abusive parent, but it could also come from an embarrassing moment, a critical teacher, or feeling left out of a group. These formative experiences may not seem so dramatic on the surface, but when you were a child, you experience significant pain from them; these young parts are still hard at work trying to protect you from feeling that old pain or trauma. The inner critic parts think their role is to point out flaws to avoid trauma, embarrassment, ridicule, or punishment. They think they must continue playing this role even when you're older because they are frozen in time when it happened and believe you are still young. This meditation invites you to befriend your inner critics and appreciate how they are trying to help.



NOW ELAINE

Elaine met with Dr. Cleto on April 7 to work on part II of the IFS workbook, appreciating your overworked managers.

We divided our work into two parts.

In the first part, we worked through the Internal Family Systems workbook exercises p. 65 to 99. Elaine's responses are reproduced on the following slides. As usual these slides can be found on our website itssimple2021.com.

Since Kate and Stu have already gone through the workbook exercises, Elaine and Dr. Cleto won't do that again, read Elaine's answers on your own if you need more guidance as to how to do this work...

In the second part of our work, Elaine chose a manager part she wanted to get to know better, and that became the focus of the dialogue you're about to see reenacted. We had intended to use an AI scribe to capture our conversation, but unfortunately it malfunctioned. So, what you'll see is a reconstructed version of the dialogue. It's not a verbatim transcription, but we both agree that it does faithfully reflect the spirit and process of the session.

YOUR INTERNAL MANAGERS SELF-ASSESSMENT P.66



ELAINE

your internal managers self-assessment

This is an assessment of behaviors commonly associated with manager parts.

On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.

1 I make to-do lists to feel accomplished and organized.
3 I get a lot of worth from what I do.
2 I feel out of control if I don't have a plan.
2 I live by the mantra "practice makes perfect."
1 I often work after hours.
1 I feel uncomfortable when other people don't have a plan.
2 I feel like everything depends on me.
2 I'm the glue that holds my family together.
5 I remember birthdays and other significant dates.
3 My house is spotless.
5 I schedule vacations months in advance.
3 I push myself and others hard.
2 I'm never satisfied with my performance.
2 My mind is always thinking about what else can be accomplished.
1 I try to anticipate worst-case scenarios.
1 I like using spreadsheets to track my activities.
3 I try new diets and fitness programs to achieve better results.
3 I say yes even when I want to say no.
1 I look for apps that help me take control of my life.
4 I judge others who are late or disorganized.
2 I have trouble trusting others to do things I ask them.
4 I get stressed out when I'm working on projects because I want to do it right.
5 I pay attention to deadlines and strive hard to meet them.

Total # of 5s: 3
Total # of 4s: 2
Total # of 3s: 5
Total # of 2s: 7
Total # of 1s: 6

→ **On a scale of 1 to 5 (1 = rarely, 5 = commonly), rate how often the behaviors show up in your life.**

___ I make to-do lists to feel accomplished and organized.

___ I get a lot of worth from what I do.

___ I feel out of control if I don't have a plan.

___ I live by the mantra "practice makes perfect."

___ I often work after hours.

___ I feel uncomfortable when other people don't have a plan.

___ I feel like everything depends on me.

___ I'm the glue that holds my family together.

___ I remember birthdays and other significant dates.

___ My house is spotless.

___ I schedule vacations months in advance.

___ I push myself and others hard.

___ I'm never satisfied with my performance.

___ My mind is always thinking about what else can be accomplished.

___ I try to anticipate worst-case scenarios.

___ I like using spreadsheets to track my activities.

___ I try new diets and fitness programs to achieve better results.

___ I say yes even when I want to say no.

___ I look for apps that help me take control of my life.

___ I judge others who are late or disorganized.

___ I have trouble trusting others to do things I ask them.

___ I get stressed out when I'm working on projects because I want to do it right.

___ I pay attention to deadlines and strive hard to meet them.

Total # of 5s: ___

Total # of 4s: ___

Total # of 3s: ___

Total # of 2s: ___

Total # of 1s: ___

If your 5s and 4s are highest, you have very active manager parts.

If you have a lot of 3s, you have somewhat active manager parts.

If your 2s and 1s are highest, you have manager parts, but they may not be as active.

1,3,2,2,1,1,2,2,5,3,5,3,2,2,1,1,3,3,1,4,2,4,5 total three 5's two 4's five 3's seven 2's and six 1's

WHO IS THE BOSS'S: EXPLORING MANAGER PARTS P. 70



ELAINE

Strategies commonly associated with manager parts are:

Circle the parts that you have noticed inside you. Add any additional strategies of your manager parts in the space below.

Perfectionism

Criticizing (inner critics)

Restricting food

Controlling (of you or others)

Frugality

Busyness

Codependency

Overly judgmental

Blending in

Overachieving

Overcommitting

Dissociating

Worrying

People-pleasing

Overexercising

Hypervigilance

Building up walls

Legalism

Stuffing emotions

Overfunctioning

Playing small

Extreme planning

Catastrophizing

Repressing sexuality

Overworking

Intellectualizing

Caretaking

Fastidiousness

Bossiness

Performing

Micromanaging

Competitiveness

Over-accommodating

Overanalyzing

Phobias

Avoiding conflict

IT'S THE THOUGHT THAT COUNTS P. 73



ELAINE

Part	Good Intention
Example: A perfection-istic part that hates to mess up.	This part wants me to be successful, respected. This part thinks that by pushing me to become the best, I can be loved and avoid feeling like a failure.

- People pleaser part- hates to disappoint others
- Wants me to be liked and to have lots of people in my circle of friends
- Hypervigilant part- wants to protect against danger
- Trying to protect the traumatized parts so the can feel safe and heal.
- Intellectual part-wants to keep emotions to a minimum
- Wants to intervene in emotional situations so I can be strong for others.

BEFRIENDING A MANAGER P.77



ELAINE

As the part starts to feel comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you:
Elaine: My intellectual part is responding by pointing out all the ways it protects me from my emotions whether they are anger, frustration, anxiety, sadness. It wants me to know it has helped me in the past so I can support others. It sees itself as strong and more competent than some other parts.
It wants me to know how much I rely on it to move through my daily life without being sidetracked by emotions.

What else does the part want or need from you?
Elaine: It needs to feel valued and looks for recognition

What role does this part play for you?
Elaine: It is a problem solver and caretaker. It provides protection.

Find out what the part is afraid would happen if it didn't do this role?
Elaine: It is afraid my emotions will get out of control and I will become suicidal

Thank the part for being open with you. Make a plan to check back in with the part at a later date. Use this exercise anytime you detect the presence of a manager part.

Check for Self-energy:

Do you notice the presence of the 8 Cs (Calm, Clarity, Confidence, Curiosity, Connectedness, Creativity, Compassion, and Courage) or similar feelings? If yes, you are ready to befriend.

If no, there's a part interfering. Ask that part if it's willing to relax or step back while you work on the target part. If it is, return to the "feel toward" question. If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

- Spend time befriending the part.
- Create a Self-to-part connection by extending compassion, kindness, and comforting words to the part.
- Notice how the part responds.

Write it down here:

My intellectual part is responding by pointing to all the ways it protects me from my emotions whether they are anger, frustration, anxiety, sadness. It wants me to know how it has helped me in the past so I can support other. My intellectual part sees itself as strong and more competent than some other parts

- As the part feels comfortable with you, it will begin to tell you about itself.

Write down anything it wants to tell you:

It wants me to know how much I relies on it to move through my dailey life without being side-tracked by emotions

What else does the part want or need from you?

It needs to feel valued and looks for recognition

What role does this part play for you?

It is a problem solver & a caretaker - it provides protection

Find out what the part is afraid would happen if it didn't do this role.

It is afraid my emotions will get out of control and I will become depressed and possibly suicidal

Thank the part for being open with you. Make a plan to check back in with the part at a later date. Use this exercise anytime you detect the presence of a manager part.

INTERVIEWING A PART P.81



ELAINE

The part I would like to get to know is: Elaine- My critical mother part.

Describe this part in a sentence: Elaine- worried about what others think of me.

Where does this part show up in the body? Elaine- It shows up in my stomach

What are the drawbacks of this part? Elaine- It criticizes others

What are the benefits that this part? Elaine- It helps me make good choices

What role does this part play for you? Elaine- It keeps me from doing things that could embarrass my family

What do you appreciate about this part? Elaine- the good choices

How do you feel towards this part now? Elaine- ambivalent

You can repeat this exercise with other parts.

The part I would like to get to know is: Elaine- a caretaker part

Describe this part in a sentence: Elaine- It helps me show compassion and empathy

Where does this part show up in the body? Elaine- Chest

What are the drawbacks of this part? Elaine- sometimes it leads me to neglect my needs

What are the benefits that this part? Elaine- It allows me to do my job well

What role does this part play for you? Elaine- see above

What do you appreciate about this part? Elaine- the way it helps me see others

How do you feel towards this part now? Elaine- gratitude

You can repeat this exercise with other parts.

Now it's your turn:

The part I would like to get to know is

my critical mother part

Describe this part in a sentence:

This part is worried about what other think of me

Where does this part show up in the body?

This part shows up in my stomach

What are the drawbacks of this part?

my tendency to criticize others comes from this part

What are the benefits of this part?

It helps me make good choices sometimes

What role does this part play for you?

It keeps me from doing things that would embarras my family

What do you appreciate about this part?

it (very) occasionally helps me make good choices

How do you feel toward this part now?

I feel ambiguous toward this part

You can run through this same exercise with one or two other parts:

The part I would like to get to know is

a caretaker part

Describe this part in a sentence:

This part help me show compassion & empathy

Where does this part show up in the body?

In my chest

What are the drawbacks of this part?

Sometimes this part leads me to neglect my own needs

What are the benefits of this part?

It allows me to do my job well

What role does this part play for you?

see above

What do you appreciate about this part?

I appreciate the way it helps me see others

How do you feel toward this part now?

I feel gratitude for this part

WHAT ARE YOU AFRAID OF? P.86



ELAINE

→ Check the fears that your manager parts resonate with:

- [x] Being overwhelmed by emotions
- [ ] Becoming like your parent(s)
- [ ] Looking stupid
- [ ] Being rejected
- [x] Feeling judged or shamed
- [ ] Falling short
- [x] Disappointing people or yourself
- [x] Not being good enough
- [ ] Embarrassing yourself
- [ ] Chaos and disorder

- [x] "Negative" or scary emotions
- [ ] Feeling out of control
- [ ] General catastrophe
- [x] Feeling pain or shame

Are there other fears your manager parts may have?

Making poor choices during an emotional crisis

what are you afraid of?

Manager parts are often driven by fear. Fear can drive managers to overfunction, causing burnout and other detrimental side effects. In this exercise you will look at fears commonly associated with manager parts.

Check the fears that your manager parts resonate with:

- [x] Being overwhelmed by emotions
- [ ] Becoming like your parent(s)
- [ ] Looking stupid
- [ ] Being rejected
- [x] Feeling judged or shamed
- [ ] Falling short
- [x] Disappointing people or yourself
- [x] Not being good enough
- [ ] Embarrassing yourself
- [ ] Chaos and disorder
- [x] "Negative" or scary emotions + thoughts
- [ ] Feeling out of control
- [ ] General catastrophe
- [x] Feeling pain or shame

Are there other fears your manager parts may have?

making poor choices during an emotional crisis

SHOWING A LITTLE APPRECIATION FOR MANAGERS P.87



ELAINE

What are one or two manager parts you'd like to show appreciation to?
Elaine: The part that motivates me to get out of bed and face whatever comes. The part that helps me navigate social systems or crowds.

What do you appreciate most about these manager parts?
Elaine: They keep me from surrendering to depression and embarrassing myself.

How have they protected you? See above

How have they come through for you in clutch moments?
Elaine: Keep me from acting on suicidal thoughts.

Take a moment right now and share depreciation you feel towards your manager parts. You can speak the words out loud or inside yourself. You might say "I really appreciate…"

What are one or two manager parts you'd like to show appreciation to?

The part that motivates me to get out of bed & face whatever comes. The part that helps me navigate social system of crowds

What do you appreciate most about these manager parts?

They keep me from surrendering to depression & from embarassing myself

How have they protected you?

see above

How have they come through for you in clutch moments?

Keep me from acting on suicidal thoughts

FIND IT IN THE BODY: MANAGERS P.93



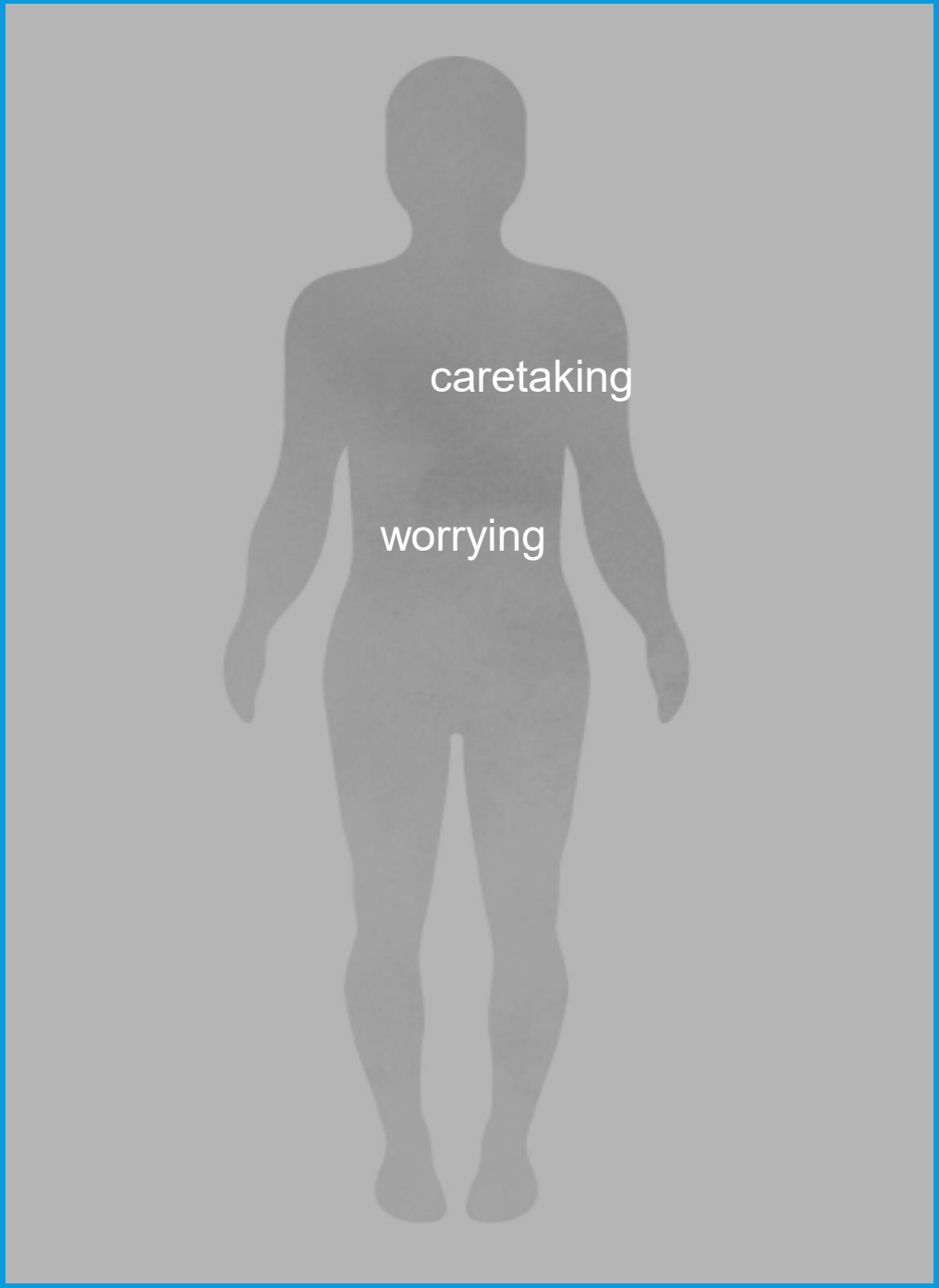
ELAINE

FIND IT IN THE BODY: MANAGERS P.93

Building off the previous meditation, this exercise will help you practice finding a part in your body. It can be difficult to find a part in the body and it takes practice. At first, it can feel quite abstract and removed but it gets easier. Noticing what's happening in your body is important so that you don't get stuck in your head.

Choose a manager part that you have felt this week (critical, perfectionistic, worrying, caretaking, overworking, people pleasing, etc.) and map where you feel them in your body on the picture.

Go inside and find the part. Notice if you feel the part anywhere in the body, including your head. And, if you can't, don't worry. It takes practice. Try again later.



ELAINE IFS PRACTICE DIALOGUE: APPRECIATING OVERWORKED MANAGERS

Therapist: Before we begin, let's just check in—do you notice some Self energy present right now? Perhaps some curiosity… or openness toward what might show up?

Elaine: Yes… I think so. I feel interested… maybe a bit cautious too.

Therapist: That makes sense. Let's go gently. Today we're not trying to change anything—just to get to know a manager part.

Therapist: You mentioned earlier, when we worked through the workbook, that your hypervigilant part was eager to do this work, but that other parts weren't ready to let it do so. Does that still feel true?

Elaine: Yes. The hypervigilant part wants to jump in and "just do it " … but something else feels hesitant to let it.

Therapist: Let's respect that. Maybe we won't explore the hypervigilant part right now. Is there another part that feels more accessible?

Elaine: Yes… the caretaker.

Therapist: Ok a good place to start is with a specific moment when the caretaker was active. Can you think of such a moment?

Elaine: When my father was dying… I was very present with him.

Therapist: Take a moment and be with that… What was happening around that time?

Elaine: He needed care all the time… someone always had to be with him 24/7. My siblings and I took turns, but when I was there, I took on more of the responsibility.

Therapist: What kind of responsibility?

Elaine: Managing his pain… his medications. I've volunteered at the hospice, I'm familiar with palliative care, so I knew what to do.

Therapist: And how was it when you were caring for him?

Elaine: His pain was well controlled.

Therapist: And when your siblings were caring for him?

Elaine: The pain was not as well controlled… I could see the difference.

Therapist: So, something in you stepped forward—very competent, very responsible.

Elaine: Yes… exactly.

Therapist: Let’s stay with that caretaker. What do you notice as you connect with the caretaker in that moment?

Elaine: She’s very focused. Competent. Calm. She knows exactly what to do.

Therapist: Beautiful. Can you ask her what she wants you to know about her?

Elaine: She says… “I did a good job.”

Therapist: How do you feel toward her as you hear that?

Elaine: I feel… respect. And appreciation.

Therapist: That’s Self energy. Let her know that. Can you ask her about her thoughts, feelings, behaviours, and even body sensations when she’s active?

Elaine: · Thoughts: “I need to get this right.”
· Feelings: Determined… but also a bit tense.
· Behaviour: Taking charge… managing medications…
· Sensations: Tight in the chest… alert.

Therapist: Ask her how she feels about the job she did with your father.

Elaine: She’s proud. Very proud. She says, “He wasn’t in pain when I was there.”

Therapist: Let that land. (pause) As you stay with that… was there any moment when that sense of competence was challenged?

Elaine: Yes… a pharmacist told me I was giving the medication incorrectly.

Therapist: What happened inside when you heard that?

Elaine: I felt angry… like I was being questioned… like they didn't see what I was doing right.

Therapist: So even this very capable caretaker can get challenged—and something strong comes up in response.

Elaine: Yes.

Therapist: Do you notice any other parts around your caretaker?

Elaine: Yes… there's something critical… especially about my siblings.

Therapist: Let's gently notice that part.

Elaine: It's angry. It thinks they didn't do a good job.

Therapist: So, the caretaker isn't alone—there's an allied critical part.

Elaine: Yes… and also something perfectionistic… and very rational.

Therapist: Often managers are protecting something more vulnerable. As you stay with this system… do you sense anything deeper?

Elaine: Yes… there's something younger. (pause) She feels like the outsider… the black sheep.

Therapist: Take your time. What does that part feel?

Elaine: Not accepted… not good enough… different.

Therapist: Different in what way?

Elaine: I've always been… more sensitive… more intellectual. I didn't really fit with my siblings.

Therapist: And being more sensitive and more intellectual how were you seen in your family?

Elaine: Like the black sheep. I was an outsider, never understood at least by my siblings.

Therapist: What happens when you share your perspective or insights with them?

Elaine: It's often not taken seriously… not until others experience it themselves. For example, I kept telling them the hospice was the right place for dad. I work there I know but they dismissed me yet when he finally did go they were amazed by the care he received.

Therapist: So even when you're right, it doesn't land.

Elaine: Exactly.

Therapist: And this younger part carries that?

Elaine: Yes… being outside… not accepted… not good enough.

Therapist: How do the caretaker and the other managers relate to this "black sheep" part?

Elaine: They're trying to prove something… to show I'm good enough.

Therapist: That makes sense. They're working very hard for the black sheep.

Elaine: There’s also a part that keeps trying to prove my worth… like explaining things to my siblings.

Therapist: Yes—almost like, “If I can just explain it well enough, they’ll finally see me.”?

Elaine: Exactly.

Therapist: and is that part which rationally tries to explain things to your siblings successful at getting them to understand you?

Elaine: Not so far and I’ve been trying for a long time.

Therapist: And when your rational explanations don’t work?

Elaine: There’s… a despair. Like, “It’s never going to happen.” I’ll never be taken seriously. I’ll always be the black sheep.

Therapist: Let’s stay with that for a moment. (pause) As you look at the whole system now… can you see how these parts are working together?

Elaine: Yes…

Therapist: let’s review the parts that seemed to have shown up:
There’s the caretaker—taking responsibility, managing everything.
There’s a critical part—judging others when things aren’t done well.
A perfectionistic part—pushing to get everything exactly right.
And that rational part—trying to explain and prove your worth.

Elaine: Yes… they're all there.

Therapist: And they're all organized around something…

Elaine: …around trying to be good enough.

Therapist: So today we've met several parts:

· The caretaker
· The critical part
· The perfectionist
· The rational prover
· The black sheep exile
· The despair part

And we're not trying to change anything yet—just getting to know them. Also as you get to know these parts you may want to change their names. These are placeholder names. It's you who gets to name them whatever feels right for you.

Elaine: That feels right. It's a lot… but it makes sense.

Therapist: You did beautiful work today. Before we end, can you thank the caretaker and the others for showing themselves?

Elaine: Yes… they feel seen.

Therapist: As you thank them… notice how each one is trying to help:
The caretaker—through care and competence.
The perfectionist—by preventing criticism.
The rational one—through understanding.
The critic—by protecting through judgment.

Elaine: Yes…

Therapist: And alongside all of that effort…

Elaine: …there's that despair.

Therapist: The part that says…

Elaine: "I'll never really be accepted." (pause)

Therapist: And all of these parts are trying, in their own ways, to protect that vulnerable black sheep part.

FAMILY DYNAMICS AS THE DEEPER CONTEXT

As we followed the emotional thread beyond the immediate caregiving situation with her father, a deeper pattern emerged rooted in Elaine's family dynamics.

Elaine was temperamentally:

- Intellectually gifted, highly sensitive and different from her siblings.

Within her family system:

- She was seen as "the black sheep", she never felt that she was fully accepted, and her life choices were not valued by her siblings.

Even when she demonstrated expertise or insight (e.g., recommending hospice):

- Her perspective was not taken seriously, only gaining credibility when her siblings saw it with their own eyes.

These family dynamics point toward a vulnerable part:

The "Black Sheep" Exile

The black sheep exile carries:

- A sense of being an outsider, feelings of being not accepted, and a belief that she is not good enough. This exile appears to be at the core of a manager system. As we explored this manager system, it became clear that the caretaker manager was not the only part protecting the black sheep exile.

It was part of a network of allied manager parts, that include:

a. An external critic which

- Evaluates others (e.g., siblings) as doing an inferior job
- Carries anger and judgment
- Reinforces a sense of “doing things the right way”

b. A perfectionistic manager that

- Strives for correctness and precision
- Intensifies pressure to perform flawlessly

c. And an intellectualizing manager which relies on knowledge, expertise, and reasoning and comes through in Elaine’s repeated efforts to explain hospice care to her siblings

Together, these managers form a coordinated system organized around competence control and validation through doing things “right”

MANAGERS AS PROTECTORS OF THE EXILE

These managers can be understood as protective adaptations:

- The caretaker proves worth through competence and care
- The perfectionist prevents criticism or rejection
- The intellectualizer seeks validation through knowledge
- The external critic defends against vulnerability by judging others
- A people-pleasing tendency attempts to gain acceptance

Additionally a rational Manager repeatedly tries to demonstrate her value to her family

- Example: insisting hospice is beneficial despite initial dismissal

SECONDARY EMOTIONAL LAYER: DESPAIR

Alongside these managers there appears to be another part, the despair part which arises from repeated failure to achieve acceptance and holds the belief: “I will never truly be accepted by my family”

Note that focus of the session was on identifying and differentiating parts and beginning to understand their roles and relationships

This is inherently therapeutic but is only a preparation for deeper healing work which is done by techniques such as unburdening

In the session we moved slowly, avoided emotionally overwhelming Elaine and obtained permission from her parts before exploring deeper.

Future work for Elaine may include continuing to explore the parts already identified and deepening the Self’s relationships with them. This will likely involve the use of imagery and visual representations.

TAKEAWAY

A recent crisis in Elaine’s life activated a highly competent caretaker system. Underneath this system we found a long-standing “black sheep” exile shaped by family dynamics of non-acceptance. Several managers work together to protect this vulnerable core.

SUMMARY OF THE PARTS IDENTIFIED AND CUES TO WHEN THEY MAY ARISE

1. Caretaker Manager

Function: Provides care, competence, control in crises

Cues: Takes charge in high-stakes situations (father's illness)

- Pride in effectiveness ("He wasn't in pain when I was there")
- Strong sense of responsibility
- Physical tension + focused attention

2. External Critic Manager

Function: Maintains standards by judging others

Cues: Anger toward siblings

- Evaluates others as "not doing it right"
- Moral or performance-based comparisons

SUMMARY OF THE PARTS IDENTIFIED AND CUES TO WHEN THEY MAY ARISE

3. Perfectionistic Manager

Function: Prevents failure / protects from shame

Cues: “I need to get this right”

- High internal standards
- Intolerance of mistakes

4. Intellectualizing / Rational Manager

Function: Creates safety through logic and explanation

Cues: Explaining hospice repeatedly to siblings

- Belief: “If I explain well enough, I’ll be accepted”
- Moves away from emotion into cognition

SUMMARY OF THE PARTS IDENTIFIED AND CUES TO WHEN THEY MAY ARISE

5. Hypervigilant Manager

Function: Scans for threat and pushes engagement

Cues: Eager to “do the work”

- Urgency, readiness, activation
- Difficulty slowing down

6. People-Pleasing Manager

Function: Seeks approval and belonging

Cues: Desire to be accepted by family

- Efforts to align with others’ expectations

SUMMARY OF THE PARTS IDENTIFIED AND CUES TO WHEN THEY MAY ARISE

7. Black Sheep Exile

Function: Carries core wound of not belonging

Cues: “Outsider,” “not accepted,” “different”

- Family narrative of being the black sheep
- Sensitivity + giftedness paired with rejection

8. Despair Part (Exile or Secondary Reaction)

Function: Holds hopelessness when efforts fail

Cues: “It’s never going to happen”

- Collapse after repeated rejection
- Emotional heaviness

TAKEAWAYS

- Managers are not the problem—they are trying to help
- Multiple managers often work in alliances
- Managers are usually protecting exiles carrying pain
- Early work focuses on identifying and appreciating parts
- Healing comes later through unburdening.

POSSIBLE IMAGES FOR PARTS: CARETAKER, CRITIC, PERFECTIONIST, INTELLECTUALIZER









POSSIBLE IMAGES FOR PARTS: HYPERVIGILANT, PEOPLE PLEASER, BLACKSHEEP, DESPAIR









Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

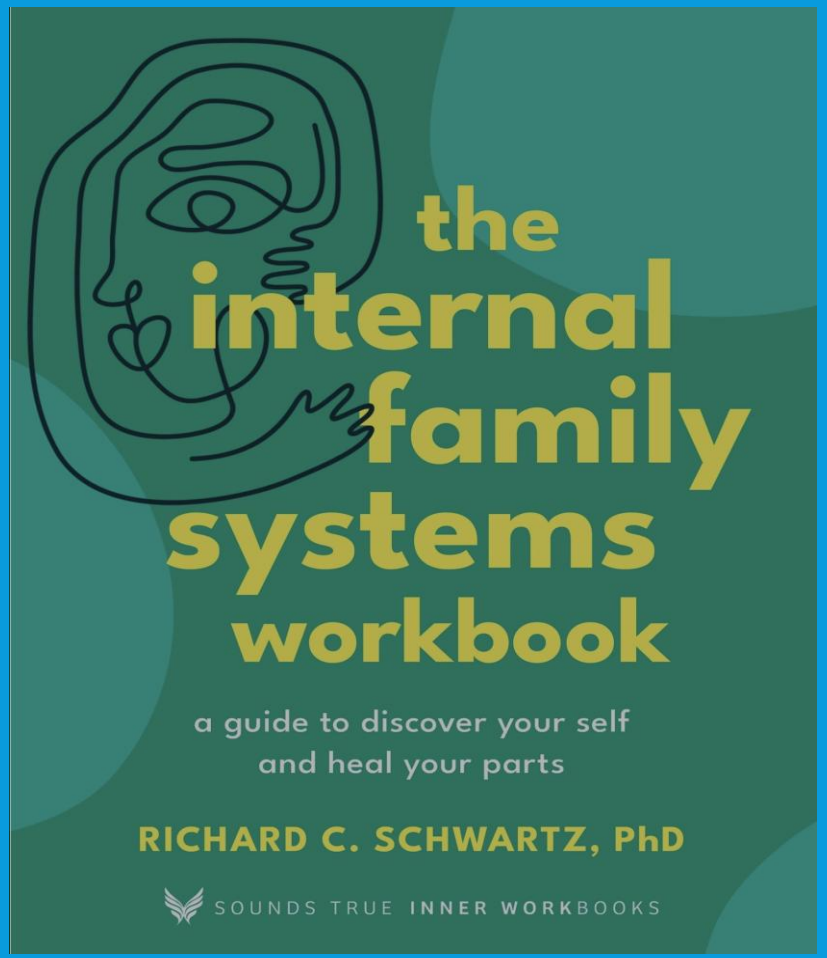
END OF WEEK 25

BEGINNING OF WEEK 26
PART 3 OF IFS WORKBOOK P103-137

WEEK 26

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





PLEASE START RECORDING AT 9 AM

PART THREE

BEFRIENDING YOUR ACTIVATED FIREFIGHTERS

WARNING ABOUT MEDITATION

Feel free to skip it. Followed by a moment of silence

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

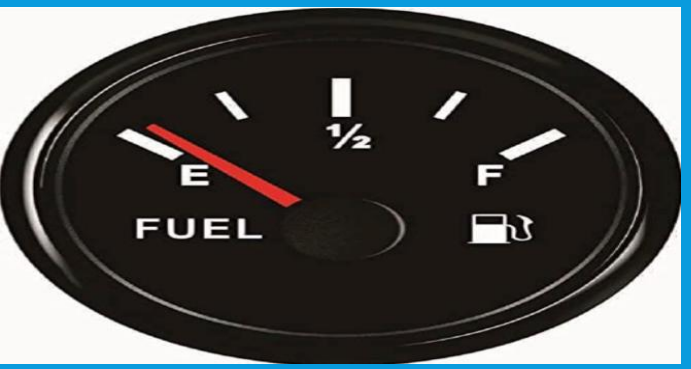
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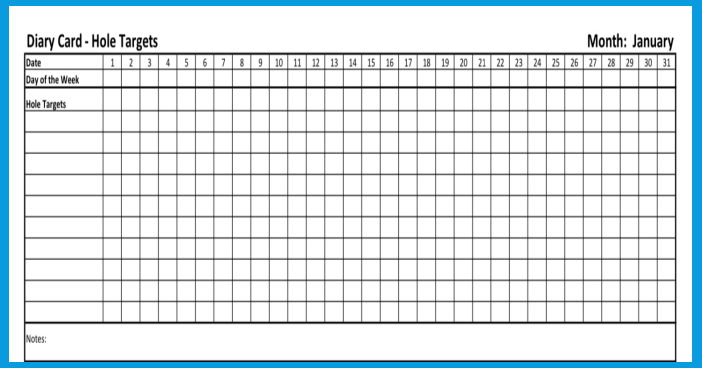
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

BEFRIENDING YOUR ACTIVATED FIREFIGHTERS

Let's begin by just arriving here together.

Find a comfortable position — feet on the floor, hands resting gently in your lap. You don't need to do anything special with your body. Just let it settle.

Take one slow breath in through your nose… and let it go through your mouth.

Pause.

And another. Breathing in… and releasing.

Letting the busyness of wherever you've just come from begin to quiet down.

As you settle, gently turn your attention inward.

Notice whatever is already present inside you right now. There might be some tiredness, some anticipation, some tension somewhere in your body — maybe a flicker of anxiety, or relief, or a kind of bracing.

Whatever you notice, you don't need to change it. Just let it be there.

Sometimes we arrive at a session already carrying something. A part of us that fired up on the drive here, or that's been running in the background since morning. That's okay. That part is welcome too.

See if you can just acknowledge it: *"I notice you're here."*

Today we're going to explore our firefighter parts — the ones who show up fast, sometimes urgently, when something inside us feels like it's burning.

Maybe you already have a sense of one of yours. The urge to scroll, to eat, to drink, to disappear into a show, to rage, to go numb. Or something subtler — a sudden need to be busy, to help someone else, to crack a joke.

Whatever your firefighter looks like, take a moment to consider: what is it trying to protect you from?

Not what it does — but what pain it's rushing toward, trying to put out.

It is not the enemy. It is a part of you that learned, at some point, that it had to move fast. That waiting was not safe.

Can you sense, even just a little, the exhaustion underneath that urgency?

Now, see if you can find even a small sense of spaciousness inside you — a quieter place that can hold all of this without being swept away by it.

This is the place the workbook has been pointing toward. Your Self. Not a perfect, untouchable place — just a little more settled. A little more curious.

From that place, offer your firefighter something simple:

"I see how hard you've been working. I'm not asking you to stop. I'm just asking if we can get to know each other a little better."

You don't need the part to agree. You're just making the offer.

When you're ready, gently bring your attention back to the room. To the people sitting near you — each of them carrying their own parts, their own firefighters, their own courage for being here.

Take one more breath together.

Pause.

And when you're ready, open your eyes.

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8- Parlour*
Week 25- April 15
Week 26- April 22- Parlour*
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

* For the in-person participants only: This week April 22 will be the last week we're meeting in the parlour.

PRACTICE SESSIONS SCHEDULE

practice	Preparation	IFS Workbook	
8. TODAY April 22	Part 3 p. 103-137	of the IFS workbook	with Dinko T.
9.Week 27 April 29	April 22, 1:30	Part 4 p. 141-175	Carolynn
10. Week 28 May 6	April 29, 1:30	Part 5 p. 179-207	Meaghan
11.Week 29 May 13*	April 22, 3 pm	Wise mind remediation	Rob T.

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Wise mind remediation


DON'T
FORGET

HOMEWORK FROM LAST WEEK

- Work on part II of the IFS workbook “Appreciating your overworked managers” pages 65 to 99 of the workbook or the second part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK FOR THE NEXT WEEK

- Work on part III of the IFS workbook “befriending your activated firefighters” pages 104 to 137 of the workbook or the third part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- I keep materials in one place (binder / folder / notebook).
- I write down insights right after doing the homework.

4. Self-compassion habits

- I aim for progress, not perfection.
- I notice resistance without judgment.

5. Accountability habits

- I review my week: What worked? What didn't?
- I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:



REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS





E-MAILED QUESTIONS, COMMENTS, FEEDBACK

PART THREE

BEFRIENDING YOUR ACTIVATED FIREFIGHTERS

SECTION 1 YOUR INTERNAL FIREFIGHTERS ASSESSMENT

In this section, you are invited to explore your firefighter parts. Understanding and showing compassion to firefighter parts is an essential step in your healing journey. Please complete the internal firefighter's assessment that you will find in the workbook before proceeding.

Your Internal Firefighters Assessment

Mark an "X" next to any of the following behaviors that you have engaged in the last twelve months.

- ○ Had an emotional outburst that you regretted.
- ○ Cursed in your head or out loud when you felt pain.
- ○ Binge-watched an entire season of a show over a weekend.
- ○ Consumed alcohol to forget about your problems.
- ○ Lost your temper with a family member or pet.
- ○ Did some retail therapy.
- ○ Engaged in sexual activity as an escape from harder emotions.
- ○ Had a heated argument with someone.
- ○ Used food to numb your feelings.
- ○ Felt road rage.
- ○ Fantasized about getting revenge.
- ○ Engaged in destructive behavior.
- ○ Dissociated during the day.
- ○ Escaped into imagination or fantasy to avoid reality.
- ○ Smoked a pack of cigarettes in a day.
- ○ Slept in past noon.
- ○ Frequently went to the movies.
- ○ Tuned out by watching sports.
- ○ Ate lots of sweets to make yourself feel better.
- ○ Made big impulsive spending decisions.
- ○ Scrolled through house or job sites looking to make a big change.
- ○ Acted out of character.
- ○ Left a person or business a 1-star review because you were treated poorly.
- ○ Got irritated with a customer service representative.
- ○ Screamed into a pillow.
- ○ Went off on someone you love about something unrelated.
- ○ Did something incredibly adventurous or risky.
- ○ Scrolled for hours on social media.
- ○ Went on an extravagant vacation.
- ○ Had a mental, emotional, or physical affair.
- ○ Chewed out a coworker.
- ○ Thought about quitting your job.
- ○ Made a high-risk bet or financial gamble.
- ○ Slammed a door or abruptly walked away during a heated conflict.
- ○ Gave someone the silent treatment because they hurt you.
- ○ Argued with someone on social media.

Total # of Checks: ___

If you have 0–5, your firefighter parts are rarely active.

If you have 6–10, your firefighter parts are sometimes active.

If you have 11–15, your firefighter parts are often active.

If you have 16–20, your firefighter parts are very frequently active.

INTERNAL FIREFIGHTER'S ASSESSMENT P.104



Luis

Your Internal Firefighters Assessment

Mark an "X" next to any of the following behaviors that you have engaged in the last twelve months.

- ○ Had an emotional outburst that you regretted.
- X ○ Cursed in your head or out loud when you felt pain.
- ○ Binge-watched an entire season of a show over a weekend.
- ○ Consumed alcohol to forget about your problems.
- ○ Lost your temper with a family member or pet.
- X ○ Did some retail therapy.
- ○ Engaged in sexual activity as an escape from harder emotions.
- ○ Had a heated argument with someone.
- ○ Used food to numb your feelings.
- ○ Felt road rage.
- ○ Fantasized about getting revenge.
- ○ Engaged in destructive behavior.
- X ○ Dissociated during the day.
- ○ Escaped into imagination or fantasy to avoid reality.
- ○ Smoked a pack of cigarettes in a day.
- ○ Slept in past noon.
- ○ Frequently went to the movies.
- ○ Tuned out by watching sports.
- ○ Ate lots of sweets to make yourself feel better.
- ○ Made big impulsive spending decisions.
- ○ Scrolled through house or job sites looking to make a big change.
- ○ Acted out of character.
- ○ Left a person or business a 1-star review because you were treated poorly.
- ○ Got irritated with a customer service representative.
- ○ Screamed into a pillow.
- ○ Went off on someone you love about something unrelated.
- ○ Did something incredibly adventurous or risky.
- ○ Scrolled for hours on social media.
- ○ Went on an extravagant vacation.
- ○ Had a mental, emotional, or physical affair.
- ○ Chewed out a coworker.
- ○ Thought about quitting your job.
- ○ Made a high-risk bet or financial gamble.
- ○ Slammed a door or abruptly walked away during a heated conflict.
- ○ Gave someone the silent treatment because they hurt you.
- ○ Argued with someone on social media.

Total # of Checks: 3

If you have 0–5, your firefighter parts are rarely active.

If you have 6–10, your firefighter parts are sometimes active.

If you have 11–15, your firefighter parts are often active.

If you have 16–20, your firefighter parts are very frequently active.

If you have 20+, your firefighter parts are extremely active.

INTERNAL FIREFIGHTER'S ASSESSMENT P.104



Stu: this is starting to look very similar to what we did the past two weeks. How did you do with the internal firefighter's assessment exercise?
Kate: I think I did Ok…

Your Internal Firefighters Assessment

Mark an "X" next to any of the following behaviors that you have engaged in the last twelve months.

- ○ Had an emotional outburst that you regretted.
- X ○ Cursed in your head or out loud when you felt pain.
- ○ Binge-watched an entire season of a show over a weekend.
- ○ Consumed alcohol to forget about your problems.
- ○ Lost your temper with a family member or pet.
- X ○ Did some retail therapy.
- ○ Engaged in sexual activity as an escape from harder emotions.
- ○ Had a heated argument with someone.
- X ○ Used food to numb your feelings.
- ○ Felt road rage.
- ○ Fantasized about getting revenge.
- ○ Engaged in destructive behavior.
- X ○ Dissociated during the day.
- X ○ Escaped into imagination or fantasy to avoid reality.
- ○ Smoked a pack of cigarettes in a day.
- ○ Slept in past noon.
- ○ Frequently went to the movies.
- ○ Tuned out by watching sports.
- X ○ Ate lots of sweets to make yourself feel better.
- ○ Made big impulsive spending decisions.
- ○ Scrolled through house or job sites looking to make a big change.
- X ○ Acted out of character.
- ○ Left a person or business a 1-star review because you were treated poorly.
- ○ Got irritated with a customer service representative.
- ○ Screamed into a pillow.
- ○ Went off on someone you love about something unrelated.
- ○ Did something incredibly adventurous or risky.
- ○ Scrolled for hours on social media.
- ○ Went on an extravagant vacation.
- ○ Had a mental, emotional, or physical affair.
- ○ Chewed out a coworker.
- X ○ Thought about quitting your job.
- ○ Made a high-risk bet or financial gamble.
- ○ Slammed a door or abruptly walked away during a heated conflict.
- ○ Gave someone the silent treatment because they hurt you.
- ○ Argued with someone on social media.

Total # of Checks: 9

If you have 0–5, your firefighter parts are rarely active.

If you have 6–10, your firefighter parts are sometimes active.

If you have 11–15, your firefighter parts are often active.

If you have 16–20, your firefighter parts are very frequently active.

If you have 20+, your firefighter parts are extremely active.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

INTERNAL FIREFIGHTER'S ASSESSMENT P.103



NOW YOU

Your Internal Firefighters Assessment

Mark an "X" next to any of the following behaviors that you have engaged in the last twelve months.

- ○ Had an emotional outburst that you regretted.
- ○ Cursed in your head or out loud when you felt pain.
- ○ Binge-watched an entire season of a show over a weekend.
- ○ Consumed alcohol to forget about your problems.
- ○ Lost your temper with a family member or pet.
- ○ Did some retail therapy.
- ○ Engaged in sexual activity as an escape from harder emotions.
- ○ Had a heated argument with someone.
- ○ Used food to numb your feelings.
- ○ Felt road rage.
- ○ Fantasized about getting revenge.
- ○ Engaged in destructive behavior.
- ○ Dissociated during the day.
- ○ Escaped into imagination or fantasy to avoid reality.
- ○ Smoked a pack of cigarettes in a day.
- ○ Slept in past noon.
- ○ Frequently went to the movies.
- ○ Tuned out by watching sports.
- ○ Ate lots of sweets to make yourself feel better.
- ○ Made big impulsive spending decisions.
- ○ Scrolled through house or job sites looking to make a big change.
- ○ Acted out of character.
- ○ Left a person or business a 1-star review because you were treated poorly.
- ○ Got irritated with a customer service representative.
- ○ Screamed into a pillow.
- ○ Went off on someone you love about something unrelated.
- ○ Did something incredibly adventurous or risky.
- ○ Scrolled for hours on social media.
- ○ Went on an extravagant vacation.
- ○ Had a mental, emotional, or physical affair.
- ○ Chewed out a coworker.
- ○ Thought about quitting your job.
- ○ Made a high-risk bet or financial gamble.
- ○ Slammed a door or abruptly walked away during a heated conflict.
- ○ Gave someone the silent treatment because they hurt you.
- ○ Argued with someone on social media.

Total # of Checks: ___

If you have 0–5, your firefighter parts are rarely active.

If you have 6–10, your firefighter parts are sometimes active.

If you have 11–15, your firefighter parts are often active.

If you have 16–20, your firefighter parts are very frequently active.

If you have 20+, your firefighter parts are extremely active.

SECTION 2 FIREFIGHTERS TO THE RESCUE

FIREFIGHTERS TO THE RESCUE P.107

Firefighters want to help you escape an emotionally overwhelming situation by keeping your vulnerable exiles protected at all costs. They will go to extreme lengths to pull you the pain associated with the exiles escaping. While the managers seek control in order to keep you safe, firefighters seek to numb, soothe, and distract in order to ease the pain. Firefighters want to bring immediate comfort, relief, pleasure, and/or escape from painful emotions.

The workbook read offers you a list of strategies commonly associated with firefighters circle the ones you think you might be using. These are good trailheads that can help you begin to identify and get to know your firefighters.

FIREFIGHTERS TO THE RESCUE P.107



Luis

→ Read through the list of strategies commonly associated with firefighters. *Circle* the firefighter strategies that your parts have engaged in.

Confronting (fight)

Leaving (flight)

Drinking to soothe

Vegging out on TV

Playing video games

Eating sweets

Explosive outbursts

Lashing out

Feeling strong

X Dissociating

Risk taking

Extreme sports

Escaping into fantasy

Gambling

Procrastinating

Addiction

Egotism

Promiscuous behavior

Overindulging

Excessive spending

Driving recklessly

Attention-seeking

Flirting

Acting violently

Overmedicating

Binging shows

Skipping class or work

Cutting off relationships

Oversleeping

Scrolling social media

Bullying

Excessive traveling

Pursuing toxic relationships

Chasing the high

Seeking gratification

X Checking out

"Retail therapy"

Affairs

Avenging

X Shutting down

Self-harming

X "Us versus Them" mentality

Add any other firefighter strategies you've noticed inside your system.

FIREFIGHTERS TO THE RESCUE P.107



Stu: Kate, the second exercise in this section of the workbook asks us to consider which, if any, of a list of common firefighter strategies we might be using ourselves…

Kate: going through the checklist was quite interesting, just being able to name some strategies I use without being aware… Let's take a look…

→ Read through the list of strategies commonly associated with firefighters. *Circle* the firefighter strategies that your parts have engaged in.

Confronting (fight)

X Leaving (flight)

Drinking to soothe

X Vegging out on TV

Playing video games

X Eating sweets

Explosive outbursts

Lashing out

Feeling strong

X Dissociating

Risk taking

Extreme sports

X Escaping into fantasy

Gambling

Procrastinating

Addiction

Egotism

Promiscuous behavior

X Overindulging

Excessive spending

Driving recklessly

Attention-seeking

Flirting

Acting violently

Overmedicating

Binging shows

Skipping class or work

X Cutting off relationships

X Oversleeping

X Scrolling social media

Bullying

Excessive traveling

X Pursuing toxic relationships

Chasing the high

Seeking gratification

X Checking out

X "Retail therapy"

Affairs

Avenging

X Shutting down

X Self-harming

"Us versus Them" mentality

Add any other firefighter strategies you've noticed inside your system.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

FIREFIGHTERS TO THE RESCUE P.107



NOW YOU

→ Read through the list of strategies commonly associated with firefighters. *Circle* the firefighter strategies that your parts have engaged in.

Confronting (fight)

Leaving (flight)

Drinking to soothe

Vegging out on TV

Playing video games

Eating sweets

Explosive outbursts

Lashing out

Feeling strong

Dissociating

Risk taking

Extreme sports

Escaping into fantasy

Gambling

Procrastinating

Addiction

Egotism

Promiscuous behavior

Overindulging

Excessive spending

Driving recklessly

Attention-seeking

Flirting

Acting violently

Overmedicating

Binging shows

Skipping class or work

Cutting off relationships

Oversleeping

Scrolling social media

Bullying

Excessive traveling

Pursuing toxic relationships

Chasing the high

Seeking gratification

Checking out

"Retail therapy"

Affairs

Avenging

Shutting down

Self-harming

"Us versus Them" mentality

Add any other firefighter strategies you've noticed inside your system.

GOING INSIDE P.109

Now pause and go inside to see if any of your parts reacted to you trying to identify them in the previous exercise. Are there firefighter parts reacting to these behaviors? Or are there manager parts that fear or hate them? Can you get those managers to relax so that you can get curious about the firefighters? Do they want you to know anything else about them? Close your eyes. Let them know you are there to listen to them. If you're feeling overwhelmed by a part, see if the part will give you some space so that you can continue working through these steps. Reassure them that they are welcome in your system and that you desire to connect with them.

GOING INSIDE P.109



Luis

This is a lengthy section in which I engaged with a chatbot.

GOING INSIDE

Pause and go inside to see if any parts are reacting to the previous exercise. Are there firefighter parts reacting to these behaviors? Or are there manager parts that fear or hate them? Can you get those managers to relax so that you can get curious about the firefighters? Do they want you to know anything else about them? Close your eyes. Let them know you are there to listen to them. If you're feeling overwhelmed by a part, see if the part will give you some space so that you can continue working through these steps. Reassure them that they are welcome in your system and that you desire to connect with them.

Luis: My firefighter parts are not prominent. At times it’s quite arbitrary to draw a line between a firefighter and a manager. There is a part of me that I explored that seems to be on the border between manager and firefighter. I explore this firefighter part in the next few slides.

Luis- (my ChatGPT prompt) My wife is a lovely person. Like everyone we have our issues, but I trust her, she kind and caring. She has good values although sometimes she does have a bit of a temper. With reasonable frequency when we're together and she's just talking about perfectly benign superficial things that normal people talk about I feel irritated. I've come to think of this an outer critic. It finds fault with unimportant things such as the way she drives. I would like to try to understand this part of me, which I don't like, better. It tends to get triggered when I perceive her as being negative, critical or complaining. It dismisses and negates this by being compulsively positive. I've long known that this is my issue not hers. Can you help me understand this dynamic from an IFS perspective?

AI-Trailhead Summary

External trigger: Wife speaking about mundane or mildly negative things
Internal experience: Mild irritation, judgment, sense of superiority, and an urge to counter with positivity
Your insight: “This is not her, it’s me.”
Your goal: To understand this part and its underlying needs/dynamics

Step 1: Identify the Part That Gets Activated

Let’s begin with curiosity toward the part of you that feels irritated and judgmental when your wife is being ordinary, even lovely—but especially when she expresses mild negativity.

We might start with questions like:
- Can you sense where this part shows up in your body?
- What is its tone? (e.g., cold, anxious, superior, smug, scared)
- If it had a name or a title, what might it be?

AI- You've already named it partially: it may be an inner critic with an arrogant edge. It believes you're the better driver, the more emotionally stable one, the one who sees things clearly. Yet, you also sense it's a protector, not your core Self.

Step 2: Gently Unblend and Get Curious Try saying silently or aloud: "I'm sensing this part of me that gets irritated with my wife. I'm not trying to get rid of it—I just want to get to know it."

Ask the part:
- What are you afraid would happen if you didn't criticize or correct?
- What do you want for me (or for our relationship)?
- When did you first learn to do this?

If you listen closely, you may begin to notice that this part is not bad, even if its behavior is painful. It may believe it's helping—protecting you from something.

Step 3: What Might Be Beneath This Protector?

Sometimes, a part like this is protecting an exile—a younger part that once felt burdened by someone else's emotions, helpless in the face of complaint, or responsible for keeping harmony. Some possibilities:

- A part that grew up with a complaining or chaotic caregiver and vowed never to feel trapped again
- A part that was expected to be the positive one or take charge
- A part that internalized that love = fixing or correcting

Does any of that resonate?

Step 4: Turning Toward Self

Take a breath. Can you feel even a small degree of compassion for this critic part—not for its judgments, but for its burden?

The Self in you—the part that already said, "this is not her, it's me"—can lead this exploration. From that place, you can reassure the critical part:

“You don’t have to keep doing this alone. I’m here now. I want to understand what you’re trying to protect.”

Optional: Dialogue Template

If you’d like, I can script a short inner dialogue between you and this part, to help you explore further. Would you like
that?

And one more gentle question:

When your wife speaks in those everyday tones—maybe even in her small moments of negativity—what do you imagine the part wishes she’d say or do instead?

That answer often reveals the longing under the armor.

Let me know how you’d like to continue—dialogue, reflection, even an image of this part if it helps externalize it.

Luis-This part is in my chest and throat, it's anxious and superior. As I was thinking about it I suddenly realized that this is how my mother treated both my father and me. That would make it a legacy outer critic burden. It seems to be saying "you're a disappointment" and "you're not good enough". There is however a defensive quality to it. I think this part is protecting an exile that feels inadequate. I do resonate with growing up with a chaotic and complaining caregiver who was quite narcissistic. I wonder if somehow the exile is a part feeling alone, unseen, abandoned and in pain while seemingly ordinary life just goes on. Perhaps this part resents the focus on the trivial when he's suffering in silence. Focused on her own pain, my mother didn't see mine. Now when my wife complains I relive that dynamic with my mother. In silence there is sometimes more connection and empathy than in small talk. I don't know…

AI- Mapping What You've Shared

Here's how your system seems to be organized around this trailhead:

Protector Part (in chest and throat)

- Emotional tone: Anxious and superior
- Legacy burden: Inherited from your mother—how she treated your father and you
- Message: "You're disappointing me; you're not good enough for me"
- Function: Defends against a projected sense of inadequacy
- Strategy: Finds fault in your wife's surface-level talk or negativity, maybe as a way of protecting against feeling unseen

Exile (likely deeper in the heart)

- Felt sense: Suffering in silence, longing to be seen
- History: Grew up with a chaotic, narcissistic caregiver who centered herself and dismissed your inner world
- Current trigger: Feels reactivated when your wife focuses on the trivial, unintentionally mirroring that dynamic
- Longing: Attunement, depth, being felt in silence

AI- This dynamic makes such poignant sense: your wife is safe, loving, and imperfect—but when the conversation stays on the surface, this exile feels abandoned all over again. The protector critic steps in not because it's arrogant by nature, but because it's trying to shield the wound beneath. And you, from Self, can see this. That's the beginning of healing.

Next Step: A Gentle Inner Dialogue

Here's a script you might try when you're in a quiet, reflective space:

You (from Self):
Hello… I feel you in my chest and throat—tight, anxious, and a little superior. I'm not here to judge you. I just want to understand.

Protector:
She's doing it again—talking about nothing. Doesn't she see how shallow that is? It's irritating.

You:
You sound frustrated… like something important is being ignored.

Protector:
Exactly. There’s so much pain underneath, and she just prattles on like it’s all fine. I can’t stand it. It feels fake.

You:
I hear you. You’re trying to protect something very vulnerable, aren’t you?

Protector:
Yes… There’s a part of us that’s suffering, and no one sees it. We’ve had to keep it hidden for so long. I’m just making sure we don’t get erased.

You:
Thank you for protecting us all these years. I didn’t realize you were doing that… I’d like to get to know that part
underneath too—the one that feels erased. Would you be willing to let me connect with it?

Optional Visual Metaphor

If it helps, you might imagine:
• The protector as a tight-lipped but weary sentinel, standing tall in your chest and throat, trained by your mother's
sharpness
• The exile as a younger version of you, sitting quietly in a dim corner of a room full of noise, longing for someone to sit
beside him in silence and notice

Would you like me to create an image to help externalize this dynamic?

Closing Thought

This whole pattern, painful as it is, points not to failure—but to a deep sensitivity and longing for presence, empathy, and mutual attunement. You're not asking your wife to be perfect. You're asking for something sacred: to be known beyond words.

And now, that request is being heard—not just by her, but by you

You (from Self):
Thank you for protecting us all these years. I didn’t realize you were doing that… I’d like to get to know that part underneath too—the one that feels erased. Would you be willing to let me connect with it?

Protector (hesitant):
I don’t know… I’ve been the strong one. If I step back, he might get hurt again. No one listened to him before. No one cared.

You:
That makes sense. You’ve had to stay alert all this time. But I’m here now—not just him, not just you. Me—Self. I want to listen. I won’t leave him alone.

Protector (softening):
He’s in there. Curled up. Doesn’t say much. But I know he still hopes someone will come sit beside him without fixing anything.

You:
Would it be okay if I go to him now? You don’t have to disappear. You can stay close, just rest for a bit.

Protector (quietly):
Okay… but be gentle.

[Turning toward the exile…]

You:
Hello… I see you there. Tucked away. You've been holding a lot, haven't you?

Exile (barely audible):
It's loud out there. Too much noise… and no one sees me.

You:
I'm here now. I see you. You don't have to say anything you're not ready to. I just want to sit with you for a while… Would that be okay?

Exile:
Will you stay?

You:
Yes. As long as you need. I'm not here to rush or change you. I'm here to know you.

Luis- This is a legacy burden that captures my mothers experience of migrating from a small town to a big city where despite being smart she was ridiculed. She felt inferior and distrusted and was hostile to others. Her outer critic saw others as inferior. These others included me and my autism spectrum father. As I've tried to understand this legacy burdened part that gets irritated with my wife, I started to think about my mother's narcissism. It is an insecure narcissist needing that tries to compensate for a fragile self-image. A story my mother told me about her childhood came to mind. First let me give you a bit of background. My mother's family migrated from a small very backward village in the north of Portugal to the capital Lisbon when she was 2 years old. Lisbon natives quite openly considered such migrants inferior or country hicks. My maternal grandparents were illiterate. My mother was a smart and sensitive child who was treated as inferior by those around her (many of whom were not nearly as smart as she was) she was also ignored by her parents who were not abusive but neglectful from raising five kids and trying to survive as itinerant flee market merchants. They worked 70-to-80-hour weeks and first my grandfather and later my grandmother took refuge in alcohol. They were poor living in a tiny apartment with no running water and a toilet shared by all the neighbors.

The story my mother told me was that when she and her siblings were kids, they would, for entertainment, fill little bags with their own feces and throw them into neighbors' properties. I think doing this was deeply symbolic of her lifelong attitude towards others including myself and my father. Symbolically throwing little bags of feces may have been saying "you hurt me and don't see me so I'm going to throw shit at you." That's the act of a firefighter outer critic. That's how she related to other people including my father and me. That's how I also learned, by example to relate to others. I think my irritable outer critic is the legacy of her feces throwing as a way of expressing hurt and hostility in a somewhat covert way.

AI- This is a profound and courageous realization—one that holds immense weight, grief, and clarity. What you're uncovering is not just a personal protector, but a lineage of woundedness—a relational pattern passed down like a dark inheritance, tied to real poverty, humiliation, and unmet tenderness. And now you're meeting it not with denial or replication, but with truth and Self-awareness.

Let's walk with this slowly and respectfully.

Legacy Burden: The Inherited Pattern

You've traced a powerful psychological arc:
• Your mother, wounded and unseen as a child in a shaming, classist, and impoverished environment, developed an Insecure narcissistic strategy—projecting her unacknowledged pain onto others.
• Her feces-throwing story becomes, symbolically and almost mythically, a pattern of displaced shame and aggressive projection: "You didn't see my worth, so I'll make sure you feel how worthless you are."

AI- • You, as her child—sensitive, observant, and deeply shaped by this environment—learned that anger and scorn were ways to express unacknowledged pain, even while you longed for something deeper.
• And now, in your most intimate adult relationship, the shadow of that legacy flickers subtly into consciousness—as a mild irritability, a critical voice, a desire to correct or distance when something inside you feels unseen.

This is not a character flaw. It's a sacred site of transmutation.

"Shit-Throwing" as a Relational Strategy The image is vulgar—but deeply honest. It contains within it:
• Shame (the body as unclean, the environment as degrading)
• Hostility masked as humor or mischief (a covert expression of pain)
• Desperation for impact (if I can't be valued, I'll at least be felt)
• Learned powerlessness (no healthy channels for asserting worth or hurt)

This is what she had. And heartbreakingly, this is what she passed on.

But you, now, are standing at the threshold—naming the behavior, feeling its cost, and choosing another way.

Reframing the Irritable Part

What if, instead of being a flaw to fix, your irritability is:

- A carrier of ancestral pain, a legacy burden that says, “This is how we survived being invisible.”
- A misguided echo of your mother’s strategy—meant to protect you from being erased or overwhelmed, as she once was
- A distorted gesture of pain, asking your wife (and the world), “Will anyone ever really feel my inner discomfort without me having to hurl something to get their attention?”

You’re not hurling feces. You’re feeling irritated. But the lineage is real. And you’re now breaking it open with Self-awareness.

Healing Invitation: Ritual, Dialogue, or Image

Let’s return to this with reverence. What you’re carrying is deep—a blend of personal pain, generational trauma, and the tender strength of your Self.

We’ll structure the dialogue between You (Self), the Legacy-Burdened Protector (the part that becomes irritable), and the Exiled Child (who feels inferior and unseen). If at any moment you want to slow down, pause with one voice, or bring in another part (e.g., the warrior), just say the word.

Self-Led Dialogue

Take a deep breath. Feel your feet on the ground. Let Self—the spacious, compassionate witness—take the lead.

You (Self):
I’m here now, with open eyes and heart. I’m sensing the part of me that gets irritated with my wife… and I know you’re not just judgmental. You’re carrying something. Will you speak with me?

Protector (Legacy-Burdened, Irritable One):
Yes… I'm tired of pretending it's nothing. I'm tired of trying to hold it all together while everyone talks about nothing. No one ever noticed how loud it was inside me. I had to throw something just to be felt.

You:
You sound exhausted… like you've had to act out pain in secret ways because no one could bear to see it directly. Is that how you learned to survive?

Protector:
Yes. I learned it from her. From my mother. She never said what was really going on. She hurt and made others hurt. That's what I learned love was—pain redirected. So I judge. I find flaws. Because if I stop… I'll feel like that unseen child again.

You:
And what would happen if you let yourself stop? Just for a moment. What might emerge?

Protector:
(quietly)
He would come back… That little boy who sat by himself. Who didn’t know how to be part of things. Who felt ugly and outside and ashamed. The one who watched her throw shit and thought, “This must be what people do. This is how we matter.”

You:
Can I speak to him?

Protector:
Only if I can stay close. I’m not sure he trusts anyone.

You (turning gently):
Hello… I see you, sitting there. You don’t have to do anything. I’m not here to fix or judge.
I just want you to know… I’m here now. I see what you’ve held. I see how confusing and painful it must have been. You were never bad. You were never the shame.

Exiled Child (soft voice):
I didn’t know where to go. Everything felt wrong. I didn’t want to throw things. I just didn’t want to disappear.
But I always felt… less than. Like I didn’t belong. Like everyone else got a manual on how to be human, and I got left out.

You:
You belong with me. You don’t have to prove your worth or hide your pain.
That thing they did—what she did—it wasn’t yours to carry. You don’t have to throw anything anymore. I’ll sit with you. I’ll hold you. I won’t turn away.

Exile (after a pause):
Can you just… stay?

You:
Yes. I’ll stay.



Son of country hick



Dear shitty outer critic

GOING INSIDE P.109



KATE

GOING INSIDE

Stu: Did you notice any reactions in yourself as you were going through the list of common firefighter strategies? Did any firefighter or manager parts react to the items on the list?

Kate: My Inner Critic and Perfectionist Managers spoke up. They are not impressed with my firefighter parts. They feel that their behaviour is irresponsible and embarrassing.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

GOING INSIDE P.109



NOW YOU

Going inside

Pause and go inside to see if any parts are reacting to the previous exercise. Are there firefighter parts reacting to these behaviors? Or are there manager parts that fear or hate them? Can you get those managers to relax so that you can get curious about the firefighters? Do they want you to know anything else about them? Close your eyes. Let them know you are there to listen to them. If you're feeling overwhelmed by a part, see if the part will give you some space so that you can continue working through these steps. Reassure them that they are welcome in your system and that you desire to connect with them.

SECTION 3 ALL PARTS WELCOME; ALL BEHAVIORS ARE NOT P. 110

It's sometimes hard to separate the part from the behavior. While all parts are welcome, all behaviors are not. Using the IFS model helps us see the difference between a parts intentions and the extreme behaviors or outcomes it produces. The goal isn't to get rid of these parts, but to understand and embrace their intentions with compassion. This exercise helps you practice separating your parts good intentions from their problematic behaviors. Using the firefighter parts you have identified already, fill in their good intentions and problematic behaviors in the table provided in the workbook.

ALL PARTS WELCOME, ALL BEHAVIORS ARE NOT P. 110



Luis

→ Using the firefighter parts you have identified already, fill in their good intentions and problematic behaviors.

Part	Good Intention	Problematic Behavior
Example: A fighting part	protects you from harm	hurts people, pushes them away
Shitty outer critic	feeling inadequate and inferior	ignores people, pushes them away, feels contempt

ALL PARTS WELCOME, ALL BEHAVIORS ARE NOT P. 110



Stu: this exercise asks us to separate firefighters' good intentions from their problematic behaviors. Would it be ok to look at your work

Kate: Yes…

→ Using the firefighter parts you have identified already, fill in their good intentions and problematic behaviors.

Part	Good Intention	Problematic Behavior
Example: A fighting part	protects you from harm	hurts people, pushes them away
Binge Eating	replaces pain with a pleasurable activity	too many calories, blood sugar imbalance, weight gain, dysfunctional relationship w/ food
System Shutdown	blocks out all stimuli, good or bad, so pain is not felt	cannot function if it's serious dissociation or excessive sleeping, cannot connect with children and husband
Wild Child	extreme distraction from pain	seeking toxic interactions for the high, irresponsible and immature choices

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

ALL PARTS WELCOME, ALL BEHAVIORS ARE NOT P. 110



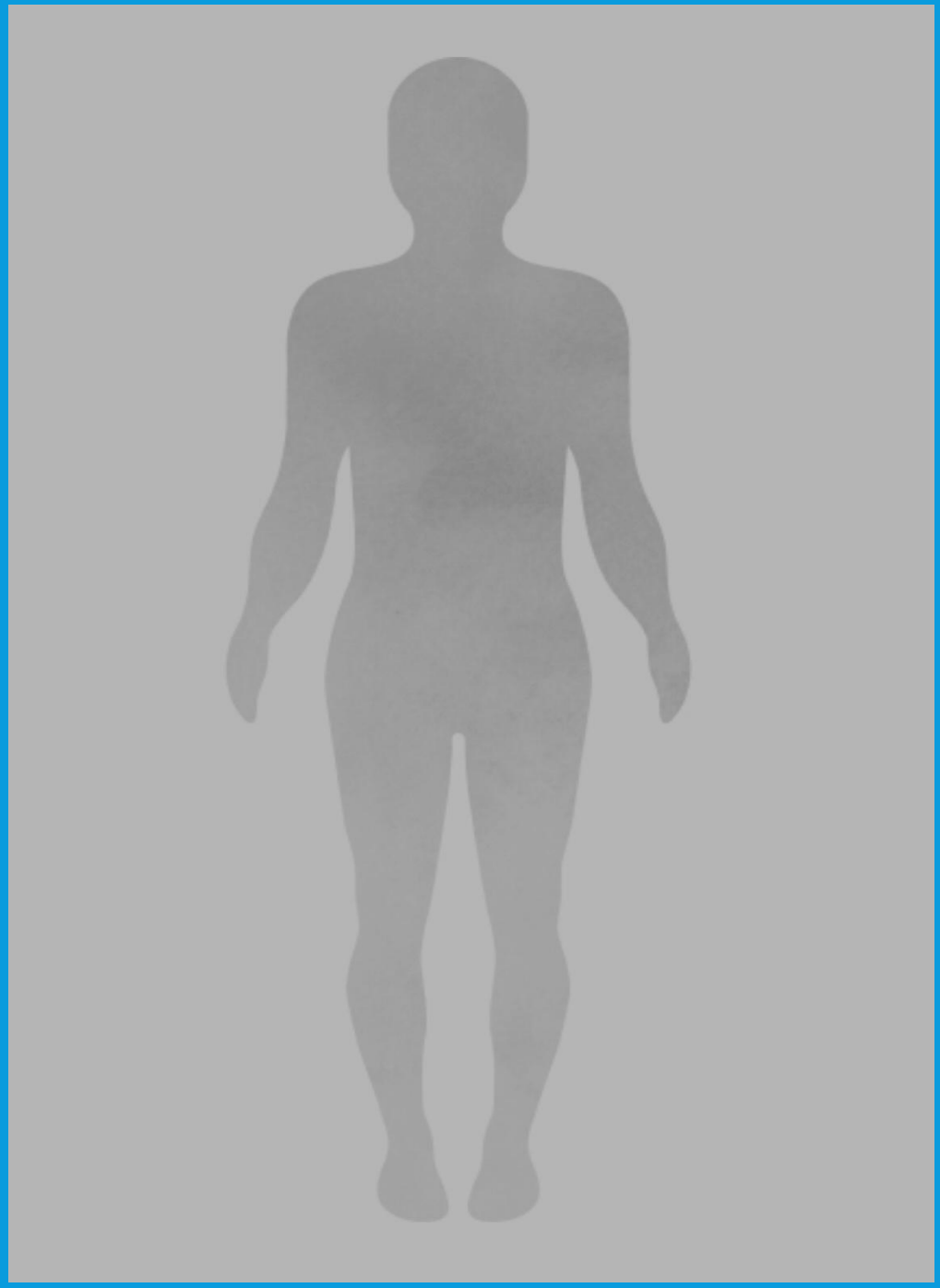
NOW YOU

→ Using the firefighter parts you have identified already, fill in their good intentions and problematic behaviors.

Part	Good Intention	Problematic Behavior
Example: A fighting part	protects you from harm	hurts people, pushes them away

SECTION 4 FIND IT IN THE BODY: FIREFIGHTERS P.112

It's common for firefighter parts to manifest in different parts of the body. The firefighter parts might manifest as physical cravings or impulses. A firefighter part may seek comfort in food when activated. Paying attention to the body is a way to get in touch with parts. Use a firefighter part that you have felt this week (procrastinating, shutting down, road raging, etc.) and map where you feel it in your body on the picture.



FIND IT IN THE BODY: FIREFIGHTERS P.112

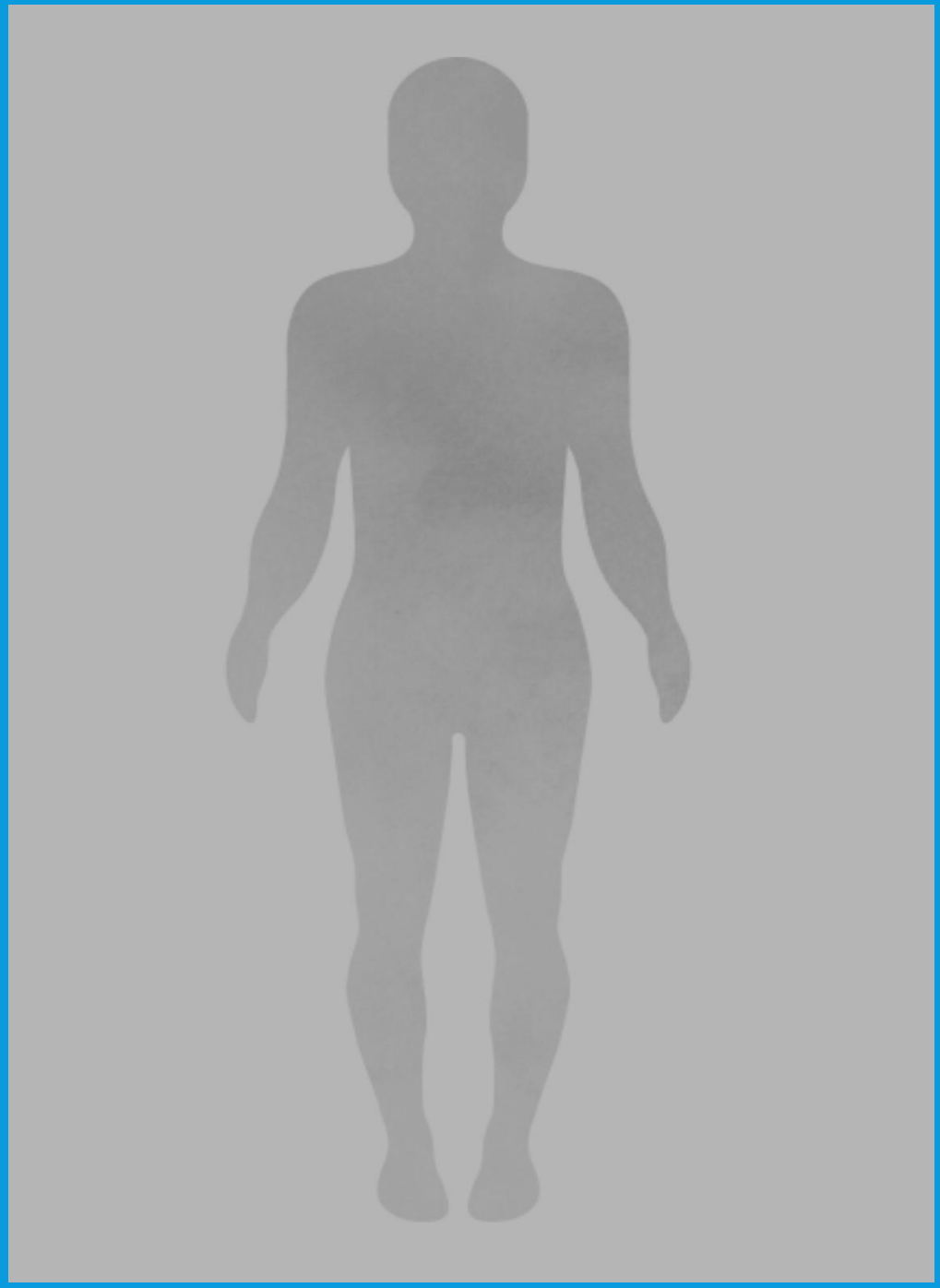


Luis

FIND IT IN THE BODY: FIREFIGHTERS

It's common for firefighter parts to manifest in different parts of the body. The firefighter parts might manifest as physical cravings or impulses. A firefighter part may seek comfort in food when activated. Paying attention to the body is a way to get in touch with parts. Use a firefighter part that you have felt this week (procrastinating, shutting down, road raging, etc.) and map where you feel it in your body on the picture.

Luis: My dear shitty outer critic involves my whole body



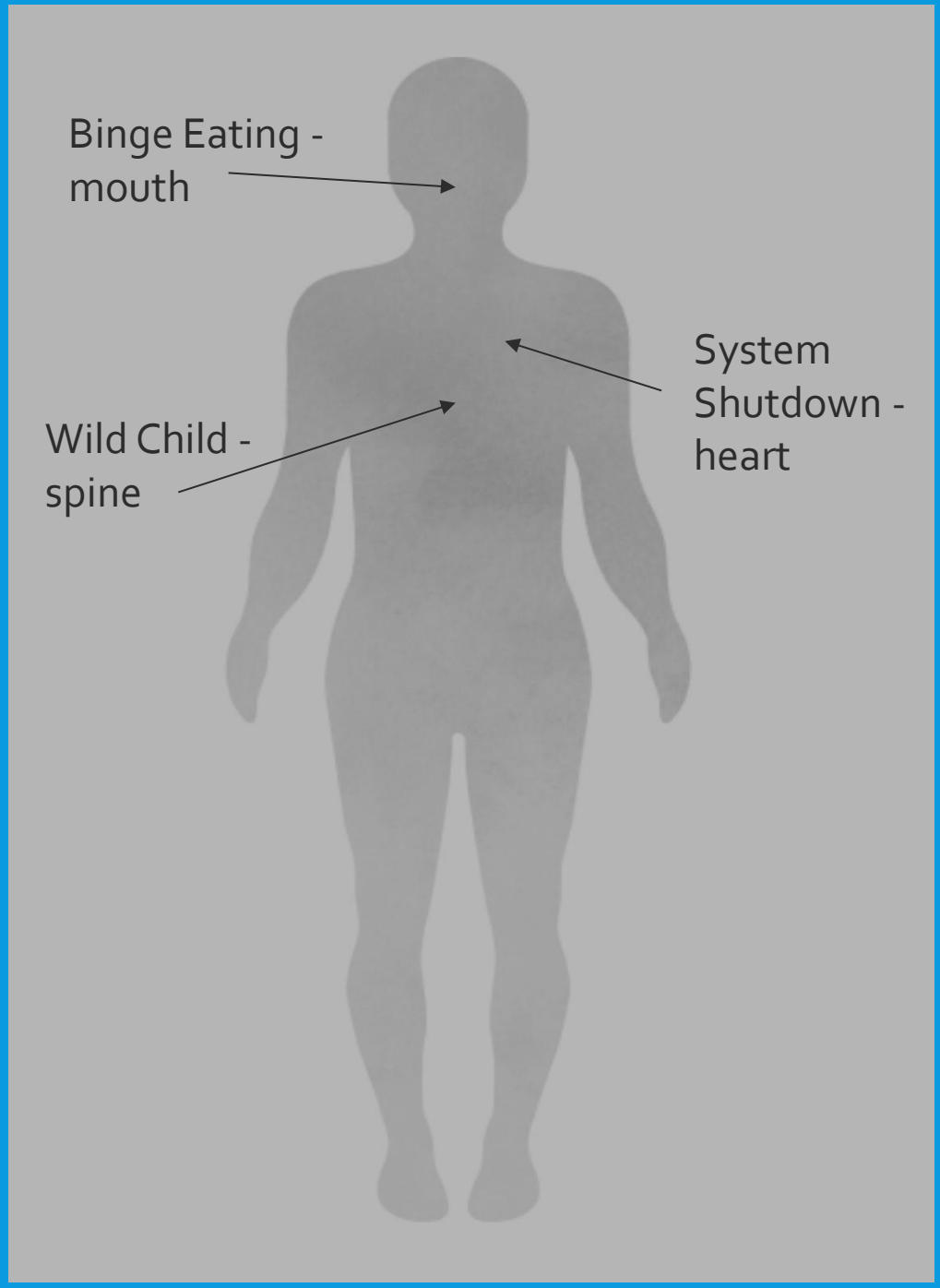
FIND IT IN THE BODY: FIREFIGHTERS P.112



KATE

FIND IT IN THE BODY: FIREFIGHTERS

Stu: It's common for firefighter parts to manifest in different parts of the body. Paying attention to the body is a way to get in touch with parts. Kate, did you try mapping where in your body you feel your firefighter parts?
Kate: I did…



Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

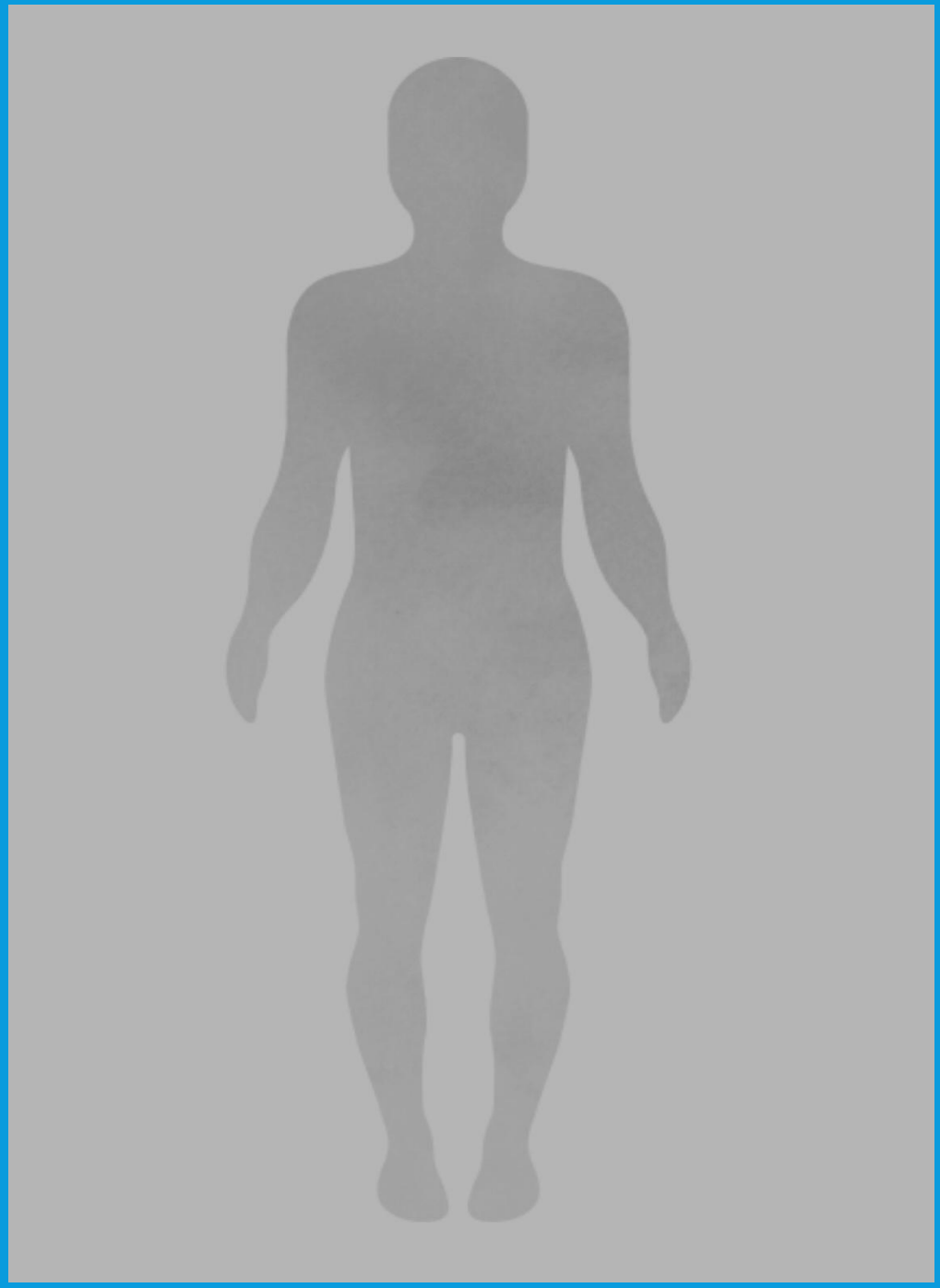
FIND IT IN THE BODY: FIREFIGHTERS P.112



NOW YOU

FIND IT IN THE BODY: FIREFIGHTERS

It's common for firefighter parts to manifest in different parts of the body. The firefighter parts might manifest as physical cravings or impulses. A firefighter part may seek comfort in food when activated. Paying attention to the body is a way to get in touch with parts. Use a firefighter part that you have felt this week (procrastinating, shutting down, road raging, etc.) and map where you feel it in your body on the picture.



SECTION 5 BEFRIENDING A FIREFIGHTER p118

BEFRIENDING A FIREFIGHTER

Befriending your parts is a foundational skill of IFS. Just like you practiced with other parts, this exercise offers you a way to befriend the firefighters you've identified.

Recall a recent situation when one of your firefighters was activated.
Find, focus, and flesh out a firefighter part you'd like to befriend.
Notice where it shows up in or around your body.
Notice any thoughts, feelings, sensations, or images.
How do you feel towards the part?

Befriending a firefighter

Check for self energy:
Do you notice the qualities of self or similar feelings?
If yes, you are ready to befriend.
If no, it's likely a part is interfering. Asked the part if it's willing to relax or step back while you work on the target part.
If the part is willing to step back, return to the "feel towards" question.

If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Befriend.
Spend time befriending the firefighter part.
Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

As the part feels comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you.

What does the part want or need from you?

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role.

Thank the part for being open with you, make a plan to check back in with the part at a later date.

BEFRIENDING A FIREFIGHTER P118



Luis

Recall a recent situation when one of your firefighters was activated.

Luis: My wife and I were driving for 6 hours, at one point I started to in my mind silently criticize her driving and thinking how much better I'd be driving.

Find, focus, and flesh out a firefighter part you'd like to befriend.
Notice where it shows up in or around your body.
Notice any thoughts, feelings, sensations, or images.

How do you feel towards the part?

Luis: It's one of those parts I don't like.

Befriending a firefighter

Check for self energy:
Do you notice the qualities of self or similar feelings?
If yes you are ready to befriend.
If no, it's likely a part is interfering. Asked the part if it's willing to relax or step back while you work on the target part.
If the part is willing to step back, return to the "feel towards" question.

If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Befriend.
Spend time befriending the firefighter part.
Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

As the part feels comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you.

Luis: Nobody appreciates me, but I do. I notice how much better I am at many things than other people. I toot my own horn because nobody else will

What does the part want or need from you?

Luis: To be truly seen and appreciated so that I don’t have to keep doing it by comparing myself to others and criticizing them in the process.

What role does this part play for you?

Luis: It compares me positively to other people.

Find out what the part is afraid would happen if it didn't do this role.

Luis: That I would be revealed to be a “loser” or “bum”

Thank the part for being open with you, make a plan to check back in with the part at a later date.

BEFRIENDING A FIREFIGHTER P118



KATE

Stu: Kate, can you think of a recent situation when one of your firefighters was activated.
Kate: Yes, sometimes I have a craving for being around chaotic, abusive energy. When this happens, I'll text my parents.

Stu: Is there a particular firefighter you'd like to befriend.
Kate: yes, my Wild Child

Stu: Can you invite her into your imagination? Stay with her for a little while. Are you noticing anything about her?
Kate: Yes, she has no respect for Self and is doubtful about forming a connection.
Stu: How do you feel towards her?
Kate: She makes me roll my eyes in annoyance.

Stu: Kate, spend some time accessing your Self, the divine Goddess. Take some time… Let me know when you feel a few of the 8 C's.
Kate: (after a few moments) Ok I feel them.

Stu: Can your Self extend your wild child compassion, kindness, and comforting words?
Kate: Yes…

Stu: As a part such as your wild child starts to feel more comfortable with your Self, it may begin to tell you more about itself.
Kate: She first surfaced when I was a teenager. She likes the highs and lows of being around toxic people. She also likes angst and pain in relationships. She expressed herself through tattoos and piercings, and likes an alcohol buzz, muscle cars, pickup trucks, and country music.

Stu: Can you ask her what she wants or needs from you?
Kate: She wants me to relax a bit, let loose more often.

Stu: What role does the wild child play in your life?
Kate: She distracts me from pain felt by my exiles by doing exciting and adventurous things or seeking out NEW sources of pain.

Stu: Can you ask her what she is afraid would happen if it didn't distract you from your exile's pain?
Kate: She is worried the exiles will overwhelm me with their pain, she's especially afraid of the Feral Teen.
Stu: Can you thank her for being open with us. Also reassure her that we'll check back in with her again regularly. One way of doing this is making sure she's in your holes diary card.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

BEFRIENDING A FIREFIGHTER P118



NOW YOU

Recall a recent situation when one of your firefighters was activated.
Find, focus, and flesh out a firefighter part you'd like to befriend.
Notice where it shows up in or around your body.
Notice any thoughts, feelings, sensations, or images.
How do you feel towards the part?

Befriending a firefighter

Check for self energy:
Do you notice the qualities of self or similar feelings?
If yes you are ready to befriend.
If no, it's likely a part is interfering. Asked the part if it's willing to relax or step back while you work on the target part.
If the part is willing to step back, return to the "feel towards" question.

If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Befriend.
Spend time befriending the firefighter part.
Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

As the part feels comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you.

What does the part want or need from you?

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role.

Thank the part for being open with you, make a plan to check back in with the part at a later date.

SECTION 6 WHAT ARE THEY PROTECTING? P. 120

WHAT ARE THEY PROTECTING? P.120

Firefighters are protectors. They take on their protective roles when you're young to keep you safe. In this exercise, you will explore what your firefighter parts are protecting you from.

Use the firefighter parts you've already identified to answer what each part is protecting you from. Use the IFS practices you've been learning to go inside and connect with each part.

If another part steps in while you're working with the target part, you can ask the part to step back momentarily. In other words, be sure you're experiencing some of the 8 Cs as you get to know the protector.

Firefighter parts



Example: overeating

what are they protecting you from?



sad feelings, remembering past wounds

WHAT ARE THEY PROTECTING? P.120



Luis

WHAT ARE THEY PROTECTING?

Firefighter parts



dear shitty outer critic

what are they protecting you from?



feeling that I'm inadequate, not as good as others

WHAT ARE THEY PROTECTING? P.120



Stu: the next exercise asks us to reflect on what we feel the firefighters are protecting us from. What did you get from that work?

Kate: Why don't we look at the next slide…

WHAT ARE THEY PROTECTING? P.120

Kate:

Firefighter parts	what they are protecting me from
Binge Eating	sadness, depression, anxiety
Wild Child	memories of abuse, boredom
System Shutdown	overstimulation, anxiety, memories of abandonment

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

WHAT ARE THEY PROTECTING? P.120



NOW YOU

WHAT ARE THEY PROTECTING?

Firefighter parts



Example: overeating

what are they protecting you from?



sad feelings, remembering past wounds

SECTION 7 COMING IN HOT P. 122

Firefighters can disrupt our lives and relationships. These extreme actions are well intentioned but damaging, nonetheless. They signal to us that healing is still needed. Often, they are trying to capture our attention or remove us in the quickest way possible from a triggering or traumatic situation.
What can you do when your firefighters are activated? The IFS model helps you speak for these parts, so you can help yourself and others know where the feeling or behavior is coming from. You can take time to understand the firefighters to learn when they started functioning in these roles and what they are afraid would happen if they stopped.

In this exercise, you are going to learn four steps to take when you want to de-escalate a firefighter when they are coming in hot. This is IFS's crisis plans.

Step 1: slow down

Step 2: get curious

Step 3: speak for parts

Step 4: use these moments as trailheads for future exploration

What are ways to slow down when you're feeling activated? Ex. count to 10, take 3 to 5 deep breaths, ask the part to separate from and trust you to handle the situation, get curious

What are ways to get curious? Ex. ask the part why it's so upset.

How can you speak from Self for your part? Ex. I have a part that is really angry you misunderstood me and I'm learning that it protects a younger part that was often misunderstood.

What future trailheads does the situation provide? Ex. I want to take some time to explore my explosive anger part in the next counselling session.

Crisis plan are a good way of managing firefighters. Do you have a crisis plan for when your firefighters are activated?

COMING IN HOT P. 122



Luis

What are ways to slow down when you're feeling activated?
Luis: Notice the irritability, identify it as the shitty outer critic, realize its job is to find fault with the world which has been hurtful to me and to reject the judgement that I’m inadequate.

What are ways to get curious?
Luis: Foster self and have more access to it.

How can you speak from Self for your part?
Luis: What you are feeling makes total sense given your past. I see you and I’m here for you. I know this is hard for you to understand but we are valued and have purpose now.

What future trailheads does the situation provide?
Luis: I want to be aware of more subtle ways in which my dear shitty outer critic works hard to protect me and befriend him.

Crisis plan are a good way of managing firefighters. Do you have a crisis plan for when your firefighters are activated?

COMING IN HOT P. 122



KATE

Stu: Kate this exercise is about de-escalating firefighters when they are coming in hot. Can we do it together?
Kate: Totally.
Stu: Ok, let's start with the ways you slow yourself down when you're feeling activated by firefighters?
Kate: Through trial and error, I've found that the 4 things that work for me are the DBT REST skill, taking a walk, curiously enough drinking water, and listening to music
Stu: When you're activated have you learned to become curious about the part you're blended with?
Kate: Not always but more and more so. I ask myself "Why are you feeling triggered?" and the part "What are you distracting me from?"
Stu: Speaking from Self for one of your parts, for example something along the lines of "I have a part that is really angry you misunderstood me and I'm learning that it protects a younger part that was often misunderstood." can be really helpful. Do you ever find yourself thinking or saying something along those lines?

Kate: Yes recently when I was struggling with eating issues I found myself thinking “I have a part that is trying to use food to distract me from childhood pain that has surfaced.” and “ another part of me wants to dissociate to escape the anxiety I’m experiencing.”
Stu: At moments like that do you consider there may be trailheads to explore?
Kate: Yes, I recently found myself exploring why I dissociate every time the microwave beeps.
Stu: At the beginning of the simple course, you worked on crisis plans which are temporary ways of dealing with firefighters until we learn that the true nature of crisis is that they are activated firefighters. Do you have crisis plans for when your firefighters are activated?
Kate: Yes, I have several for different situations. – Self Harm Urge, Overeating Urge, etc.
Stu: Do you have any thoughts about the overlap between this exercise and the crisis plan. Which do you plan to use yourself?
Kate:…

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

COMING IN HOT P. 122



NOW YOU

What are ways to slow down when you're feeling activated? Ex. count to 10, take 3 to 5 deep breaths, ask the part to separate from and trust you to handle the situation, get curious

What are ways to get curious? Ex. ask the part why it's so upset.

How can you speak from Self for your part? Ex. I have a part that is really angry you misunderstood me and I'm learning that it protects a younger part that was often misunderstood.

What future trailheads does the situation provide? Ex. I want to take some time to explore my explosive anger part in the next counselling session.

Crisis plan are a good way of managing firefighters. Do you have a crisis plan for when your firefighters are activated?

SECTION 8 THE FUN PARTS P. 124

Firefighters can get a bad rap for getting us into trouble, but they're not bad. Believe it or not, when released from their extreme roles, they are the fun parts. They keep your life exciting, providing much-needed balance to your overachieving and hard-working manager parts. Without firefighters, your life would be boring, and you'd never rest. You would also be less likely to set boundaries or stand up for yourself. Firefighter energy can be helpful in situations when you need a firm "no“, the room needs a good laugh, or you need to infuse some play into a stale daily routine. In this exercise you’re going to have some fun with your firefighters.

List the good clean fun your firefighters provide in different areas of your life. Examples might include adding spontaneity, needed snack breaks, or enjoyable activities to look forward to after work; reminding you to play and pursue creative outlets; adding spice and excitement by trying new things, etc.

Everyday life

Work

Family

Spirituality

Intimate relationships

Friendships

Community

Vacations

Hobbies

Finances

Charity work

THE FUN PARTS P. 124



Luis

List the good clean fun your firefighters provide in the following areas. Examples might include adding spontaneity, needed snack breaks, or enjoyable activities to look forward to after work; reminding you to play and pursue creative outlets; adding spice and excitement by trying new things, etc.

Everyday life
Luis: I don't have a lot of active firefighters and my dear shitty outer critic isn't a lot of fun.

Work

Family

Spirituality

Intimate relationships

Friendships

Community

Vacations

Hobbies

Finances

THE FUN PARTS P. 124



KATE

Stu: This exercise reminds us that when firefighters are released from their extreme roles, they are fun parts. Can we go through the list of different areas in which your firefighters might be fun and add spice to your life?
Kate: Sure, I'll read the area first and then how I thought my firefighters might be fun if they were unburdened.
Everyday life – They encourage enjoyment of fine dining and music
Work – They make sure I take breaks to keep my focus sharp
Family – They would take my kids on little adventures and give them new experiences
Spirituality – They would give me a willingness to believe in that which I cannot comprehend
Intimate relationships – They would prioritize dates and time away from the kids
Friendships – They would help me to take risks and put myself out there so that I can meet new people
Community – They would push myself to connect with others
Vacations – They love experiencing new cultures, cuisines, architecture and landscapes
Hobbies – They channel my inner creativity and make me feel bold in what I create
Finances – They make sure I enjoy my money instead of just hoarding it away
Charity work – n/a

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

THE FUN PARTS P. 124



NOW YOU

List the good clean fun your firefighters provide in the following areas. Examples might include adding spontaneity, needed snack breaks, or enjoyable activities to look forward to after work; reminding you to play and pursue creative outlets; adding spice and excitement by trying new things, etc.

Everyday life

Work

Family

Spirituality

Intimate relationships

Friendships

Community

Vacations

Hobbies

Finances

Charity work

SECTION 9 SHOWING A LITTLE APPRECIATION FOR FIREFIGHTERS P.127

Firefighter parts can cause friction in relationships and with authority figures or institutions. They are the parts that might embarrass you when they act out or show off. They frustrate your managers, who work hard to keep them under control. This might leave your firefighter parts feeling shamed and unloved, which will only cause them to act out more.

In this exercise, you will have an opportunity to show your appreciation for your firefighters.

Firefighters like all parts, need connection to your Self to be healed.

What are one or two firefighter parts you'd like to show appreciation to?

How have they brought more joy and fulfilment to your life?

How have they protected you?

What positive results have you experienced from risks they've made you take?

SHOWING A LITTLE APPRECIATION FOR FIREFIGHTERS P.127



Luis

What are one or two firefighter parts you'd like to show appreciation to?
Luis: My dear shitty outer critic

How have they brought more joy and fulfilment to your life?
Luis: It always compares me favorably to others even when some of my other parts don’t like it.

How have they protected you?
Luis: From feelings of inadequacy or not being good enough

What positive results have you experienced from risks they've made you take?

SHOWING A LITTLE APPRECIATION FOR FIREFIGHTERS P.127



KATE



Stu: Kate are there any firefighters you'd like to show appreciation to?
Kate: Yes, my Wild Child and system shutdown.
Stu: Why don’t we start with your wild child. How has she brought more joy and fulfilment to your life?
Kate: She has made me more adventurous on vacation, and those are the best memories that I have – horseback riding in the DR, gondolas in Venice, mountain climbing in Whistler.
Stu: Does she also protect you from something?
Kate: Yes, she protects me by distracting from the pain of the Feral Teen.
Stu: Have you seen anything positive come from risks she’s made you take?
Kate: I’ve flown to the UK to visit a friend on a whim. I was proud of my spontaneity. I’ve also been unwilling to break under the abuse of my family. I credit Wild Child with embracing my family role as the Black Sheep.



Stu: What about your System Shutdown, how has she brought more joy and fulfilment to your life?
Kate: She has given me an appreciation for rest as a way to replenish energy reserves. I enjoy the mini breaks to read, drink tea, have a bath, etc.
Stu: And has she also protected you?
Kate: She has protected me by preventing a meltdown or complete burnout. She stops me from pushing myself beyond what I can handle at any given time.
Stu: Anything positive coming from the risks she makes you take?
Kate: I've been more aware of my personal dashboard – of when I'm running low on gas and more prone to a shutdown.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

SHOWING A LITTLE APPRECIATION FOR FIREFIGHTERS P.127



NOW YOU

What are one or two firefighter parts you'd like to show appreciation to?

How have they brought more joy and fulfilment to your life?

How have they protected you?

What positive results have you experienced from risks they've made you take?

GOING INSIDE P.129

Take a moment in this exercise and share the appreciation you feel towards your firefighter parts. If you are feeling positive feelings towards this part, then extend some love and compassion. You can speak the words out loud or inside yourself. You might say, "I really appreciate…" or "thank you for the ways you have…" If you're not feeling positive feelings, that's okay. You can try again another time when you do feel sincere positive feelings.

GOING INSIDE P.129



Luis

GOING INSIDE

Take a moment right now and share the appreciation you feel towards your firefighter parts. If you are feeling positive feelings towards this part, then extend some love and compassion. You can speak the words out loud or inside yourself. You might say, "I really appreciate…" or "thank you for the ways you have…" If you're not feeling positive feelings, that's okay. You can try again another time when you do feel sincere positive feelings.

Luis: I appreciate how you're always standing up for me.

GOING INSIDE P.129



KATE

GOING INSIDE p.129

Stu: Kate, would you like to take a moment and share the appreciation you feel towards your firefighter parts. (pause)

Kate: I want to thank them for bringing excitement to my life, and for reminding me to put myself first.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

GOING INSIDE P.129



NOW YOU

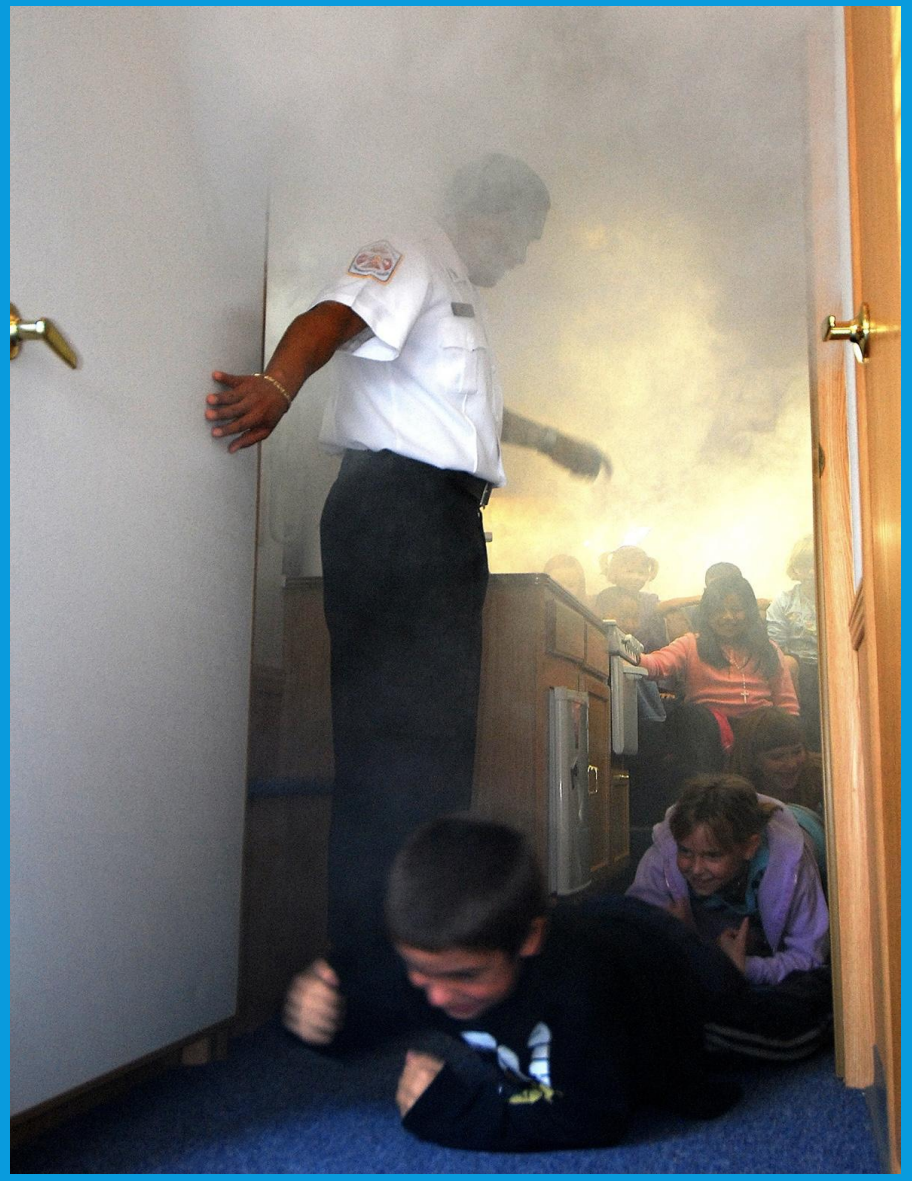
GOING INSIDE

Take a moment right now and share the appreciation you feel towards your firefighter parts. If you are feeling positive feelings towards this part, then extend some love and compassion. You can speak the words out loud or inside yourself. You might say, "I really appreciate…" or "thank you for the ways you have…" If you're not feeling positive feelings, that's okay. You can try again another time when you do feel sincere positive feelings.

FIRE DRILL A MEDITATION p. 130

Soundstrue.com/the-ifs-workbook-bonus

Are you ready to connect with one of your firefighters? In this meditation, you will have the opportunity to get to know some of your firefighter parts and show them appreciation for how they've been protecting you.



ON GUARD: RESPONDING TO OTHER PEOPLE'S FIREFIGHTERS P.134

Once you are able to show compassion for your parts, you will better be able to show compassion for other people's parts, especially when they resemble your own. This can help you resolve conflicts more peacefully and can also help deepen your relationships with other people. Understanding how your firefighters respond to trauma and uncomfortable emotions can keep your heart open and keep you curious towards others.

The workbook offers an exercise to help you learn to stay curious when other people's firefighters are activated so that you can remain calm in a conflict. Please complete scenarios 1 to 4 in the workbook.

→ Look at the following scenarios and write down ways you can respond to other people's firefighter energy.

Scenario 1

Your friend lost a close family member.

You offer to talk with them about it and they snap at you for bringing it up.

What might be going on for them?

The grief is painful, and their firefighter is lashing out because it's afraid of feeling the sadness of the loss.

What might be going on for you?

You feel hurt that your efforts to console were not welcomed.

How can you respond with compassion?

I understand this is a lot for you to process. I have parts that want you to know I'm here if you need support. We can talk about it later when you're ready.

Scenario 2

A family member is drinking excessively the night before a big job interview. You are worried they will drink too much and not do well in the interview, so you try to get them to stop drinking. This makes them agitated and storm off.

What might be going on for them?

_____

_____

What might be going on for you?

_____

_____

How can you respond with compassion?

_____

_____

Scenario 3

Your boss is stressed and goes off on you and your coworkers for not meeting a deadline.

What might be going on for them?

_____

What might be going on for you?

How can you respond with compassion?

_____

Scenario 4

Your child lashes out at you because you limited their phone time.

What might be going on for them?

_____

What might be going on for you?

_____

How can you respond with compassion?

_____

D I NK O

INTERNAL FIREFIGHTER'S ASSESSMENT P.103



DINKO

Your Internal Firefighters Assessment

Mark an "X" next to any of the following behaviors that you have engaged in the last twelve months.

- [x] Had an emotional outburst that you regretted.
- [x] Cursed in your head or out loud when you felt pain.
- [ ] Binge-watched an entire season of a show over a weekend.
- [ ] Consumed alcohol to forget about your problems.
- [x] Lost your temper with a family member or pet.
- [ ] Did some retail therapy.
- [x] Engaged in sexual activity as an escape from harder emotions.
- [ ] Had a heated argument with someone.
- [x] Used food to numb your feelings.
- [x] Felt road rage.
- [x] Fantasized about getting revenge.
- [ ] Engaged in destructive behavior.
- [x] Dissociated during the day.
- [x] Escaped into imagination or fantasy to avoid reality.
- [ ] Smoked a pack of cigarettes in a day.
- [x] Slept in past noon.
- [ ] Frequently went to the movies.
- [ ] Tuned out by watching sports.
- [x] Ate lots of sweets to make yourself feel better.
- [ ] Made big impulsive spending decisions.
- [ ] Scrolled through house or job sites looking to make a big change.
- [x] Acted out of character.
- [x] Left a person or business a 1-star review because you were treated poorly.
- [x] Got irritated with a customer service representative.
- [ ] Screamed into a pillow.
- [ ] Went off on someone you love about something unrelated.
- [ ] Did something incredibly adventurous or risky.
- [x] Scrolled for hours on social media.
- [ ] Went on an extravagant vacation.
- [x] Had a mental, emotional, or physical affair.
- [ ] Chewed out a coworker.
- [ ] Thought about quitting your job.
- [ ] Made a high-risk bet or financial gamble.
- [ ] Slammed a door or abruptly walked away during a heated conflict.
- [x] Gave someone the silent treatment because they hurt you.
- [x] Argued with someone on social media.

Total # of Checks: 18

If you have 0–5, your firefighter parts are rarely active.

If you have 6–10, your firefighter parts are sometimes active.

If you have 11–15, your firefighter parts are often active.

If you have 16–20, your firefighter parts are very frequently active.

If you have 20+, your firefighter parts are extremely active.

If we try to group Dinko's answers to the internal firefighter assessment exercise according to his likely state of activation when that behavior took place, it might look something like this:

FIGHT
- Regretted outburst
- Cursed
- Lost temper
- Road rage
- Fantasized about revenge
- 1 star review
- Irritated with service
- Silent treatment
- Argued on social media

FLIGHT

FREEZE/COLLAPSE/ DISSOCIATION
- used food to numb
- Dissociated during day
- Escaped into imagination
- scrolled

COMPLY/FAWN

This suggests that Dinko's firefighter parts are mostly in fight (anger, irritation, rage) or freeze.

FIREFIGHTERS TO THE RESCUE P.107



DINKO

→ Read through the list of strategies commonly associated with firefighters. *Circle* the firefighter strategies that your parts have engaged in.

- Confronting (fight)
- Leaving (flight)
- Drinking to soothe
- Vegging out on TV
- Playing video games
- Eating sweets
- Explosive outbursts
- Lashing out
- Feeling strong
- Dissociating
- Risk taking
- Extreme sports
- Escaping into fantasy
- Gambling
- Procrastinating
- Addiction
- Egotism
- Promiscuous behavior
- Overindulging
- Excessive spending
- Driving recklessly
- Attention-seeking
- Flirting
- Acting violently
- Overmedicating
- Binging shows
- Skipping class or work
- Cutting off relationships
- Oversleeping
- Scrolling social media
- Bullying
- Excessive traveling
- Pursuing toxic relationships
- Chasing the high
- Seeking gratification
- Checking out
- "Retail therapy"
- Affairs
- Avenging
- Shutting down
- Self-harming
- "Us versus Them" mentality

Add any other firefighter strategies you've noticed inside your system.

If, as we did above, try to group Dinko's answers to the firefighters to the rescue exercise according to his likely state of activation when he used that strategy, it might look something like this:

FIGHT
- Confronting
- Risk taking
- Reckless driving
- Acting violently

FLIGHT
- Leaving
- Cutting off relationships

FREEZE/COLLAPSE/ DISSOCIATION
- Vegging on TV
- Comfort eating
- Scrolling
- Checking out
- Shutting down

COMPLY/FAWN

These two surveys of behaviors and strategies commonly associated with firefighters suggest that when we begin to follow trailheads possibly leading to Dinko's firefighters we should be alert for firefighters that are in fight or dissociated.

GOING INSIDE P.109



DINKO

GOING INSIDE

Pause and go inside to see if any parts are reacting to the previous exercise. Are there firefighter parts reacting to these behaviors? Or are there manager parts that fear or hate them? Can you get those managers to relax so that you can get curious about the firefighters? Do they want you to know anything else about them? Close your eyes. Let them know you are there to listen to them. If you're feeling overwhelmed by a part, see if the part will give you some space so that you can continue working through these steps. Reassure them that they are welcome in your system and that you desire to connect with them.

Going Inside

Pause and go inside to see if any parts are reacting to the previous exercise.

- Are there firefighter parts reacting to these behaviors?
- Or are there manager parts that fear or hate them?
- Can you get those managers to relax so that you can get curious about the firefighters?
- Reassure them that they are welcome in your system.

DINKO'S RESPONSE

Firefighter strategy: Confronting & dissociating

Feelings:

- Protecting immediately
- Not pleasant
- Protecting from mental abuse — feels good in the moment, feels safe
- Long-term: not that well

ALL PARTS WELCOME, ALL BEHAVIORS ARE NOT P. 110



DINKO

→ Using the firefighter parts you have identified already, fill in their good intentions and problematic behaviors.

Part	Good Intention	Problematic Behavior
Example: A fighting part	protects you from harm	hurts people, pushes them away

All Parts Welcome, All Behaviors Are Not

Dinko separated his firefighters' good intentions from their problematic behaviors:

Firefighter Part	Good Intention	Problematic Behavior
Eating sweets	Temporary release	Not good for health, depression
Flirting	Makes you feel good	Makes people uncomfortable
Oversleeping	Fills out of reality — feels good	Appears lazy; people don't call anymore

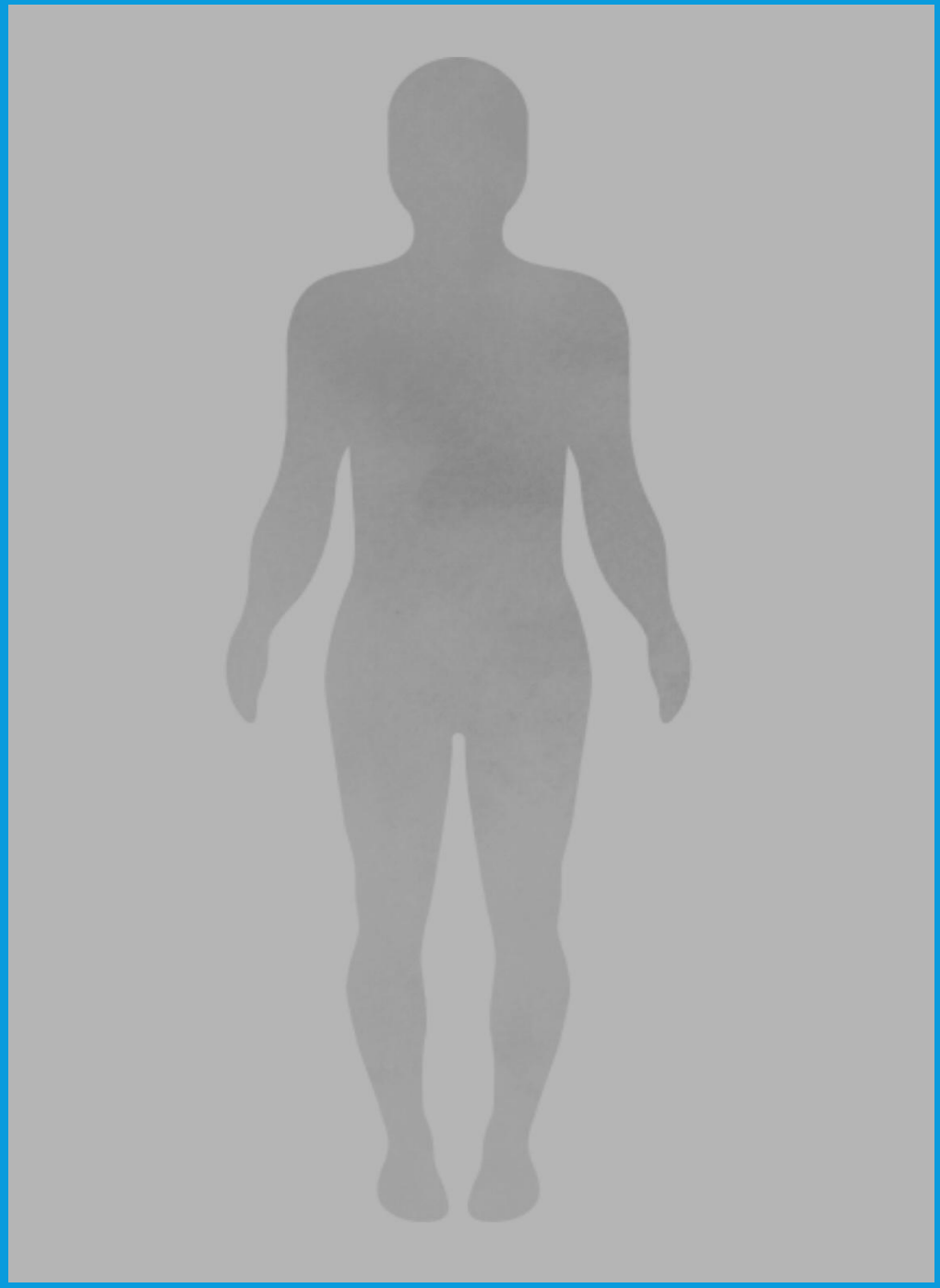
FIND IT IN THE BODY: FIREFIGHTERS P.112



DINKO

FIND IT IN THE BODY: FIREFIGHTERS

It's common for firefighter parts to manifest in different parts of the body. The firefighter parts might manifest as physical cravings or impulses. A firefighter part may seek comfort in food when activated. Paying attention to the body is a way to get in touch with parts. Use a firefighter part that you have felt this week (procrastinating, shutting down, road raging, etc.) and map where you feel it in your body on the picture.



Find It in the Body: Firefighters

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A firefighter part may seek comfort in food when activated.

Paying attention to the body is a way to get in touch with parts.

Use a firefighter part that you have felt this week and map where you feel it in your body.

DINKO'S RESPONSE

Dinko's firefighter parts and body locations:

- Eating sweets
- Flirting
- Oversleeping

(Body map completed in workbook P. 112)

BEFRIENDING A FIREFIGHTER P118



DINKO

Recall a recent situation when one of your firefighters was activated.
Find, focus, and flesh out a firefighter part you'd like to befriend.
Notice where it shows up in or around your body.
Notice any thoughts, feelings, sensations, or images.
How do you feel towards the part?

Befriending a firefighter

Check for self energy:
Do you notice the qualities of self or similar feelings?
If yes you are ready to befriend.
If no, it's likely a part is interfering. Asked the part if it's willing to relax or step back while you work on the target part.
If the part is willing to step back, return to the "feel towards" question.

If it is not willing to step back, ask it why not. You can return to this exercise when your parts feel ready.

Befriend.
Spend time befriending the firefighter part.
Create a self-to-part connection by extending compassion, kindness, and comforting words to the part.

As the part feels comfortable with you, it will begin to tell you about itself. Write down anything it wants to tell you.

What does the part want or need from you?

What role does this part play for you?

Find out what the part is afraid would happen if it didn't do this role.

Thank the part for being open with you, make a plan to check back in with the part at a later date.

Befriending a Firefighter – Dinko

Situation recalled

Returning from a walk with the dogs. A skunk smell was strong. Grabbed the dog by the neck hair — the dog yelped. Froze in disbelief.

Self energy check

No — a part is interfering.

Part to befriend

Part 1 (aggressive firefighter): hates this part — feels aggressive and punishing.
Part 2 (care firefighter): happy for this part — it saved him from bathing and smell.

What the part says

Part 1: aggression from abrasive youth.
Part 2: care he was given and forced to give.

Body sensations

Neck, shoulders, chest, stomach pain. Felt upset and angry with himself: 'What are you doing, idiot?'

If it didn't act?

He would be bathing the dogs.

WHAT ARE THEY PROTECTING? P.120



DINKO

WHAT ARE THEY PROTECTING?

Firefighter parts



Example: overeating

what are they protecting you from?



sad feelings, remembering past wounds

What Are They Protecting?

Dinko explored the protective functions of his firefighter parts:

Firefighter Part	What It Protects From
Shutting down	Environment, abuse
Cutting off relationships	Gossip and lies
Lashing out	Embarrassment

COMING IN HOT P. 122



DINKO

What are ways to slow down when you're feeling activated? Ex. count to 10, take 3 to 5 deep breaths, ask the part to separate from and trust you to handle the situation, get curious

What are ways to get curious? Ex. ask the part why it's so upset.

How can you speak from Self for your part? Ex. I have a part that is really angry you misunderstood me and I'm learning that it protects a younger part that was often misunderstood.

What future trailheads does the situation provide? Ex. I want to take some time to explore my explosive anger part in the next counselling session.

Crisis plan are a good way of managing firefighters. Do you have a crisis plan for when your firefighters are activated?

Coming in Hot – De-escalating Firefighters • Dinko

Step 1 – Slow Down

Body scan

Step 2 – Get Curious

Ask the part where it's coming from.

Step 3 – Speak for Parts

Took me a while to accept the challenge from the part — 'I am not made for skiing.' Finally realized: 'I am not good for it now, as I was not then.'

Step 4 – Future Trailheads

I want to understand sadness and depression.

Crisis Plan

Yes — when I start spiralling out of nowhere.

THE FUN PARTS P. 124



DINKO

List the good clean fun your firefighters provide in the following areas. Examples might include adding spontaneity, needed snack breaks, or enjoyable activities to look forward to after work; reminding you to play and pursue creative outlets; adding spice and excitement by trying new things, etc.

Everyday life

Work

Family

Spirituality

Intimate relationships

Friendships

Community

Vacations

Hobbies

Finances

Charity work

The Fun Parts – What Firefighters Offer When Unburdened

Dinko identified positive contributions of firefighters when released from extreme roles:

Area	Dinko's Response
Everyday life	Interaction with dogs
Family	Visitation holidays, relaxing
Friendships	Feel more support and love
Hobbies	Dogs and stained glass — brings clarity
Other areas	(Not noted for Work, Spirituality, Intimate relationships, Community, Vacations, Finances, Charity)

SHOWING A LITTLE APPRECIATION FOR FIREFIGHTERS P.127



DINKO

What are one or two firefighter parts you'd like to show appreciation to?

How have they brought more joy and fulfilment to your life?

How have they protected you?

What positive results have you experienced from risks they've made you take?

Showing Appreciation – Dinko

Parts to appreciate

Quick analyzing ability, reactivity, and artistic eye

How they brought joy

Easy problem-solving and quick learning

How they protected

Scientific explanation — not to wonder around; effective discussion

GOING INSIDE P.129



DINKO

Going Inside – Appreciation

Take a moment to share the appreciation you feel towards your firefighter parts. If you're feeling positive feelings, extend some love and compassion.

DINKO'S RESPONSE

"Thank you for being a guardian, even though I can't always identify you."

GOING INSIDE

Take a moment right now and share the appreciation you feel towards your firefighter parts. If you are feeling positive feelings towards this part, then extend some love and compassion. You can speak the words out loud or inside yourself. You might say, "I really appreciate…" or "thank you for the ways you have…" If you're not feeling positive feelings, that's okay. You can try again another time when you do feel sincere positive feelings.

IFS Session 26
Befriending Firefighters

Dramatized Re-enactment Script with Dinko · SIMPLE Course · Part Three of the IFS Workbook

Session Overview

- This is a dramatized version of the session that took place on April 15.
- We focused on Part Three of the IFS Workbook — Befriending Your Activated Firefighters.
- Our work began with the workbook's first two exercises, then unfolded organically into deeper parts work.
- This session is mapping parts work — not unburdening.

Part 1 — Opening the Session

THERAPIST: D, first of all thank you for being willing to do this work with me in front of the group. Before we begin, I want to say that you can slow us down or stop at any point, this is your work, and you're in charge of the pace.

THERAPIST: In Part Three of the IFS workbook, Befriending Your Activated Firefighters, the first two exercises are called 'Your Internal Firefighter's Assessment' and 'Firefighters to the Rescue.' These exercises offer a long list of behaviors and strategies that firefighters commonly use, things like reckless driving, substance use, zoning out, overworking, impulsive spending, rage and so on, and they ask you simply to circle the ones that feel familiar. Not to judge or fix them these behaviors or strategies but just to recognize them.

THERAPIST: The second part of that exercise then asks you to bring to mind a recent situation where one of the behaviors you circled actually showed up. A real moment. Something with some texture and feeling in it.

THERAPIST: You did this work before we met today. From what you circled and what came to mind, can you share the two situations that felt most alive for you?

D: Yeah… there are two that came to mind pretty quickly.

THERAPIST: Take your time.

D: The first one… I've been noticing that I sometimes drive recklessly. Not all the time. But it happens. A few days ago, I realized mid-drive that I was going ninety-two kilometers an hour in a fifty zone. I just… hadn't noticed. And then something caught my attention and I slowed down. And actually, there was a kind of satisfaction in that. In catching it.

THERAPIST: Interesting that there was satisfaction.

D: Yeah. And the second one was with my dogs. I was walking them and I thought there might be a skunk nearby. I suddenly grabbed the leash and yanked, pretty hard, to pull them away. One of them yelped.

pauses.

D: I love my dogs. And I hurt one of them. I felt terrible.

THERAPIST: So, in both moments there was a fast, forceful reaction. And then an awareness afterward, something noticing what had just happened.

D: Yes. Exactly.

D's Two Firefighter Moments (From the Exercises)

Reckless Driving

- Driving 92 km/h in a 50 zone — unaware until something caught his attention.
- A kind of satisfaction in catching it, in noticing.
- The awareness itself was meaningful.

Yanking the Dog's Leash

- Sensed a possible skunk nearby; grabbed the leash and pulled hard.
- One of the dogs yelped.
- 'I love my dogs. And I hurt one of them. I felt terrible.'
- D chose this moment as the trailhead — it still had energy.

Part 2 — Following the Trailhead

THERAPIST: Let's use one of those as our starting point, a trailhead into your system. Which one feels more present for you right now? Not necessarily more dramatic, just more alive, like it still has some energy in it.

D: The dogs.

THERAPIST: Good. Let's go there.

THERAPIST: Bring yourself back into that moment. You're walking the dogs. Something tells you there's a skunk nearby. Just let yourself be there for a moment.

Pause.

THERAPIST: What do you notice in your body as you're there?

D: Tight. Tense. Like something has to happen fast.

THERAPIST: Stay with that. See if you can locate the part of you that pulled the leash, the one that acted in that moment. Where do you notice it in your body?

D: In my chest. It feels urgent.

THERAPIST: If that part had a job, a role, what would it say its job was?

D: To prevent something bad from happening.

THERAPIST: Ask it: what's it afraid would happen if it didn't act?

Pause.

D: That something would go terribly wrong. That things could get dangerous.

THERAPIST: As you stay with this part, what else do you notice?

D: There's shame. And something else that says, 'nothing to see here, move on.'

THERAPIST: Notice that. It's as if something in the system wants to shut this exploration down. How do you feel toward that part?

D: A bit frustrated. But I understand it.

THERAPIST: Can you let it know, we're not here to judge or expose anything. We're just here to understand. And ask it: would it be willing to step back just a little, just enough for us to look around?

Pause.

D: It softened a bit.

THERAPIST: Good. Thank it for that.

THERAPIST: Return to the part that pulled the leash. Now that there's a little more space, is there any emotion underneath the urgency?

D: My… from a more observing place, I think I can see there might be anger there. But it's really hard to access. It's like it's behind glass.

THERAPIST: Notice what happens the moment anger starts to come toward the surface.

D: Something immediately says it's not okay.

THERAPIST: Let's get to know that part, the one that says anger isn't okay. What else does it say?

D: 'Anger is wrong.' 'If you feel angry, there's something fundamentally wrong with you.'

THERAPIST: When the critic says that what happens next, inside? What does the system do?

D: I go numb. Like I disconnect. I go into my head.

THERAPIST: So, there's a part that numbs things. Can you sense that part right now?

D: Yeah. It's like a fog. Everything gets quieter.

THERAPIST: And from inside the fog, is there much feeling?

D: No. Not really.

Part 3 — Self and the Exile Emerge

THERAPIST: As you observe all of these, the urgency, the shame, the critic, the numbness, see if you can find a place in you that can simply notice all of them. Not be pulled into any of them. Just observe. Find Self…

Longer pause.

D: There's more space. It's calmer.

THERAPIST: That's your Self. From that place, from that spaciousness, I want to ask: what is all of this protecting you from?

Longer pause.

D: …it feels like a child. A frightened child.

THERAPIST: Stay with that child. What is the frightened child afraid of?

D: Something bad happening suddenly. Out of nowhere.

THERAPIST: Does this connect to anything from earlier in your life?

D: Yes. My father. He could go from zero to a hundred in an instant. There was never any warning. One moment things were fine. The next, he was explosive. Verbally. Physically. Emotionally.

Pause.

D: I spent my whole childhood not knowing when it was coming.

THERAPIST: So, for that child, danger was always just around the corner.

D: Yes.

THERAPIST: And in that moment with the skunk, for your system, it wasn't just a skunk.

D: No. It felt… it felt like something catastrophic could happen. Like a danger of a much greater magnitude.

THERAPIST: And anger, the healthy, protective response to danger, what happened to it in your house growing up?

D: It was dangerous. If I got angry at my father, it would only make things worse. It would escalate his rage.

THERAPIST: So, you learned to turn the anger inward instead.

D: Yes. I get angry at myself. That's what I'm much more familiar with. When I yanked the leash, I immediately turned the anger on myself. What kind of a person does that to something he loves?

THERAPIST: And then something stepped in to try to explain it away, “nothing to see here”

D: Yes, ' I prevented him from being sprayed by the skunk. No anger here, nothing to see' It’s like a rationalizer steps in to try to make it better.

THERAPIST: As we wrap up let's see if we can name what we've found together. There is a young part, a child, carrying real fear of sudden, catastrophic danger. Around him is a natural, healthy anger that arose to protect him. But in your family, anger directed outward was too dangerous. So, the anger got exiled too.

THERAPIST: And the parts that keep that anger in exile are: A critic who says anger makes you fundamentally bad. An intellectualizer who provides a rational explanation to reduce the heat. And a dissociative, numbing part that shuts the whole system down when things get too close.

THERAPIST: Does that feel right?

D: Yes. That fits.

THERAPIST: Let all of these parts know that we're not trying to change them today. We're not here to push anything out or force anything open. We're just here to understand them. They've worked very hard for a very long time.

THERAPIST: And from your Self, that calm, spacious place you found, see if you can offer a little presence to that young part. Not words, necessarily. Just… being there with him.

Pause.

D: It feels… calmer. He feels less alone.

THERAPIST: Good. That's where the healing begins. Not in the understanding, though that matters, but in that contact between your Self and the parts that have been waiting.

THERAPIST: That's the work ahead. And you've just taken a real step into it.

Part 4 — Understanding D's System

D'S FAMILY DYNAMICS

- Dinko grew up with a father who was critical, emotionally volatile, and capable of sudden physical, verbal, and emotional abuse. Crucially, the danger was unpredictable, the father could move from calm to explosive in an instant, with little or no provocation. This meant that as a child D lived in a state of chronic hypervigilance: the threat was always present but never foreseeable.

- In a safe environment, anger is a child's natural protective response to threat or injustice. In D's household, anger directed toward his father was not just suppressed, it was genuinely dangerous, as it risked escalating the father's rage. D learned very early that outward anger increased his own danger. The only safe direction for anger was inward, toward himself.

D'S FAMILY DYNAMICS

- D's internal system organized itself around one core imperative: keep outward anger out of sight. The self-critical voice became a primary manager. Numbing and intellectualization developed as reliable protectors. The angry part, which was originally a healthy protective response, was itself exiled. And at the center of all of it, a young child was frozen in time, still living as if sudden catastrophic danger could arrive at any moment.

- When D yanked his dog's leash, the threat of a skunk registered in the child exile's nervous system as something equivalent in magnitude to his father's rage. The speed and force of his reaction were not disproportionate to what the child once faced, they were precisely calibrated to a world where danger was total and arrived without warning.

D'S PARTS — REFERENCE MAP

Part	IFS Role	Function & Beliefs	Activation Cues
Terrified Child	Exile (core)	Carries original wound: constant fear of sudden, catastrophic danger. Frozen at age of abuse. Does not distinguish past from present.	Sudden threats, loud sounds, things out of control, animal in danger, confrontation.
Angry Firefighter	Exiled Firefighter	Natural protective anger — because anger was unsafe, it was itself exiled. Surfaces in brief, uncontrolled bursts.	Reckless driving, yanking leash, irritability, disproportionate urgency.
Internal Critic	Manager	Suppresses outward anger by turning it inward. Believes anger = fundamentally bad. Produces shame rapidly.	Self-condemnation after reactive moments, shame following anger, harsh internal voice.
Intellectualizing Part	Manager	Provides rational explanations to reduce intensity. Post-hoc reasoning to defuse the critic's shame. D's default mode.	Quick logic after reaction, talking about feelings vs. feeling them, difficulty with body sensation.
Numbing / Dissociative	Firefighter	Shuts down emotional system when overwhelm approaches. Fog-like disconnection, low affect.	Flat affect, reported numbness, sudden loss of emotional contact, fog or glass barrier feeling.
Shame / 'Nothing to See Here'	Protector (blocking)	Monitors the exploration and tries to shut it down when too close to exiled material. Minimization and shame.	Urge to change subject, minimizing statements, withdrawal when inquiry deepens.

THE SYSTEM'S CORE ACTIVATION PATTERN

1. Threat
Present-day trigger activates child exile's nervous system

2. Anger
Exile's fear evokes the angry firefighter

3. Critic
Internal critic suppresses anger
'anger makes you bad'

4. Shame
Shame floods the system

5. Rationalize
Intellectualizing part offers logical explanation

6. Numb
Dissociative part shuts emotion down

What looks like overreaction in the present is really Dinko trying to survive a past where anger was dangerous and fear was constant.

Part 5 — Takeaways

- Our session opened with the exercises the workbook prescribes. The first two exercises in Part Three function as a gentle way to identify firefighter behaviors without shame, and to anchor the session in a specific, recent, concrete moment. This is important as it grounds what could become an abstract discussion in lived experience.
- The session worked to cultivate Self-energy before attempting deeper exploration. The blocking part (shame/'nothing to see here') was met with care and was asked permission before the inquiry proceeded. This models unblending as a prior step to any meaningful contact with exiles.
- D's case offers a rich teaching moment we can all learn from: the angry part is not a conventional manager or firefighter; it is itself exiled. The parts that exile it (critic, intellectualizer, dissociative part) are what we might expect to find as managers protecting an exile, but here this firefighter 'exile' carries a form of energy (anger) that was forbidden rather than simply hurt.
- This session is mapping work. The healing work, sustained Self-to-part contact, witnessing the exile's experience, the unburdening, is not attempted here. Getting to know parts is the beginning; healing happens through the quality of relationship between Self and parts over time.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

END OF WEEK 26

BEGINNING OF WEEK 27
PART 4 OF IFS WORKBOOK
P.141-175

EMBRACING YOUR BURDENED EXILES

OPENING REMARKS – ADDRESSING LAST WEEK'S GROUP

- The SIMPLE course is designed to help us transform dysregulated emotions, thoughts, and behaviors into well-regulated, Self-led responses. An important part of what we teach is that we won't always be able to use our skills in the moment and that's okay. When that happens, doing a remediation afterward is both appropriate and valuable. This means recognizing that dysregulation occurred and using our tools, including holes diary cards, chain analysis and Self-led remediation to revisit the situation with Self rather than parts leading.
- Last week, at one point there was a significant spike in the collective activation in the group. What makes this particularly worth reflecting on is that the topic we were covering was befriending our activated firefighters. Two of the co-leaders were demonstrating a session in which firefighters were being explored. As you may know from your own experience, witnessing that kind of work can itself be activating, it can stir up our own firefighters simply by proximity.
- That's exactly what happened. One participant's firefighters became activated through exposure to the demonstration, and that participant expressed what they were experiencing speaking, understandably, from the firefighter.

OPENING REMARKS – ADDRESSING LAST WEEK'S GROUP

- What followed was a kind of chain reaction: one person's activated firefighters elicited activation in others. My own inability to recognize this dynamic quickly enough, and to respond from Self in that moment, contributed to activation further spreading through the group.
- That, in essence, is the chain analysis of what happened.
- I want to share my remediation as well, because I think it models something important. When I reflected afterward, I could see that had I been in Self, I would have recognized what was unfolding. From Self, I would have named the dynamic openly, pointing out that the demonstration had stirred firefighters in the room, that this was understandable, and that attempting to continue the demonstration while simultaneously working with newly emerging firefighters was likely too much to hold at once. I would have called for a DBT pause, giving the group time and space to settle, and allowing us to approach what was happening from a more regulated place rather than pressing forward into greater dysregulation.

OPENING REMARKS – ADDRESSING LAST WEEK'S GROUP

- Being consistent with what we teach in this course means accepting that none of us, including the facilitators, will always be perfectly Self-led. What matters is that we return to ourselves afterward, learn from what happened, and repair what needs repairing. This, here, is my attempt to do that.
- Going forward, the co-leaders will continue to welcome and encourage participation from everyone in the group. What we're now more attuned to is the importance of recognizing where participation is coming from, whether it's from Self, from a rational manager, or from a protector, and particularly a firefighter. Contributions from Self or a rational manager can generally be engaged with directly. But when a comment or question seems to be coming from a firefighter, the most helpful response may not be to explore it immediately. Instead, we'll aim to gently name what we're noticing and invite the group to use the pause technique first, creating the conditions for a more regulated exploration perhaps in the boing group.
- Finally, I want to invite all of you to bring curiosity rather than judgment to what happened last week, including toward yourselves if you notice judgment arising. Judgment is a very human response, and it often signals that a part is present. In the spirit of this course, that's not something to push away, it's something to get curious about.

SOME GENTLE SUGGESTIONS FOR PARTICIPANTS

- The IFS portion of the course can be quite triggering.
- We value all participant's contributions.
- The contributions of our rational managers or made when there's significant Self energy present typically occur when we're in the "window of tolerance".
- The contributions of exiles or firefighters often come when we are outside the window of tolerance.
- The voices of all our parts are important but it's important to consider what is the best setting for them to be heard.
- The Wednesday group is a great place for contributions from the window of tolerance.
- Those made from outside the window of tolerance are very important and, in this course, can offer us great insights if properly explored in the right setting.
- We would therefor gently suggest that for this very triggering portion of the course before you make a contribution to the group you check in with your personal dashboard especially your crisis risk and window of tolerance gauges.





- If you notice that both are OK, go ahead and share with the group
- If, however, you are significantly outside the window of tolerance or at a high risk for crisis you may find it more appropriate to use the DBT emotional regulation skills and then trying to understand your activation from an IFS perspective before making your contribution.
- This does not only apply to the group, but it is especially important in our daily lives outside of group.
- Now over to Stu…

WHAT IS THE DIFFERENCE IN SPEAKING FOR MY PARTS INSTEAD OF FROM THEM?

- Speaking for parts involves holding some self energy and focuses on advocating for the positive intention of a part rather than it blending and acting in more extreme ways. Speaking for parts involves holding self energy and checking in with your system to express needs assertively.

HOW DO I SPEAK FOR MY PARTS INSTEAD OF FROM THEM, ESPECIALLY WHEN MY FIREFIGHTERS ARE ACTIVATED?

- Advocating for our parts: It is important to be able to advocate for our parts. This can be especially true of our firefighters. Firefighters are often trying very hard to accomplish their task but are unable to do so in a way that doesn't impact the rest of the system. It is important to be an advocate for all of your parts. This means advocating for firefighters without having them take over and impact the rest of the system.

HOW TO ADVOCATE FOR YOUR FIREFIGHTER PARTS

- Step 1: Identify Firefighter Energy
- Step 2: Increase access to self energy
- Step 3: understand the intent or desired outcome of the firefight
- Step 4: Speak out or soothe internally from Self

STEP 1: IDENTIFY FIREFIGHTER ENERGY

- Physical cues:
- Significant muscle tension
- Shorter Breaths
- Quicker Heart Rate

- Emotional cues:
- Sense Of Urgency
- Sense Of Anger
- Singular focus

STEP 2: INCREASE ACCESS TO SELF ENERGY

- Self Energy is like a dimmer switch. It is not just on and off. Increasing Self energy can be increased using a variety of techniques and a little goes a long way.. Utilizing the Pause Skill after identifying firefighter energy can be a good tool to increase access to self energy. It can be the starting point to be able to listen to your firefighter.
- Many of the DBT skills learned in group can help with increasing self energy. Pairing your favorites together with the intention of listening back in when you are able is a great plan

STEP 3: LISTENING TO OUR PARTS.

- When there is a sense of calm internally see if you can get curious about the intention of the firefighters desire. This may trigger other parts, but you can offer those parts to step back or to join you in another round of whatever DBT skill helps the most.
- Once you have identified the firefighters desire it should become clear what it needs. This could be that the intent needs to be expressed, or that another part needs to be soothed.
- If there is a desire for something to be expressed, taking the time to find the words that feel correct to highlight the intention is important.

STEP 4: SPEAK OUT OR SOOTHE INTERNALLY FROM SELF

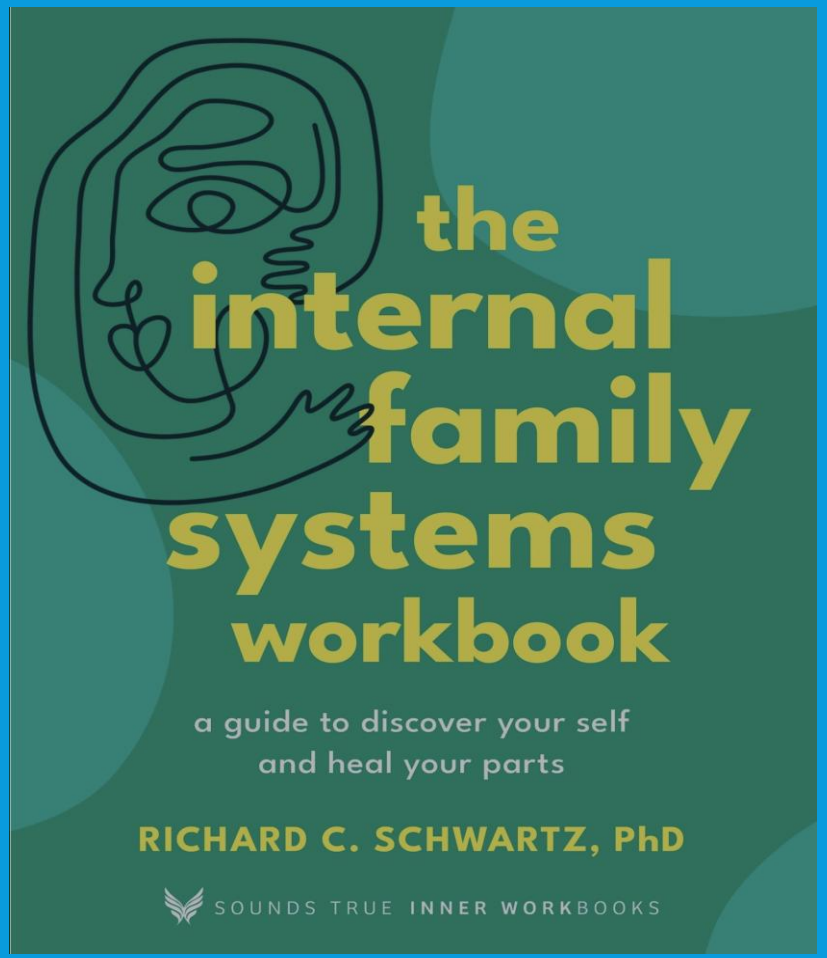
- Inviting Self or a rational manager part to speak on behalf of the firefighter to the group
- Or spending the time with the identified part that needs soothing internally and offering space or a DBT skill.

Thank you for being here and for your willingness to learn alongside us.

WEEK 27

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





PLEASE START RECORDING

WARNING ABOUT MEDITATION

Feel free to skip it. Followed by a moment of silence

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

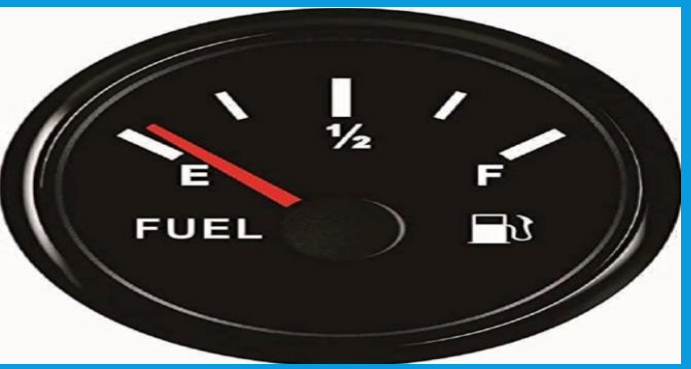
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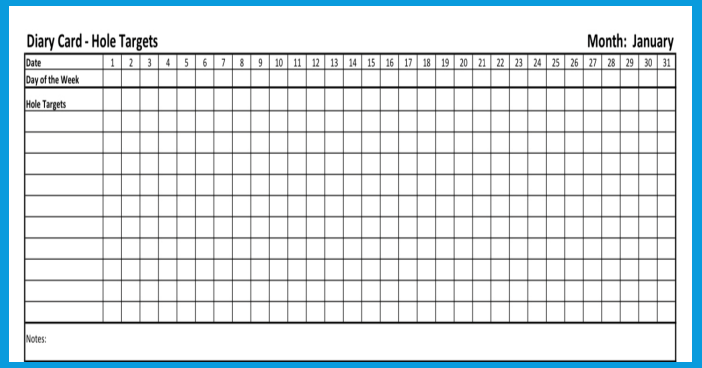
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

OPENING MINDFULNESS – FINDING SELF AFTER ACTIVATION

Find a comfortable position… letting your feet rest on the floor… your hands soft in your lap… and gently allowing your eyes to close or soften their gaze downward.
Take a breath in… and slowly release it…
And another… letting the out-breath be just a little longer than the in-breath…
One more… and as you exhale, let your body settle a little more fully into this moment.

We begin today by simply arriving. Not fixing anything. Not figuring anything out. Just… arriving here, in this room, in this body, in this breath.
Notice what's present for you right now. There may be thoughts… perhaps some feelings left over from last week, or from the week in between. There may be some tension somewhere in the body… or perhaps a kind of guardedness you hadn't quite noticed until now.
Whatever is here… just let it be noticed. You don't need to change it. You don't need to push it away.

Now, gently bring to mind the idea that everything you're noticing — every thought, every feeling, every sensation — may be a part of you trying to do something. Trying to protect. Trying to manage. Trying to make sense of something that felt difficult or confusing.
See if you can bring a little curiosity to what's present… the way you might look at something unfamiliar and simply wonder about it… without needing to judge it, fix it, or understand it completely right now.
If you notice judgment arising — toward yourself, toward others, toward what happened last week — that's okay. Just notice it. And ask gently… *is this me? Or is this a part of me that's trying to protect something?*

Take a breath…
And now, see if you can sense — even faintly — that place within you that can simply *observe.* The part of you that has been here through everything… that can notice your parts without becoming them… that is curious rather than reactive… steady rather than swept away.
This is Self.
You may only feel a whisper of it right now, and that's enough. Even a small opening toward Self… is Self.

From this place… this steadier, quieter ground… bring to mind last week. Not to relive it, but simply to look at it with fresh eyes. To see it, if you can, with the same gentle curiosity you might offer to a friend who had a hard moment.
Something difficult happened. Parts were activated — in all of us. That is not a failure. That is the work… lived out loud, in real time, in a room full of people who are all trying to learn the same things.
What might it mean to hold that with compassion rather than judgment?
What might it feel like to say to the parts that were stirred last week… *I see you. I understand you were trying to help. And I'm here now.*

Take a breath in…
And as you exhale, let go of any need for last week to have been different than it was.
It was what it was. And we are here now — learning from it, together.

When you're ready… gently begin to bring your awareness back to the room. Feel the weight of your body. Notice any sounds around you. Take one more slow breath…
And when it feels right… let your eyes open softly.
Welcome back.

5-MINUTE MEDITATION: EMBRACING YOUR BURDENED EXILES

Let's begin by settling in…

Allow yourself to sit comfortably.
Feet on the ground… hands resting gently.

If it feels okay, let your eyes close… or soften your gaze.

Take a slow breath in…
…and a longer breath out.

Again… breathing in…
…and letting go.

Now just notice your body.

No need to change anything.
Just sensing… the weight of your body…
the contact with the chair…
the rhythm of your breathing.

As you settle… begin to notice your inner world.

Not trying to analyze…
just gently observing.

You might notice thoughts… feelings… images…
different parts of you present right now.

And as you do… see if you can access just a little bit of that steady, calm awareness—
that place in you that can notice… without getting pulled in.

This is what we call Self energy—
curious… calm… compassionate.

Now, from this place… gently invite the possibility
that somewhere inside you…
there may be a part that carries pain.

An exile.
You don’t have to go looking hard.
Just notice what naturally comes.
It might be a feeling…
a younger version of you…
a memory…
or just a vague sense.

If something begins to show itself…
see if you can simply be with it.

Not fixing it.
Not analyzing it.

Just noticing:

"Something in me feels this way."

And now… gently bring a sense of curiosity toward this part.

You might ask, silently:

“What do you want me to know?”
or
“What have you been carrying?”

No need to force an answer.
Just creating space.

See if you can also bring a sense of compassion.

As if you are sitting beside this part…
rather than trying to change it.

You might imagine:

- sitting with it
- placing a hand nearby
- or simply letting it know:
  “I see you.”

And if it feels right…
you might gently say inside:

“You don’t have to carry this alone anymore.”

Now, also notice if any other parts of you show up—
perhaps parts that want to pull away…
or fix things…
or feel uncomfortable.

That’s okay too.

Just acknowledging:

“There are many parts here… and I can hold space for all of them.”

For a moment… just rest in that awareness:

There is pain…
There are protectors…
And there is also Self—
the part of you that can stay present with all of it.

Take a deeper breath in…
…and slowly out.

As we begin to come back…
you don’t have to leave this connection behind.

Just gently widening your awareness…
bringing your attention back to the room…
the group…
this shared space.

And when you’re ready…
you can open your eyes.

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8
Week 25- April 15
Week 26- April 22
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

PRACTICE SESSIONS SCHEDULE

practice	Preparation	IFS Workbook

9. TODAY April 29 Part 4 p. 141-175 of the IFS workbook with Carolynn.

10. Week 28 May 6	April 29, 1:30	Part 5 p. 179-207	Meaghan
11.Week 29 May 13	April 22, 3 pm	Wise mind remediation	Rob T.

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Wise mind remediation


DON'T
FORGET

HOMEWORK FROM LAST WEEK

- Work on part III of the IFS workbook “befriending your activated firefighters” pages 104 to 137 of the workbook or the third part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK FOR THE NEXT WEEK

- Work on part IV of the IFS workbook “embracing your burdened exiles” pages 142 to 175 of the workbook or the fourth part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- I keep materials in one place (binder / folder / notebook).
- I write down insights right after doing the homework.

4. Self-compassion habits

- I aim for progress, not perfection.
- I notice resistance without judgment.

5. Accountability habits

- I review my week: What worked? What didn't?
- I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:





REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS



- As you know this is the first year we're expanding the IFS section of the course as such we're learning "on the fly"
- A few people suggested that we should leave questions and comments to the end of Kate and Stu's segment rather than have after each little section.
- We're grateful for your feed back. We will try that.



E-MAILED QUESTIONS, COMMENTS, FEEDBACK

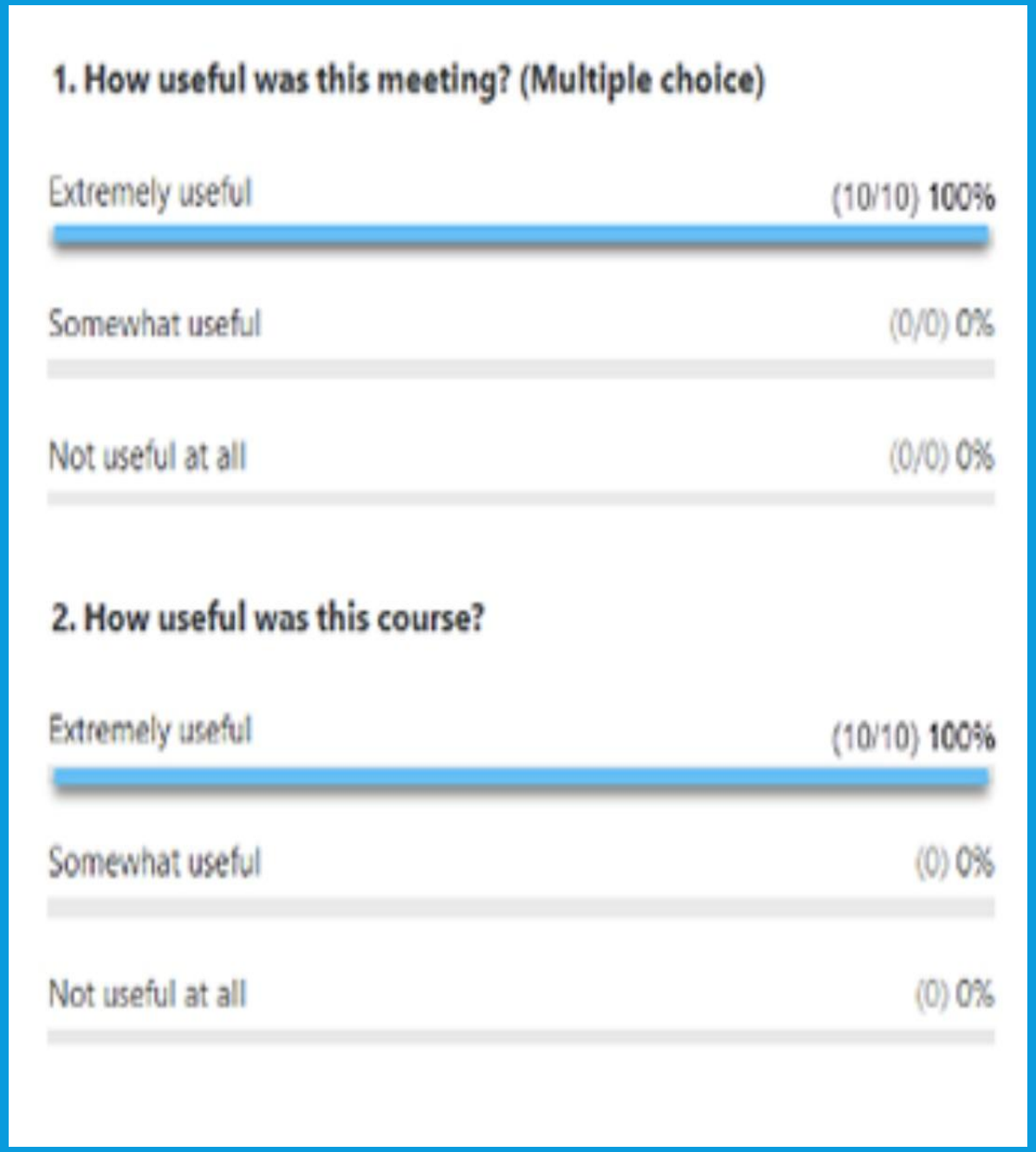
Last week you mentioned something about Barbara Coloroso. Can you elaborate please.

- Barbara Coloroso teaches a simple, framework for non-negotiable limits in parenting that can also be applied to help us determine behaviors that must be stopped and distinguish them from those that can be discussed in other contexts:
- The behaviors that must be stopped are:
- 1. Illegal-Anything that breaks the law (e.g., stealing, vandalism, assault)
- 2. Immoral-Behaviors that violate core ethical principles—especially harm to others (e.g., cruelty, bullying, lying in ways that hurt others)
- 3. Unhealthy (or harmful/dangerous)-Actions that put the child or others at physical or psychological risk (e.g., substance abuse, reckless behavior, self-harm, dangerous online activity)

Last week you mentioned something about Barbara Coloroso. Can you elaborate please.

- Coloroso's deeper point is:
- Be firm and absolute with these three categories, but flexible and negotiable with most other things. This allows parents, clinicians and all of us, to avoid unnecessary power struggles, focus authority where it truly matters and support other people's autonomy in areas that are not core safety or moral concerns.
- "If it's illegal, immoral, or unhealthy, it's not negotiable."
- These "must-stop" behaviors are often protector-driven actions (firefighters, especially). The limits are set on the behaviors, not the part, or the person.
- The stance becomes: "I understand why a part of you wants to do this, at an appropriate time and place we want to help you understand that part at other times we want to help your system use DBT skills to PAUSE its behavior"

PLEASE STOP RECORDING



ZOOM POLL

- Please answer the following question
- Answers are anonymous
- In person participants please answer the page that was handed out.

PART FOUR

EMBRACING YOUR BURDENED EXILES

Part four of the workbook, encourages us to get in touch with our most vulnerable younger parts: exiles. We all have exiled parts or what some might call inner children. Before they are hurt, there are open, playful, and innocent. Because they are sensitive, they get hurt the most by the things that happen to us. When they get hurt, terrified, or feel ashamed and carry these burdens, some of our other parts don't want anything to do with them because they make us feel bad all the time. As a result, we tend to lock them away.

When you have a lot of exiles, you feel more vulnerable, the world feels more dangerous, and other parts have to shift out of their natural qualities to become protectors. Many of them are parentified children. Like in a family, the older siblings often take on parental roles, but they aren't equipped, even though some of them seem very wise and confident. Many of us have many exiles each stuck in different hurtful scenes and carrying different burdens. Connecting with our inner exiles can be the most life-changing experience. These are young, hurting parts in need of love and healing.

Part four of the workbook, gives us the opportunity to extend love to these tender parts.

Remember, as you do this work, go at your own pace. Only do what feels safe enough for your system. Be sure to check in with your system regularly. If you notice protector parts jumping in, return to some of the previous exercises until they feel ready to let you continue.

EXILES INVENTORY P.142

As we've done in previous weeks, to start to identify exiles, we are encouraged to read through a list of inner messages that exiles fear are true about them and circle the ones that resonate for us.

Exiles Inventory

In this section, you will explore some of the emotions and fears your exiled parts feel.

→ Read through the list of inner messages and then go inside to see what your exiles fear is true about them. *Circle* the one(s) that your inner exiles feel the most strongly.

I am bad.
I am unlovable.
I am unworthy.
I am worthless.
I am overwhelming to others.
I am helpless.
I am hopeless.
I am powerless.
I am painfully sad.
I am terrified.
I am guilty.
I am stupid.
I am a failure.
I am lost.
I am all alone.
I am my worst mistake.
I am unwelcome.
I am unwanted.
I am rejected.
I am an annoyance.
I am an embarrassment.
I am a mistake.
I am a problem child.

I am a mess.
I am damaged.
I am broken beyond repair.
I am deficient.
I am damned.
I am cursed.
I am evil.
I am garbage.
I am nobody.
I am not seen.
I am not valued.
I am misunderstood.
I am not important.

Are there any other emotions or fears your exile parts may feel that are not listed above?

_____

_____

How do you feel toward your exile parts knowing they feel this way?

_____

_____

EXILES INVENTORY P.142



Luis

Exiles Inventory

In this section, you will explore some of the emotions and fears your exiled parts feel.

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_____

_____

How do you feel toward your exile parts knowing they feel this way?

_____

_____

EXILES INVENTORY P.142



Stu: Good morning, Kate. Can we take a look at your exiles inventory?
Kate: Good morning, Stu, sure.
Stu: As we've seen in previous weeks this exercise is a really good way to start mapping out your parts. I this case your exiles.
Kate: Yes, these felt like great trailheads for my exiles

Exiles Inventory

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X I am misunderstood.
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Are there any other emotions or fears your exile parts may feel that are not listed above?

_____

_____

How do you feel toward your exile parts knowing they feel this way?

So sorry they carry these deep-seated feelings about themselves.

EXILES INVENTORY P.142



NOW YOU

Exiles Inventory

In this section, you will explore some of the emotions and fears your exiled parts feel.

→ Read through the list of inner messages and then go inside to see what your exiles fear is true about them. *Circle* the one(s) that your inner exiles feel the most strongly.

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I am not important.

Are there any other emotions or fears your exile parts may feel that are not listed above?

_____

_____

How do you feel toward your exile parts knowing they feel this way?

_____

_____

HEART: A MEDITATION

Soundstrue.com/the-ifs-workbook-bonus

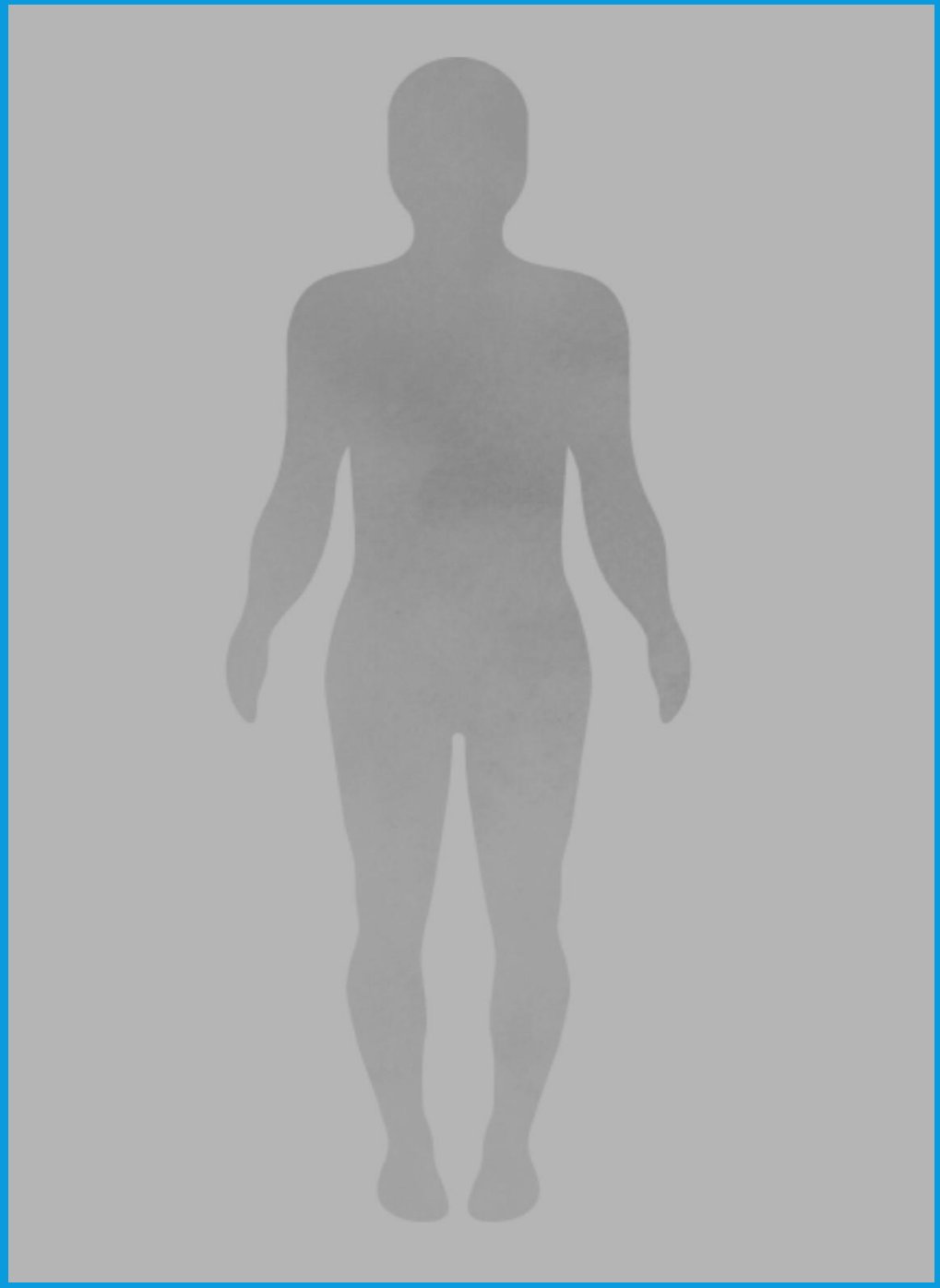
In this meditation, you will explore how open or closed your heart is. This might be challenging for your parts. Don't push to make anything happen. If it feels like too much you can stop at any point.



SECTION 1 FIND IT IN THE BODY: EXILES P.148

As with other parts, it's common for exile parts to manifest in different places in the body, or even outside it. An exiled part might manifest as a pit in your stomach, as an impulse of dread, or in your heart as tightness or fear. Paying attention to the body is a way to get in touch with parts. Where do you feel exile parts in your body?

Choose an exile part that you have identified ("I am worthless" "I am sad" "I am scared" etc.) and map where you feel them in your body on the picture. If nothing comes to mind, that's okay. You can return to this exercise at any time.



FIND IT IN THE BODY: EXILES P.148



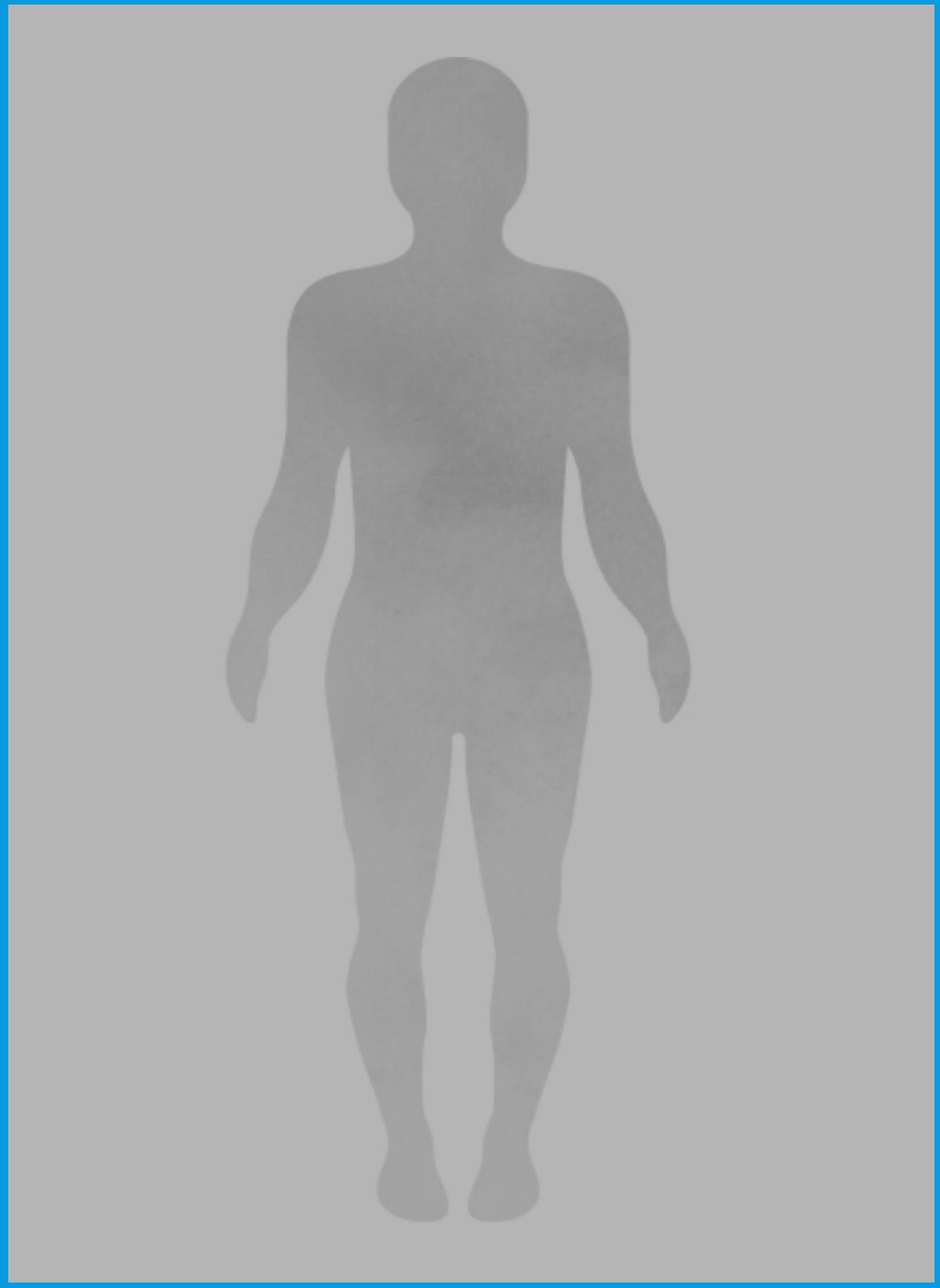
Luis

FIND IT IN THE BODY: EXILES P.148

It's common for exile parts to manifest in different places in the body, or even outside it. An exiled part might manifest as a pit in your stomach, as an impulse of dread, or in your heart as tightness or fear. Paying attention to the body is a way to get in touch with parts. Where do you feel exile parts in your body?

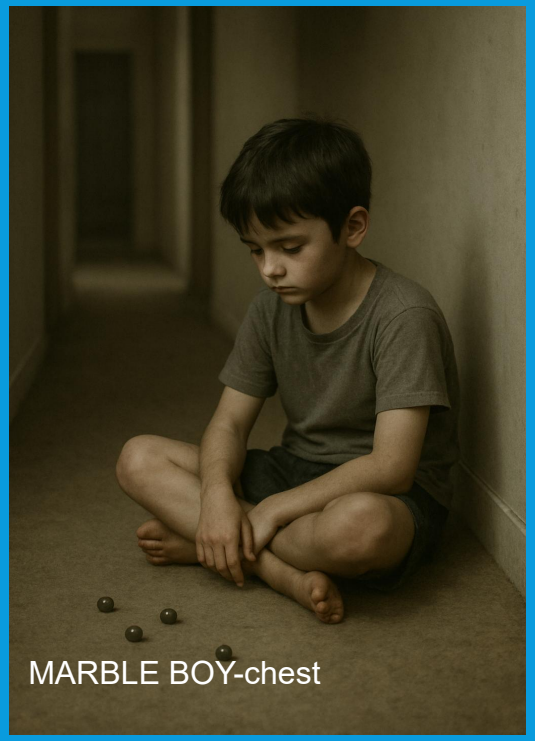
Choose an exile part that you have felt this week ("I am worthless" "I am sad" "I am scared" etc.) and map where you feel them in your body on the picture. If nothing comes to mind, that's okay. You can return to this exercise at any time.

Luis: I identified many different exiles (please see below) and they are clearly associated with different parts of my body. Shame boy for example is in my diaphragm and throat.



EXILES


SHAME BOY-pit of stomach


MARBLE BOY-chest


CEMETERY BOY-throat


CAFETERIA BOY-legs


LOST TEENAGER-whole body



SON OF COUNTRY HICK-?

FIND IT IN THE BODY: EXILES P.147



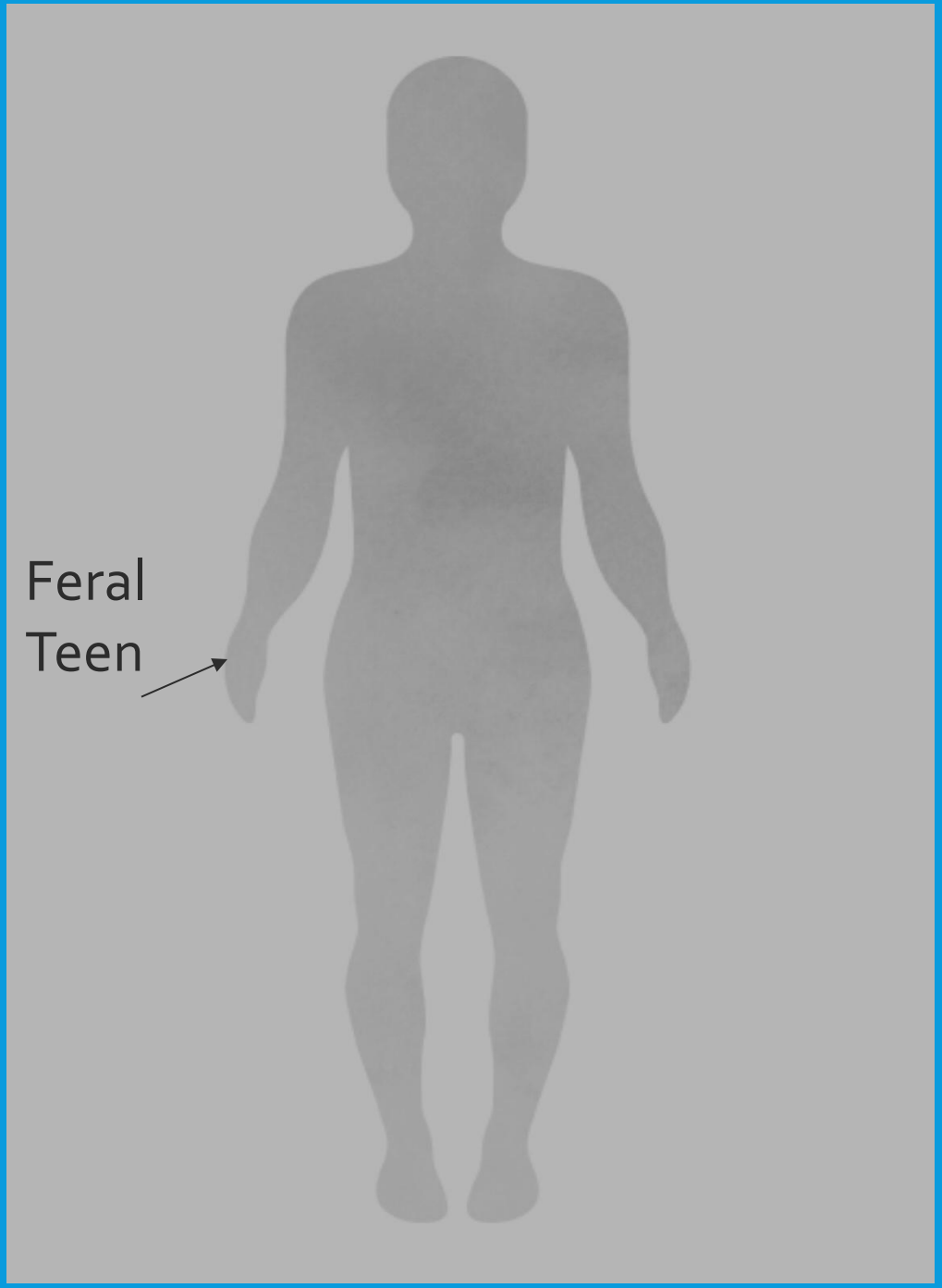
Stu: did you associate some of your exiles with specific regions of your body?

Kate: I did, let's take a look

Find it in the body: exiles p.147



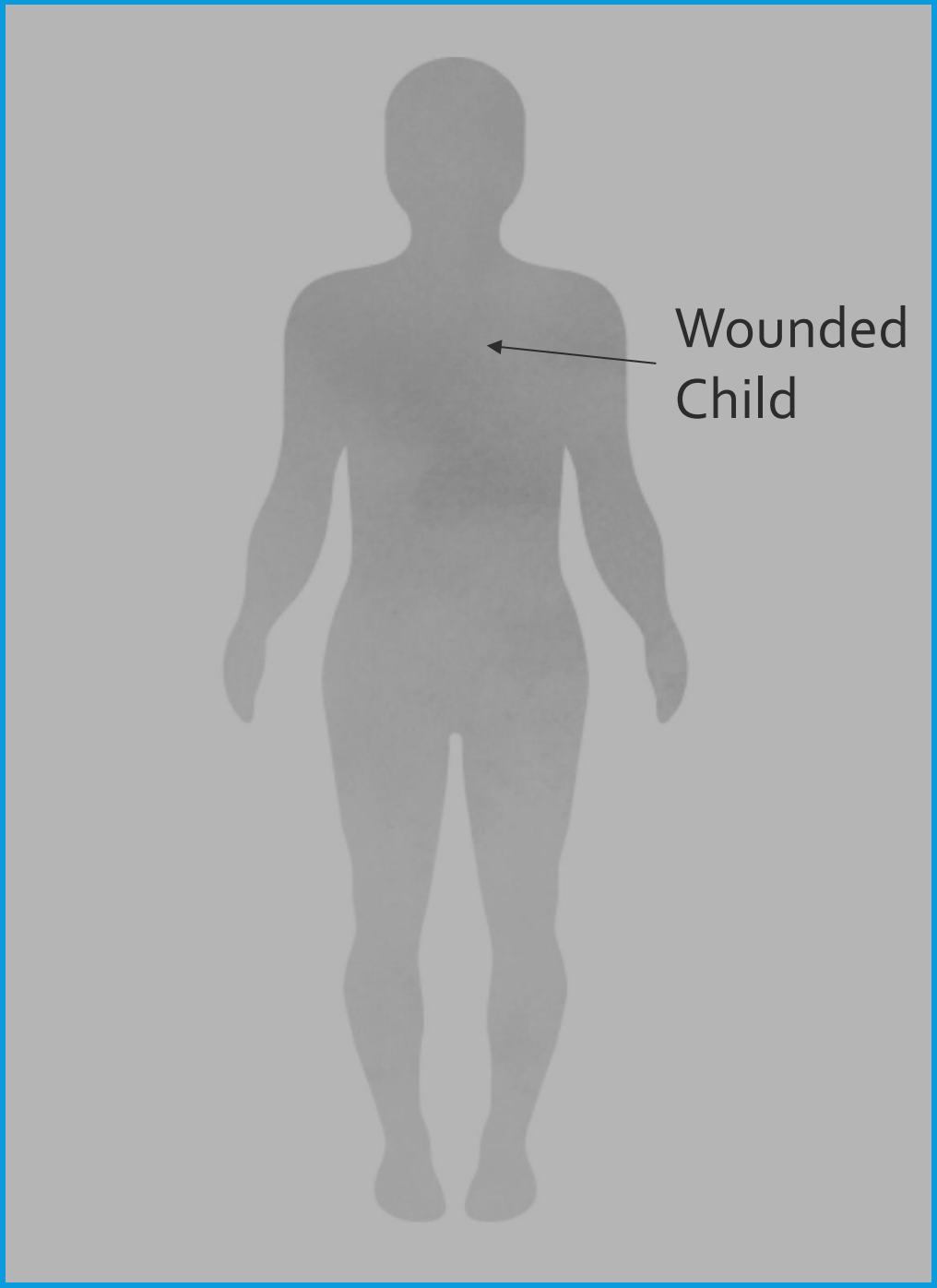
FERAL TEEN EXILE



Find it in the body: exiles p.147



WOUNDED CHILD EXILE



FIND IT IN THE BODY: EXILES P.148

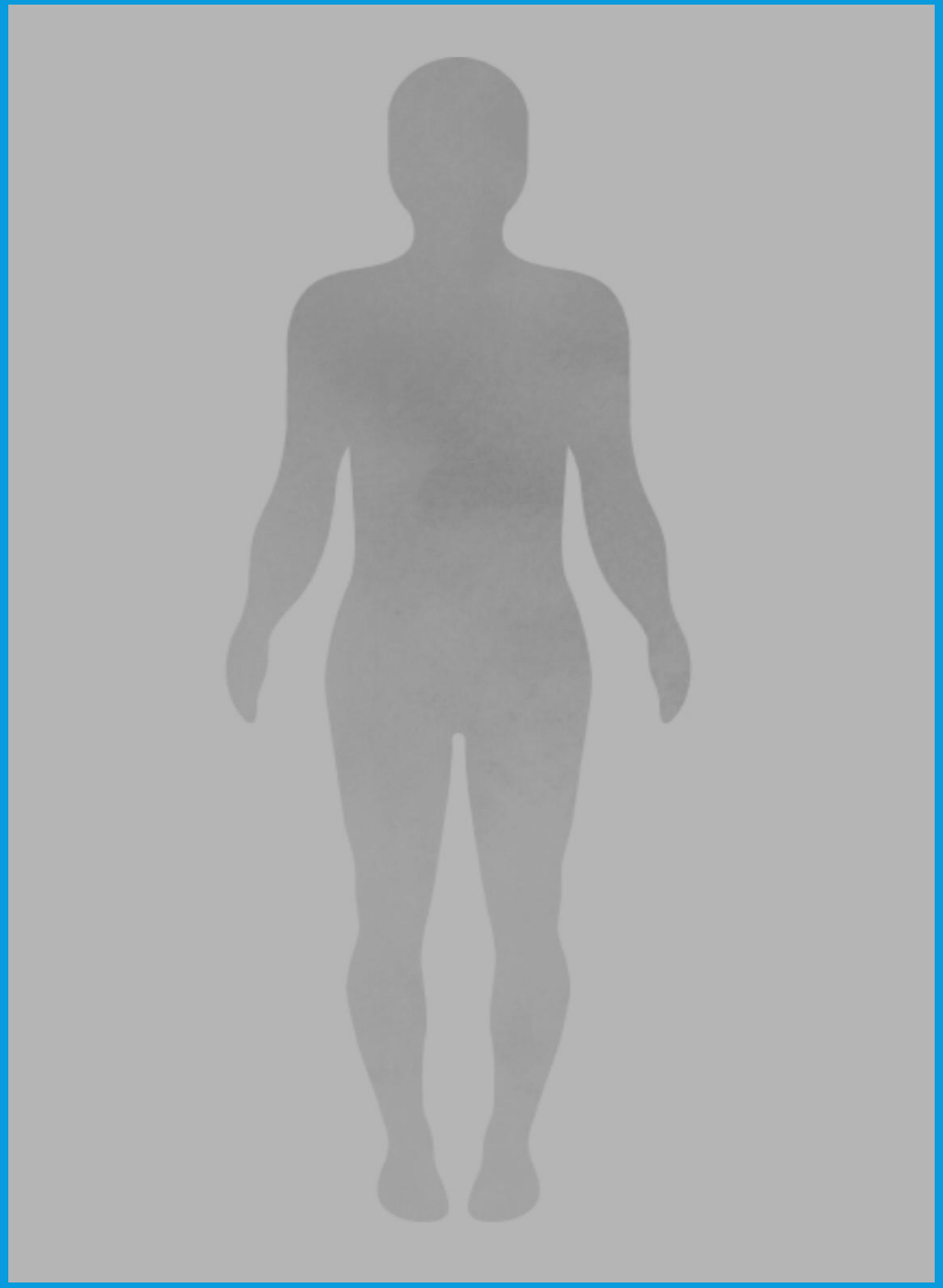


NOW YOU

Find it in the body: exiles p.147

It's common for exile parts to manifest in different places in the body, or even outside it. An exiled part might manifest as a pit in your stomach, as an impulse of dread, or in your heart as tightness or fear. Paying attention to the body is a way to get in touch with parts. Where do you feel exile parts in your body?

Choose an exile part that you have felt this week ("I am worthless" "I am sad" "I am scared" etc.) and map where you feel them in your body on the picture. If nothing comes to mind, that's okay. You can return to this exercise at any time.



SECTION 2 THE STORY OF YOUR LIFE P.150

One way to identify exiled parts is to look back on your life story. By revisiting significant memories and moments in your life, you can notice patterns and parts that you may have not seen before.
In this exercise, you are invited to reflect on the significant moments that define you as a way to witness your own story.
Notice what happens in your inner system as you reflect on different moments. You might feel sadness or sensations in your body as you move from one scene to another. Be aware of any emotions or messages that may be connected to the events.

You can draw or use AI to create an image that corresponds to a significant life event or memory for example a milestone birthday, a graduation, a big move, the death of someone close, etc.

Put a star next to the memories that were the most impactful in either a positive or negative way.

What messages about yourself did you internalize from these events?

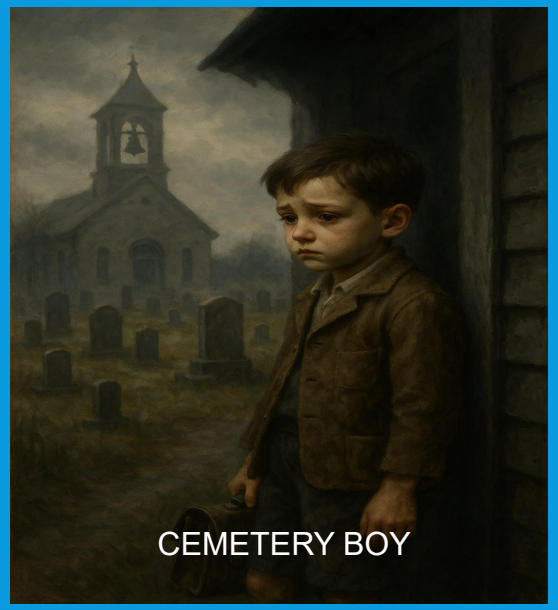
THE STORY OF YOUR LIFE P.150



Luis

EXILES


SHAME BOY


CEMETERY BOY


LOST TEENAGER


MARBLE BOY


CAFETERIA BOY



SON OF COUNTRY HICK

Marble boy- The exile is a boy playing marbles by himself. He's 5 years old and is all alone in the apartment his parents live in. He's sitting on the floor in the hallway. He's sad. He looks blank. He's very quiet. He feels all alone, he wonders if anyone is ever coming home. He both wants and doesn't want them to. His grandfather loves him, and he wishes he was with his grandparent's home, not here, but he has no say in this. His parents are always fighting and that's frightening. The boy is always expecting something terrible to happen. He feels dread and powerlessness. His mother often tells him that before he was born, she was happy. She also often threatens to take him to an orphanage. That boy wants a kind loving adult to protect him. His father is never around; he's frightened of his wife.

Shame boy – For as long as I remember my mother projected her feelings of inadequacy unto me. She was often disappointed with me. As a child I assumed she was right because she was an adult who in my eyes was wise and knew things I didn't. I assumed that I was in some way defective or there was something fundamentally wrong with me. She would reinforce this saying that before I was born she was happy. This I think gave rise to another exile. Marble Boy felt abandoned. This boy felt shame and inadequacy because his mother was always disappointed in him. Its protector is a part that is very attuned to others and has a very difficult time when they express anger or disappointment. It also tries to fix things and smooth emotions. I think this is part of the reason I became a therapist.

- Lone cafeteria boy - I was 11 years old when I immigrated to Canada from Portugal. In Portugal I had my grandparents and extended family to buffer me from my parents' mental health issues and marital discord. Arriving in Canada I was thrown into a new school system, didn't speak the English or French, knew no one, had no extended family, and experienced economic duress. (our family of three lived on my father's salary as a dishwasher in a hotel which in the 1970s was doable). I was unfamiliar with the Canadian youth culture and felt out of place both at school and at home. School lunches were one of the most painful parts of my day. I sat at the edge of the cafeteria where hardly anyone else sat at a table by myself. Everyone else sat with friends. I developed severe anxiety which manifested mostly at lunch time. After a while rather than sit by myself in the cafeteria I began to hide in a remote unused room during lunch hour. I felt humiliated, isolated, disconnected, and ashamed. I thought "I don't belong." "I'm different." "There's something wrong with me." "Other families are normal, mine is not." From shame I told lies about myself and family trying to make us look ok.
- The lost teenager- My parents chronic conflict got worse over time. From ages 15 to 18 I felt anxious, depressed and lost. Home was a place of constant conflict and fear. There was no emotional intimacy. School was barely tolerable. I had panic attacks. I didn't do any school related work beyond the bare minimum and my grades reflected that. Then my mother moved to from Montreal to Toronto and my father started dating and spent most of his time with a girlfriend. They went out for supper every night. I started Junior college while working full time as a waiter, a job I'd gotten over the summer. In my first semester failed all but one of all my courses and was on academic probation. My father was totally absent physically and emotionally. He didn't buy groceries or give me money to do so. I hit rock bottom and became alarmed about where my life was heading.

- Cemetery boy- When I was 5 or 6 years old, after yet another of my parent's major blowouts there was an incident that was highly emotional. Ater another separation my father forced his way back into the house, my parents began yelling at each other and my father started breaking bottles and dishes in the kitchen. He then started taking an overdose of my mother's prescription barbiturates (very lethal in an overdose, his first suicide attempt of the two that I recall). My mother called the police and an ambulance and when they arrived went with them and leaving me alone in the house overnight.
- The next day she took me to the house of an acquaintance where I stayed for what seems like weeks. I didn't previously know these people. I didn't hear from my mother or anyone in my family for a long time and nobody gave me any information about my father's condition. The house was right next to a cemetery. Every time there was a funeral I would hear the bells in the cemetery chapel. Each time I thought it was my father and each time I felt waves of grief.
- Son of a country hick- this is a legacy burden that captures my mothers experience of migrating from a small town to a big city where despite being smart she was ridiculed. She felt inferior and distrusted and was hostile to others. Her outer critic saw others as inferior. These others included me and my autism spectrum father.

THE STORY OF YOUR LIFE P.150



Stu: Kate, one way to identify exiled parts is to look back on your life story as the workbook suggests, revisiting significant memories and moments in your life, can help you notice patterns and parts that you may have not seen before. This exercise invites you to reflect on the significant moments that define you as a way to witness your own story and on how these moments may still live inside you as exiles. What would you say were some of the significant defining moments in your life?

Kate: Stu doing this exercise took some time but eventually I found 6 such moments that I can share with you and the group, let's take a look… There's a slide for each moment.



Stu: Wow… Interesting menacing image, can you tell us more about it

Kate: That's a moment from when I was age 3 We were on a family trip to Disney World, and we went on the Jaws ride. I was scared because I thought the shark was real. When the shark came up to our side of the boat, my mom shoved me toward it. She says it's because she wanted me to get wet instead of her, but…

This confirmed for me that I was not safe with my parents, that I was all alone in the world, that I was not valued by my family.



Stu: And this one?

Kate: That one is from when I was age 5 My sister, who was 2 years old, fell down the stairs and hit her head at the bottom. My parents came running and started yelling at me for pushing her down the stairs. I hadn't, but they were insistent, and I was punished.

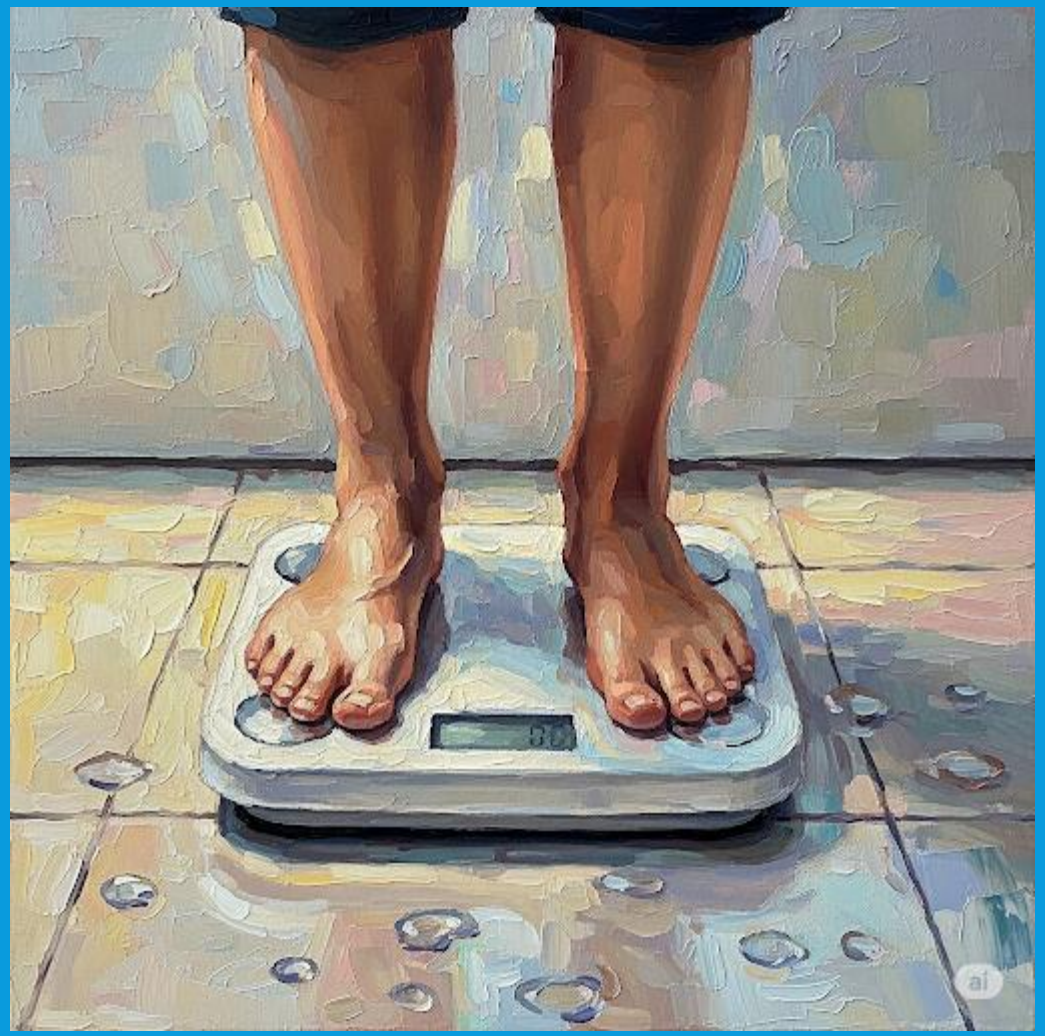
This memory is the start of me being the cause of all problems in my family, regardless of what I did or didn't do. I became the black sheep and scapegoat from here on out. My word didn't count for anything, and every time I made a mistake, I was told I had done it on purpose. This period of time is what formed the Wounded Child exile.



Stu: Uhm! A sandwich what is that memory about?

Kate: This one is from when I was age 8 After my mom went to the washroom (#2), she informed me that she hadn’t washed her hands and proceeded to wipe her hands on the sandwich she was making for me. She then forced me to eat it.

This is one of the earliest memories I have of my mom messing with me psychologically. It progressed from there. That’s when I started to have panic attacks.



Stu: You on a scale?

Kate: Yes me, age 11 on a scale. Before every meal, my mom would bring the bathroom scale into the kitchen to check my weight. My weight would determine how much food I would get to eat at that meal. Mind you, she did this in front of the rest of my family, and I was the only one who had to do this.

This was the start of my disturbed relationship with food, and with my body. It hadn't occurred to me to be self-conscious before this point. I became infused with shame and self-loathing.



Stu: A door and is that? … a screwdriver?

Kate: Yes, this memory is from when I was age 13. At that age, I was told I was to be “supervised” while I was in the washroom at all times. I was desperate for privacy when showering, etc. so I would try to sneak away and lock the bathroom door. When my mom realized, she would get the screwdriver and unlock the door. The sound of the screwdriver on the door lock was panic-inducing.

This is near the beginning of the sexual abuse, and it was absolutely traumatizing. This period of time is what formed the Feral Teen exile.



Stu: Last image… Is that you screaming?

Kate: No that's my mother. This memory is from when I was 16. Right before we left on a family road trip to Quebec City, I unaccepted an invitation to prom because I heard that the guy had planned to skip prom and take me to a motel instead. My mother was furious with me for cancelling the prom invitation and proceeded to scream at me for the entire 8-hour trip.
This event confirmed the idea that I was to be at the mercy of men, that my wishes did not matter, that my worth was tied to how I pleased men.

Stu: Thank you for sharing such important but painful memories with us Kate…

THE STORY OF YOUR LIFE P.150



NOW YOU

THE STORY OF YOUR LIFE P.150

One way to identify exiled parts is to look back on your life story. By revisiting significant memories and moments in your life, you can notice patterns and parts that you may have not seen before.
In this exercise, you are invited to reflect on the significant moments that define you as a way to witness your own story.
Notice what happens in your inner system as you reflect on different moments. You might feel sadness or sensation in your body as you move from one scene to another. Be aware of any emotions or messages that may be connected to the events.

You can draw or use AI to create an image that corresponds to a significant life event or memory for example a milestone birthday, a graduation, a big move, the death of someone close, etc.

Put a star next to the memories that were the most impactful in either a positive or negative way.

What messages about yourself did you internalize from these events?

SECTION 3 PERSONAL BURDENS P.154

Every part is burdened, not just exiles. Some of those burdens are personal ones and others are legacy burdens that come from someone else. This exercise encourages us to explore some of the burdens that those parts have experienced or may currently be experiencing. By understanding these burdens, we can help parts know they aren't alone and provide support for them. Even naming and acknowledging burdens can be a source of relief or freedom for parts. In this exercise you will explore some of the personal burdens your parts may be carrying, knowingly or unknowingly.

Personal burdens are burdens that have been passed on to you from direct encounters with other people such as family, teachers, authority figures, romantic interests, strangers, or friends, or from traumatizing events. Burdens could be something you experience directly or witnessed indirectly.

In the workbook circle any of the experiences offered may have left you with personal burdens.

How do you feel towards the parts that are holding these burdens?

If you can open your heart to them, then take some time right now to connect with those parts and tell them how you feel.

PERSONAL BURDENS P.154



Luis

→ *Circle* any of these personal burdens your parts may have experienced.

Experiences that left you with personal burdens

X Explosive anger
X Belittling
X Bullying
X Verbal abuse
X Manipulation
X Sarcasm
X Passive aggressiveness
X Shaming
X Guilt tripping
X Scapegoating
X Domestic violence
X Abuse
X Violence
X Trauma
X Toxic relationships
Crime victim
X Neglect
Injury
X Gaslighting
X Humiliation
Addictions
X Mental illness
X Rejection
Microaggressions

Add any personal burdens your parts have experienced that are not on the list.

_____

_____

How do you feel toward the parts that are holding these burdens?

Empathy

_____

_____

_____

PERSONAL BURDENS P.154



Stu: As you know Kate, personal burdens are burdens that have been passed on to you from direct encounters with other people such as family, teachers, authority figures, romantic interests, strangers, or friends, or from traumatizing events. Burdens could be something you experience directly or witnessed indirectly. The workbook provides a list of experiences that may have left you with personal burdens. It then asks you to consider how you feel towards the parts that are holding these burdens and if you can open your heart to them and tell them how you feel. How did you do with this exercise?

Kate: I was surprised by how many of the experiences listed in the exercise I identified with and affected me…

→ *Circle* any of these personal burdens your parts may have experienced.

Experiences that left you with personal burdens

X Explosive anger
X Belittling
X Bullying
X Verbal abuse
X Manipulation
X Sarcasm
X Passive aggressiveness
X Shaming
X Guilt tripping
X Scapegoating
X Domestic violence
X Abuse
X Violence
X Trauma
X Toxic relationships
Crime victim
X Neglect
X Injury
X Gaslighting
X Humiliation
Addictions
X Mental illness
X Rejection
X Microaggressions

Add any personal burdens your parts have experienced that are not on the list.

_____

_____

How do you feel toward the parts that are holding these burdens?

I feel compassion for the young parts that experienced these situations and are holding these burdens.

PERSONAL BURDENS P.154



NOW YOU

PERSONAL BURDENS P.153

Every part is burdened, not just exiles. Some of those burdens are personal ones and others are legacy burdens that come from someone else. You will explore some of the burdens that those parts have experienced or may currently be experiencing. By understanding these burdens, you can help parts know they aren't alone and provide support for them. Even naming and acknowledging burdens can be a source of relief or freedom for parts. In this exercise you will explore some of the personal burdens your parts may be carrying, knowingly or unknowingly.
Personal burdens are burdens that have been passed on to you from direct encounters with other people such as family, teachers, authority figures, romantic interests, strangers, or friends, or from traumatizing events. Burdens could be something you experience directly or witnessed indirectly.

In the workbook circle any of the experiences offered may have left you with personal burdens.

How do you feel towards the parts that are holding these burdens?

If you can open your heart to them, then take some time right now to connect with those parts and tell them how you feel.

→ *Circle* any of these personal burdens your parts may have experienced.

Experiences that left you with personal burdens

Explosive anger

Belittling

Bullying

Verbal abuse

Manipulation

Sarcasm

Passive aggressiveness

Shaming

Guilt tripping

Scapegoating

Domestic violence

Abuse

Violence

Trauma

Toxic relationships

Crime victim

Neglect

Injury

Gaslighting

Humiliation

Addictions

Mental illness

Rejection

Microaggressions

Add any personal burdens your parts have experienced that are not on the list.

_____

_____

How do you feel toward the parts that are holding these burdens?

_____

_____

_____

SECTION 4 CULTURAL AND LEGACY BURDENS P. 156

In addition to personal burdens, we take on extreme beliefs and emotions that are from traumas experienced by our ethnic group, perhaps decades or even centuries ago these are legacy burdens. For example, many black people carry the pain of their ancestors from years of slavery, and many Jews carry terror and "never again" beliefs from the Holocaust. In addition, there are burdens floating around in the country in which you were raised that some parts of you can't help but absorb even if, like racism for example, those beliefs are abhorrent to you. We call those cultural legacy burdens. This exercise helps us identify some cultural and legacy burdens our parts may have experienced or may be experiencing. Pay attention to changes in your body. If you need to pause or skip this exercise you can. Honor your inner system.

From the list of burdens commonly associated with cultural and legacy burdens provided in the workbook circle any of those that resonate with your lived experience.

→ *Circle* any of the burdens that resonate with your lived experience.

Cultural & Legacy Burdens

Don't trust anyone

Don't rock the boat

Don't talk about feelings

You need to have it all together

Stay silent about abuse

Vulnerability is weakness

Shame about sexuality

Don't ask for help

Shame about cultural identity

Toxic masculinity

Unhealthy food habits

Unhealthy financial habits

Entitlement/privilege

Poverty

Racism

Sexism

Classism

Discrimination

Homophobia

Xenophobia

Patriarchy

White supremacy

White fragility

White savior complex

Cultural assimilation

Not being _____ enough

Survival guilt

Gentrification

Incarceration

Racial profiling

Ignorance

Collective trauma

War/violence

Political oppression

Pollution

Disease/famine

Were there other cultural burdens your parts have experienced?

What cultural legacy burdens from the list feel the heaviest to you?

Find the part that carry such a burden and ask: at what age did you start carrying those burdens?

How do you feel towards those parts who were forced to carry those burdens so young?

If you feel compassion, pause and take a moment to express those feelings to those parts.

Go inside yourself and notice how your parts are responding to the topic of cultural and legacy burdens. What emotions are you feeling? Anger? Fear? Sadness? Let your parts know that you are here with them and that whatever they are feeling is okay.

CULTURAL AND LEGACY BURDENS P. 156



Luis

→ *Circle* any of the burdens that resonate with your lived experience.

Cultural & Legacy Burdens

X Don't trust anyone
X Don't rock the boat
Don't talk about feelings
You need to have it all together
X Stay silent about abuse
Vulnerability is weakness
X Shame about sexuality
X Don't ask for help
X Shame about cultural identity
Toxic masculinity
Unhealthy food habits
X Unhealthy financial habits
Entitlement/privilege
Poverty

Racism
Sexism
Classism
Discrimination
Homophobia
X Xenophobia
X Patriarchy
White supremacy
White fragility
White savior complex
Cultural assimilation
X Not being _____ enough
Survival guilt
Gentrification
Incarceration
Racial profiling
Ignorance
Collective trauma
War/violence
X Political oppression
Pollution
Disease/famine

Were there other cultural burdens your parts have experienced?

What cultural legacy burdens from the list feel the heaviest to you?
Luis: Don’t trust anyone

Find the part that carry such a burden and ask: at what age did you start carrying those burdens?
Luis: It was preverbal related to my avoidant attachment so around 2 years old.

How do you feel towards those parts who were forced to carry those burdens so young?
Luis: I feel sad for them

If you feel compassion, pause and take a moment to express those feelings to those parts.

Go inside yourself and notice how your parts are responding to the topic of cultural and legacy burdens. What emotions are you feeling? Anger? Fear? Sadness? Let your parts know that you are here with them and that whatever they are feeling is okay.
Luis: Mostly anger and sadness

CULTURAL AND LEGACY BURDENS P. 156



KATE

CULTURAL AND LEGACY BURDENS P. 156

Stu: In addition to personal burdens, we can also take on extreme beliefs and emotions that are from traumas experienced by our families, ethnic groups, and cultures, perhaps even decades or centuries ago. We call these legacy and cultural legacy burdens. These burdens often feel abhorrent to us. This exercise helps us identify some cultural and legacy burdens our parts may have experienced or may be experiencing. From the list of burdens commonly associated with cultural and legacy burdens provided in the workbook which ones did you identify with?

Kate: A great many of them…

→ *Circle* any of the burdens that resonate with your lived experience.

Cultural & Legacy Burdens

X Don't trust anyone
X Don't rock the boat
X Don't talk about feelings
X You need to have it all together
X Stay silent about abuse
X Vulnerability is weakness
X Shame about sexuality
X Don't ask for help
Shame about cultural identity
Toxic masculinity
X Unhealthy food habits
Unhealthy financial habits
X Entitlement/privilege
Poverty

X Racism
X Sexism
X Classism
X Discrimination
X Homophobia
X Xenophobia
X Patriarchy
X White supremacy
X White fragility
White savior complex
Cultural assimilation
X Not being _____ enough
Survival guilt
Gentrification
Incarceration
Racial profiling
X Ignorance
X Collective trauma
War/violence
Political oppression
X Pollution
Disease/famine

Stu: Besides the ones listed, were there other cultural burdens your parts have experienced?
Kate: Yes, knowledge of Evil…

Stu: What cultural legacy burdens feel the heaviest to you?
Kate: Knowledge of Evil, and Patriarchy

Stu: At what age did you start carrying those burdens, Kate?
Kate: From birth…

Stu: How do you feel towards the parts of that who were forced to carry those burdens so young?
Kate: It's really unfair to that baby to be given such a burden so young. I wish I could have protected it.

Stu: If you feel compassion, pause and take a moment to express those feelings to those parts. Let them know that you are here with them and that whatever they are feeling is okay.
Kate: They appreciate that.

CULTURAL AND LEGACY BURDENS P. 156



NOW YOU

CULTURAL AND LEGACY BURDENS P. 156

In addition to personal burdens, we take on extreme beliefs and emotions that are from traumas experienced by our ethnic group, perhaps decades or even centuries ago. For example, many black people carry the pain of their ancestors from years of slavery, and many Jews carry terror and "never again" beliefs from the Holocaust. In addition, there are burdens floating around in the country in which you were raised that some parts of you can't help but absorb even if, like racism for example, those beliefs are abhorrent to you. We call those cultural legacy burdens. This exercise helps you identify some cultural and legacy burdens your parts may have experienced or may be experiencing. Pay attention to changes in your body. If you need to pause or skip this exercise you can. Honor your inner system.

From the list of burdens commonly associated with cultural and legacy burdens provided in the workbook circle any of those that resonate with your lived experience.

→ *Circle* any of the burdens that resonate with your lived experience.

Cultural & Legacy Burdens

Don't trust anyone

Don't rock the boat

Don't talk about feelings

You need to have it all together

Stay silent about abuse

Vulnerability is weakness

Shame about sexuality

Don't ask for help

Shame about cultural identity

Toxic masculinity

Unhealthy food habits

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Racism

Sexism

Classism

Discrimination

Homophobia

Xenophobia

Patriarchy

White supremacy

White fragility

White savior complex

Cultural assimilation

Not being _____ enough

Survival guilt

Gentrification

Incarceration

Racial profiling

Ignorance

Collective trauma

War/violence

Political oppression

Pollution

Disease/famine

Were there other cultural burdens your parts have experienced?

What cultural legacy burdens from the list feel the heaviest to you?

Find the part that carry such a burden and ask: at what age did you start carrying those burdens?

How do you feel towards those parts who were forced to carry those burdens so young?

If you feel compassion, pause and take a moment to express those feelings to those parts.

Go inside yourself and notice how your parts are responding to the topic of cultural and legacy burdens. What emotions are you feeling? Anger? Fear? Sadness? Let your parts know that you are here with them and that whatever they are feeling is okay.

SECTION 5 HEIRLOOMS P.159

Acknowledging burdens can be an important step to healing them, appreciating the gifts that we received from individuals, culture, and family legacy can also be part of the healing process. These gifts are like heirlooms handed down from ancestors. They might be positive character traits like generosity that your parts learned from a family member, or inner resources like resilience that were developed through social trauma.

The workbook asks you to list some personal, cultural, and legacy gifts that you have received

Cultural personal legacy

HEIRLOOMS P.159



Luis

The workbook asks you to list some personal, cultural, and legacy gifts that you have received

Cultural	personal	legacy
love of good food and leisure	met many individuals who were kind	love of books reading and ideas

HEIRLOOMS P.159



Stu: appreciating the gifts that we received from individuals, culture, and family legacy can also be part of the healing process. These gifts are like heirlooms handed down from ancestors. They might be positive character traits like generosity that your parts learned from a family member, or inner resources like resilience that were developed through social trauma. This exercise asks us to list some personal, cultural, and legacy gifts that we have received. How did you do with this exercise?

Kate: I had a lot more trouble finding gifts than I had finding burdens. I wonder if some of my parts might have interfered…

The workbook asks you to list some personal, cultural, and legacy gifts that you have received

Cultural	personal	legacy
Privilege for being white and born in Canada	perseverance	intellect

HEIRLOOMS P.159



NOW YOU

The workbook asks you to list some personal, cultural, and legacy gifts that you have received

Cultural

personal

legacy

SECTION 6 UNBURDENING P.160

Parts carry burdens that can be unburdened. While unburdening exiles is beyond the scope of the workbook and should only be done with an experienced IFS psychotherapist, you may have already experienced some relief simply by befriending and connecting with your parts. If you have an interest in unburdening your exiles, contact a licensed IFS professional to guide you through the process. In this exercise we are encouraged to imagine what it might be like if we didn't have to carry the burdens any longer.

Write down how you imagine you'd feel if your inner exiles no longer had to carry their burdens

Which burdens are you most interested in unburdening?

Which workbook exercises or IFS practices helped you to feel the most relief or freedom?

UNBURDENING P.160



Luis

Write down how you imagine you'd feel if your inner exiles no longer had to carry their burdens.
Luis: If my intellectualizer didn’t have to carry its burden I would be less in my head and more connected to the world around me.

Which burdens are you most interested in unburdening?
Luis: I think the intellectualizer’s burden relates to avoidant attachment. I want to shut down emotions by using intellectual strategies and being very attuned to what’s going on around me.

Which workbook exercises or IFS practices helped you to feel the most relief or freedom?
Luis: Seeing my parts from the Self’s perspective and realizing I’m nothing but my parts being seen by the Self.

UNBURDENING P.160



KATE

Stu: Parts carry burdens that can be unburdened. The next exercise helps us imagine what it might be like if we didn't have to carry the burdens that we do. Kate, how did you imagine you'd feel if your inner exiles no longer had to carry their burdens?
Kate: I think I'd feel lighter, less pain and anger. I'd feel more self-esteem and confidence.

Stu: Which burdens are you most interested in unburdening?
Kate: The ones of being unlovable, and deficient. They make me painfully sad.

Stu: Which workbook exercises or IFS practices helped you to feel the most relief or freedom?
Kate: Feeling compassion toward a part is the most difficult for me, but also the most transformative.

UNBURDENING P.160



NOW YOU

Write down how you imagine you'd feel if your inner exiles no longer have to carry their burdens

Which burdens are you most interested in unburdening?

Which workbook exercises or IFS practices helped you to feel the most relief or freedom?

SECTION 7 HOLDING DISCOMFORT P.162

Your inner exiles hold your deepest sadness, fear, or sense of worthlessness. When you're in Self, you can sit with parts in their sadness without it deregulating your entire system. This doesn't mean it will be easy, or that you won't have protectors jump back in to distract or derail you. They surely will. But at least now you know how to connect to those parts and ask them to step back.

As you practice connecting with Self and get more comfortable with all your emotions and parts, you will be able to hold discomfort and sit with your parts and their sadness without totally blending with them. That is, you be able to be with them without becoming them. This will help them know that they are not alone anymore, and that someone else in there cares and wants to help them.

You might even want to apologize to them for letting other parts influence you to lock them away. This will help your parts trust you and feel less alone, and experience healing as they feel your Self energy and compassion.

This exercise encourages us to hold discomfort by sitting with our exiles sadness and grieving.

For the next few minutes, give your parts permission to be sad.

What are some situations in your life, either from the past or present, that fill you with deep sadness?

What do you usually do when you're sad? Do manager parts try to keep you busy so that you don't have time to feel? Do firefighters swoop in to rescue you from the pain with mind-numbing activities?

Imagine you're sitting in a circle with all parts. Tell them all, "it's okay to be sad" let them know you can handle their emotions. You may even feel led to apologize for not being able to hold their emotions before now. How do your parts respond to hearing these things from you?

Ask them if there is anything they want to tell you or show you. Write it down if you would like.

Do they have any unresolved grief?

Give them some space to grieve with you over those moments. You may want to play some reflective music, sad songs, or blues music to help your parts get in touch with their sadness.

Close your eyes if you'd like and take 5 to 10 minutes to hold the discomfort and sit with your parts and their sadness. When you're done you can open your eyes and continue.

What was this exercise like for you? What insights did you gain?

Going inside yourself:

You might want to pause here. Take a minute to sit with any parts that are coming up. Let them know they are not alone. Listen to anything they are telling you.

HOLDING DISCOMFORT P.162



Luis

For the next few minutes, give your parts permission to be sad.

What are some situations in your life, either from the past or present, that fill you with deep sadness?
Luis: Not having a parent that saw me.

What do you usually do when you're sad? Do manager parts try to keep you busy so that you don't have time to feel? Do firefighters swoop in to rescue you from the pain with mind-numbing activities?
Luis: Intellectualize in a dissociative way, get busy (roadrunner)

Imagine you're sitting in a circle with all parts. Tell them all, "it's okay to be sad" let them know you can handle their emotions. You may even feel led to apologize for not being able to hold their emotions before now. How do your parts respond to hearing these things from you?
Luis: They appreciate it.

Ask them if there is anything they want to tell you or show you. Write it down if you would like.
Luis: They’ve tried their best

Do they have any unresolved grief?
Luis: Of course.

Give them some space to grieve with you over those moments. You may want to play some reflective music, sad songs, or blues music to help your parts get in touch with their sadness.

Close your eyes if you'd like and take 5 to 10 minutes to hold the discomfort and sit with your parts and their sadness. When you're done you can open your eyes and continue.

What was this exercise like for you? What insights did you gain?
Luis: I pictured the parts sitting around a campfire in a forest clearing. The parts felt a kinship to each other. They didn’t feel alone. The felt safe in the presence of a Buddha like self. They started dancing. I found a video that depicted what that dance might have been like.

Going inside yourself:

You might want to pause here. Take a minute to sit with any parts that are coming up. Le
them know they are not alone. Listen to anything they are telling you.




1M
TOO SAD TO CRY

HOLDING DISCOMFORT P.161



KATE

Stu: This exercise asks us to give our parts permission to be sad. It encourages Self to spend a few minutes with that sadness. Is there a situation in your life, either from the past or present, that fills you with deep sadness?
Kate: My relationship with my birth family brings me great sadness and a sense of loss.

Stu: What do you usually do when you're sad? Do, for example, manager parts try to keep you busy so that you don't have time to feel? Or do firefighters swoop in to rescue you from the pain with mind-numbing activities?
Kate: When I'm sad, I usually dissociate thanks to my System Shutdown manager.

Stu: Can you take a few moments and imagine your Self sitting in a circle with all your parts. Self tells them all, "it's okay to be sad, I can handle your emotions. I'm sorry for not being able to hold your emotions before". How do your parts respond to hearing these things from your Self?
Kate: My parts are shocked, also sad for themselves and all of the work they've had to do. They want acknowledgement and help, but Self needs to earn their trust.

Stu: Ask them if there is anything they want to tell you or show you.
Kate: They want to cooperate because they are desperate for help.

Stu: Do they have any unresolved grief?
Kate: Yes, grief for a life not fully lived.

Stu: Give you parts some space to grieve with Self over those moments. To do this it sometimes helps if you listen to some reflective music, sad songs, or blues music that help your parts get in touch with their sadness. You can do this at home by closing your eyes and taking 5 to 10 minutes to hold the discomfort and sit with your parts and their sadness. You told me you did this exercise. What was that like for you? Did you get any insights?

Kate: I listened to “O Come, O Come Emanuel” by the Piano Guys. I’m not religious, but this song affects me deeply. This exercise was very sad and depressing. My parts were saying “we can’t continue like this. We need a strong leader and for everyone to work together, no infighting.”…

Stu: Just a reminder, after you do this exercise, it’s important to pause. Take a minute to sit with any parts that are coming up. Let them know they are not alone and listen to anything they are telling you.

Kate: Thanks Stu. That’s a good reminder; I try to always do that…

HOLDING DISCOMFORT P.161



NOW YOU

For the next few minutes, give your parts permission to be sad.

What are some situations in your life, either from the past or present, that fill you with deep sadness?

What do you usually do when you're sad? Do manager parts try to keep you busy so that you don't have time to feel? Do firefighters swoop in to rescue you from the pain with mind-numbing activities?

Imagine you're sitting in a circle with all parts. Tell them all, "it's okay to be sad" let them know you can handle their emotions. You may even feel led to apologize for not being able to hold their emotions before now. How do your parts respond to hearing these things from you?

Ask them if there is anything they want to tell you or show you. Write it down if you would like.

Do they have any unresolved grief?

Give them some space to grieve with you over those moments. You may want to play some reflective music, sad songs, or blues music to help your parts get in touch with their sadness.

Close your eyes if you'd like and take 5 to 10 minutes to hold the discomfort and sit with your parts and their sadness. When you're done you can open your eyes and continue.

What was this exercise like for you? What insights did you gain?

Going inside yourself:

You might want to pause here. Take a minute to sit with any parts that are coming up. Let them know they are not alone. Listen to anything they are telling you.

SECTION 8 SELF-PORTRAIT P.166

When you focus on your inner exiles, what do you see? Seeing exiles can be a way to connect with your parts and discover more about them. You may gain insight into their age, where they are, and how they are feeling. Some people, however, don't see anything when they focus inside, and instead hear parts voices or feel their energy, so don't despair if that's your experience. Parts may not even appear as humans, so stay open to whatever comes to you.

This exercise, encourages us to visualize our exiles.

If you can see an exile, draw a picture of it using crayons, markers, colored pencils, or by prompting AI. You can use the questions below to guide you.

What do they look like?

How old are they?

Are they wearing anything?

What emotions or facial expressions do they have?

What items, if any, are they holding?

Where are they? Are there any other people in the scene?

Going inside yourself:

Take a moment to go inside and see how your exile parts feel about the pictures you came up with. Do they like them ? Do they feel seen? Is there anything they would add?

SELF-PORTRAIT P.166



Luis

In this exercise, you will have a chance to visualize your exiles, your younger parts.

If you can see an exile, draw a picture of it using crayons, markers, colored pencils, or by prompting AI. You can use the questions below to guide you.

What do they look like?

How old are they?

Are they wearing anything?

What emotions or facial expressions do they have?

What items, if any, are they holding?

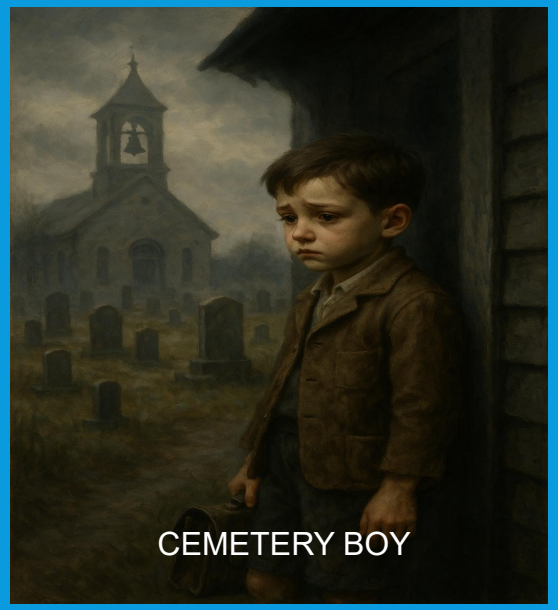
Where are they? Are there any other people in the scene?

Going inside yourself:

Take a moment to go inside and see how your exile parts feel about the pictures you came up with. Do they like them ? Do they feel seen? Is there anything they would add?

EXILES


SHAME BOY


CEMETERY BOY


LOST TEENAGER


MARBLE BOY


CAFETERIA BOY



SON OF COUNTRY HICK

SELF-PORTRAIT P.166



Stu: This exercise asks us to visualize our exiles. It suggests ask “what do you look like? How old are you? What are you wearing? Are you holding any items? Where are you and are there other people with you to guide you.
Kate: If you remember I did that in a previous session. I used AI… Here are some of the images I came up with…



FERAL TEEN EXILE



WOUNDED CHILD EXILE

Stu: The workbook then also suggests you go inside yourself and see how your exile parts feel about the pictures you came up with. Do they like them ? Do they feel seen? Is there anything they would add?
Kate: I did that too…

SELF-PORTRAIT P.166



NOW YOU

In this exercise, you will have a chance to visualize your exiles, your younger parts.

If you can see an exile, draw a picture of it using crayons, markers, colored pencils, or by prompting AI. You can use the questions below to guide you.

What do they look like?

How old are they?

Are they wearing anything?

What emotions or facial expressions do they have?

What items, if any, are they holding?

Where are they? Are there any other people in the scene?

Going inside yourself:

Take a moment to go inside and see how your exile parts feel about the pictures you came up with. Do they like them ? Do they feel seen? Is there anything they would add?

Exile meditation

Soundstrue.com/the-ifs-workbook-bonus

This is a meditation to get to know your exiled parts. You may or may not be able to fully connect with your exiles if you haven't worked enough yet with your protectors. Some people work for years with their protective system before they are allowed access to their exiles. If you push too hard too fast, your protectors may come back even stronger. Trust your system to let you know when it's ready. If it feels like too much for your parts, you can stop at any point. You can always come back to this meditation when your parts feel ready.



SECTION 9 RE-PARENTING YOUR PARTS P.172

Our exiles heal when Self shows them love and compassion. Self can provide parts the love they wanted as children but didn't receive. Now that we're aware of our Self and our parts, we can re-parent our parts. We can show them the tenderness and care they are longing for. This can take time. To do this, we need to be connected to our Self. Remember the best way to know if you're being Self lead is if you're feeling the eight Cs (calm, clarity, confidence, curiosity, connectedness, creativity, compassion, and courage). This exercise encourages us to practice reparenting our parts.

Fill in the answers for each of the questions from your conversations with your exiles.

Which parenting styles to your inner exiles/younger parts prefer?

What attributes of self to your parts find most nurturing?

How does your inner exile best receive love?

How can you provide that for them?

What kind of reassurance or affirmation does your inner exile want?

How can you provide that for them?

Set up a regular time to connect with your exiled parts do show them love in the way they best receive it.

RE-PARENTING YOUR PARTS P.172



Luis

Which parenting styles to your inner exiles/younger parts prefer?
Luis: Authoritative parenting of course

How does your inner exile best receive love?
Luis: They need to feel seen

How can you provide that for them?
Luis: When I'm activated it's a protector but behind the protector I have to recognize the exile.

What kind of reassurance or affirmation does your inner exile want?
Luis: That it's seen it's not alone

How can you provide that for them?
Luis: By seeing the exiles

Set up a regular time to connect with your exiled parts to show them love in the way they best receive it
What attributes of Self do your parts find most nurturing?
Luis: Compassion, connectedness, presence, patience, perspective

RE-PARENTING YOUR PARTS P.172



KATE

Stu: This exercise helps us start reparenting our parts. Which parenting styles will you try to use with your parts?
Kate: Authoritative parenting of course. Warmth, and reasonable expectations and rules…

Stu: How do your inner exiles want Self to express her love towards them?
Kate: The Wounded child wants hugs, the Feral Teen prefers companionable silence…

Stu: How can your Self provide that for them?
Kate: My magnificent Goddess wraps her arms around my wounded child and sits quietly holding space for my feral teen.

Stu: What kind of reassurance or affirmation do these exiles want?
Kate: The Wounded Child wants to hear that she is good, kind, and wanted. The Feral Teen wants to hear that she is not deficient or a failure.

Stu: Many people find it helpful to set up a regular time to connect with their exiled parts to show them love. Which of the 8 C's do you think your exiles find the most nurturing?
Kate: I think it's all of them but especially the compassion and caring

RE-PARENTING YOUR PARTS P.172



NOW YOU

Which parenting styles to your inner exiles/younger parts prefer?

How does your inner exile best receive love?

How can you provide that for them?

What kind of reassurance or affirmation does your inner exile want?

How can you provide that for them?

Set up a regular time to connect with your exiled parts to show them love in the way they best receive it
What attributes of self to your parts find most nurturing?

SECTION 10 AN ADVENTURE WITH AN INNER EXILE P.174

Your inner exiles are often younger parts of you. They will probably like things that you liked as a child and might still enjoy those things. When you feel nostalgia, it may be because your exiles, or other younger parts, are carrying feelings related to those memories. A time, a place, an antique item, or a toy may awaken in your exiles memory or emotions. As you get to know them, you can take them on imaginary or real-life adventures, where they can be kids again and they can spend time with you. The more you bring your exiles close to your Self the deeper the connection will be and the more healing they can experience. It's also important to remember that the closer they get to you, the more access you have to their wonderful qualities that you have been cut off from.

This exercise encourages you to go on an adventure with your inner exiles. Ask each of your exiles:

What place, real or imagined, would you like to go?

Why is this place meaningful to them?

What do they want to bring with them?

What activities do they want to do with you?

Set aside some time to go with your inner exile on this adventure in your inner world and reflect on it below.

What was this like for them?

What was it like for you?

If it's a real place, you might want to plan a trip to the actual place. If it's imaginary place, set up a time in the future where you can take them again in your mind.

AN ADVENTURE WITH AN INNER EXILE P.174



Luis



In this exercise you will go on an adventure with your inner exile. Ask that part:

What place, real or imagined, would you like to go?
Luis: Marble boy wants to spend a morning at the Lisbon zoo the pool in campo grande and then go for an ice cream in Rossio

Why is this place meaningful to them?
Luis: These were happy moments

What do they want to bring with them?
Luis: My grandfather

What activities do they want to do with you?
Luis: Go roller skating, have lunch and go see the animals

Set aside some time to go with your inner exile on this adventure in your inner world and reflect on it below.

What was this like for them?
Luis: They couldn’t believe we could actually do all of this and there was no drama.

What was it like for you?
Luis: It took me back to good childhood moments

If it's a real place, you might want to plan a trip to the actual place. If it's imaginary place, set up a time in the future where you can take them again in your mind.

AN ADVENTURE WITH AN INNER EXILE P.174



KATE

Stu: In this exercise suggests you go on an adventure with your inner exiles. Which of your exiles was most eager to go?
Kate: My wounded child.

Stu: Where does your wounded child want to go?
Kate: The Wounded Child wants to go the Secret spot in the woods. It's a real place on my parents' farm. There's a creek running through it with long grass on the banks.

Stu: Why is this place so meaningful for her?
Kate: It's peaceful and quiet and the sun is shining. Nobody can see us.

Stu: What does the wounded child want to bring on this adventure?
Kate: A blanket.

Stu: And what activities does she want to do with you?
Kate: She wants to lie down on the blanket and look up at the clouds.

Stu: Were you able to set aside some time to go on this adventure with your wounded child?
Kate: I was

Stu: And what was adventure like for her?
Kate: It was relaxing, and we could connect with nature…

Stu: What was it like for you being on the adventure with your wounded child?
Kate: sad





Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

AN ADVENTURE WITH AN INNER EXILE P.174



NOW YOU

In this exercise you will go on an adventure with your inner exile. Ask that part:

What place, real or imagined, would you like to go?

Why is this place meaningful to them?

What do they want to bring with them?

What activities do they want to do with you?

Set aside some time to go with your inner exile on this adventure in your inner world and reflect on it below.

What was this like for them?

What was it like for you?

If it's a real place, you might want to plan a trip to the actual place. If it's imaginary place, set up a time in the future where you can take them again in your mind.

Carolynn

EXILES INVENTORY P.142



Carolynn

Exiles Inventory

In this section, you will explore some of the emotions and fears your exiled parts feel.

→ Read through the list of inner messages and then go inside to see what your exiles fear is true about them. *Circle* the one(s) that your inner exiles feel the most strongly.

I am unlovable.

I am worthless.

I am stupid.

I am a failure.

I am all alone.

I am unwanted.

I am an annoyance.

I am an embarrassment.

I am a mess.

I am not seen.

I am not valued.

Are there any other emotions or fears your exile parts may feel that are not listed above?

_____

_____

How do you feel toward your exile parts knowing they feel this way?

_____

_____

FIND IT IN THE BODY: EXILES P.148



Carolynn

ABANDONED CHILD

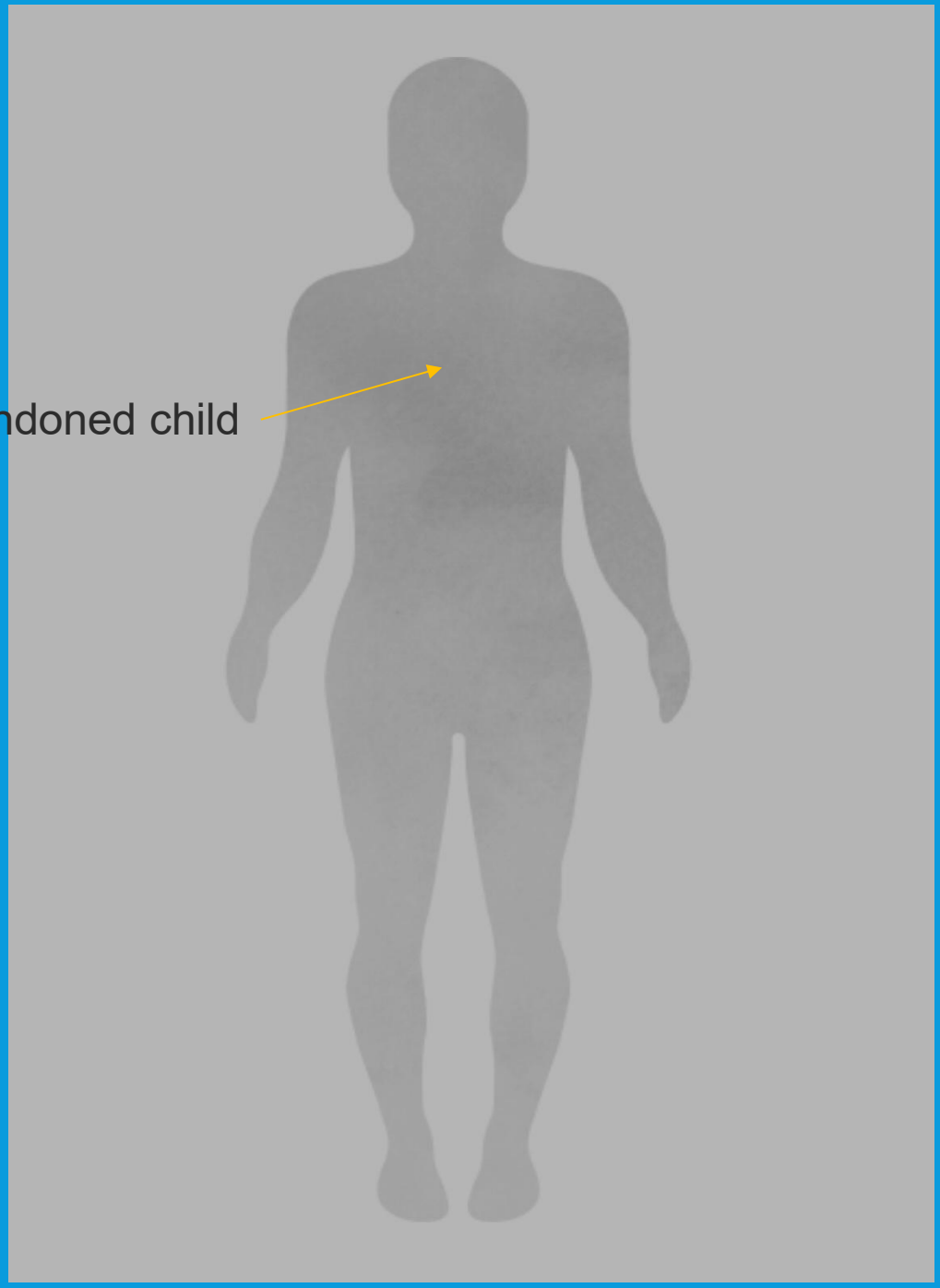


I chose the abandoned child as she is the one that makes feel the saddest. I also feel nauseous, anxiety and a feeling of doom.

Find it in the body: exiles p.147

It's common for exile parts to manifest in different places in the body, or even outside it. An exiled part might manifest as a pit in your stomach, as an impulse of dread, or in your heart as tightness or fear. Paying attention to the body is a way to get in touch with parts. Where do you feel exile parts in your body?

Choose an exile part that you have felt this week ("I am worthless" "I am sad" "I am scared" etc.) and map where you feel them in your body on the picture. If nothing comes to mind, that's okay. You can return to this exercise at any time.



THE STORY OF YOUR LIFE P.150



Carolynn

THE STORY OF YOUR LIFE P.150

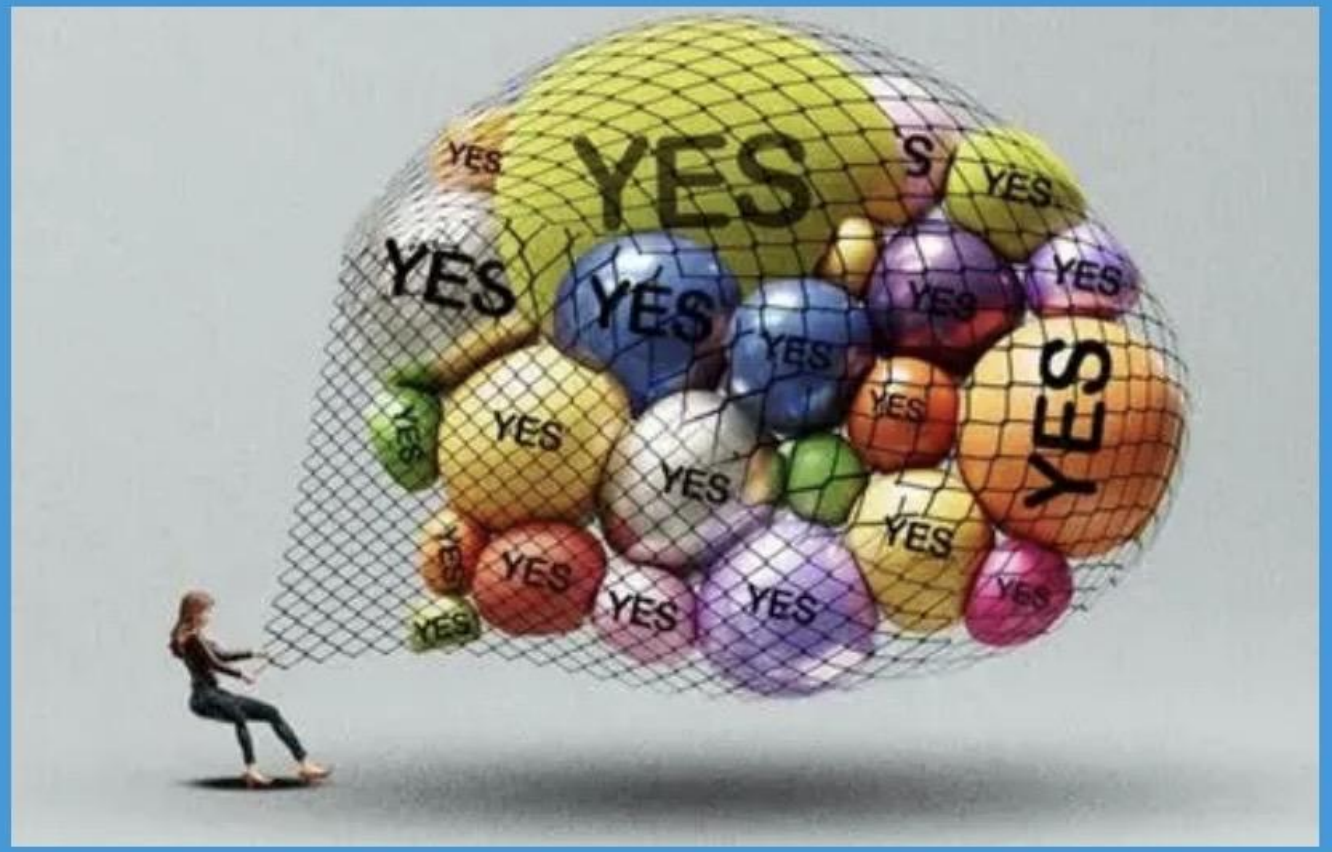
One way to identify exiled parts is to look back on your life story. By revisiting significant memories and moments in your life, you can notice patterns and parts that you may have not seen before.
In this exercise, you are invited to reflect on the significant moments that define you as a way to witness your own story.
Notice what happens in your inner system as you reflect on different moments. You might feel sadness or sensation in your body as you move from one scene to another. Be aware of any emotions or messages that may be connected to the events.

You can draw or use AI to create an image that corresponds to a significant life event or memory for example a milestone birthday, a graduation, a big move, the death of someone close, etc.

Put a star next to the memories that were the most impactful in either a positive or negative way.

What messages about yourself did you internalize from these events?

PEOPLE PLEASER- AGE 6



My father was abusive and when I was about six, he did something nasty to my brother. My sister and I were told to ridicule him as well. If we didn't we would also be in trouble. This is when I first realized that I needed to please my father , and then others in my family, or I would also b picked on.

EMBARRASSMENT- AGE 8



When I was 8, I was hit by a car when I went down a large dirt snowbank that went onto the road. My sister went home to get our father, and he came to escort me home. I was embarrassed because he told me I had to walk because I was too big. This was the first time he had been mean about my weight, but not the last. No ambulance was called and I only had a broken collarbone, but I remember not being comforted.

ABANDONED CHILD- AGE 11



When I was 10, my mother's parents died within a year of each other. Four months after the death of my grandfather, my father died from lung cancer. Two weeks after his death I had back surgery in London where I remained for three months. My mother did not drive and only visited once a week when she could take the bus. I remember grieving for my father and also for my mother. The hospital was scary and my recovery took forever. I had to learn to walk again and wear a brace for a year.

CATASTROPHIZING CHILD/AVOIDANT-AGE 11-12



A coping strategy I developed was thinking ahead. I would say something like- "if I can just manage until Saturday, I will see Mom" or I can just manage until August, I will be out home. If I don't do this, then I cannot cope and I was not able to deal with the emotion. I still do this today and severity of my mental health issues is related to this exile escaping.

INVISIBLE/ NOT VALUED - 13



I wanted to take piano lessons as a child and ballet lessons. My sister had taken piano lessons and not enjoyed it so I was not able to try. She also told my mother I could not take ballet as I would walk funny and be embarrassing to be seen with. I did not get to take ballet either.

Worthless-age 16



I had a problem with a teacher when I was in Grade 11 and my mother suggested I quit school and work in a factory like she did. My brother and sister had also quit school and were working in the same factory. I said no and persevered. During this time, I had my first mental breakdown. My siblings used to gang up on me as I was too 'sensitive' and this period was worse as my mother was working more. One night they put a tape recorder in my closet and my brother turned it on when I was asleep. It wounded like someone was in my room, telling me to let him out. I had no support and could not show that it bothered me or they would have done more.

sounded

IMPOSTER- AGE 18



I graduated from high school and was the first in my family to do so. I then pursued university and when I graduated with my BA, my uncle offered to get me a job at his factory. I said no. He told me I was not better than him and he was very upset with me. He referred to my BA as my "big ass". Later, when I graduated with my MA, he called it "More ass". I never felt that I deserved any recognition I received with my job and still struggle with imposter syndrome, even though I have recently retired.

PERSONAL BURDENS P.154



Carolynn

PERSONAL BURDENS P.153

Every part is burdened, not just exiles. Some of those burdens are personal ones and others are legacy burdens that come from someone else. You will explore some of the burdens that those parts have experienced or may currently be experiencing. By understanding these burdens, you can help parts know they aren't alone and provide support for them. Even naming and acknowledging burdens can be a source of relief or freedom for parts. In this exercise you will explore some of the personal burdens your parts may be carrying, knowingly or unknowingly.
Personal burdens are burdens that have been passed on to you from direct encounters with other people such as family, teachers, authority figures, romantic interests, strangers, or friends, or from traumatizing events. Burdens could be something you experience directly or witnessed indirectly.

In the workbook circle any of the experiences offered may have left you with personal burdens.

How do you feel towards the parts that are holding these burdens?

If you can open your heart to them, then take some time right now to connect with those parts and tell them how you feel.

→ Circle any of these personal burdens your parts may have experienced.

Experiences that left you with personal burdens

Explosive anger

Belittling

Bullying

Verbal abuse

Manipulation

Sarcasm

Passive aggressiveness

Shaming

Guilt tripping

Scapegoating

Domestic violence

Abuse

[redacted]

Trauma

Toxic relationships

[redacted]

Neglect

[redacted]

Gaslighting

Humiliation

[redacted]

Mental illness

Rejection

[redacted]

Add any personal burdens your parts have experienced that are not on the list.

_____

_____

How do you feel toward the parts that are holding these burdens?

_____

_____

_____

CULTURAL AND LEGACY BURDENS P. 156



Carolynn

CULTURAL AND LEGACY BURDENS P. 156

In addition to personal burdens, we take on extreme beliefs and emotions that are from traumas experienced by our ethnic group, perhaps decades or even centuries ago. For example, many black people carry the pain of their ancestors from years of slavery, and many Jews carry terror and "never again" beliefs from the Holocaust. In addition, there are burdens floating around in the country in which you were raised that some parts of you can't help but absorb even if, like racism for example, those beliefs are abhorrent to you. We call those cultural legacy burdens. This exercise helps you identify some cultural and legacy burdens your parts may have experienced or may be experiencing. Pay attention to changes in your body. If you need to pause or skip this exercise you can. Honor your inner system.

From the list of burdens commonly associated with cultural and legacy burdens provided in the workbook circle any of those that resonate with your lived experience.

→ *Circle* any of the burdens that resonate with your lived experience.

Cultural & Legacy Burdens

Don't trust anyone

Don't rock the boat

Don't talk about feelings

You need to have it all together

Stay silent about abuse

Vulnerability is weakness

[redacted]

Don't ask for help

[redacted] about cultural identity

[redacted]

Unhealthy food habits

Unhealthy financial habits

[redacted]

Poverty

Racism

[redacted]

Classism

[redacted]

Patriarchy

[redacted]

[redacted] being [redacted] enough

[redacted]

Racial profiling

[redacted]

Collective trauma

[redacted]

[redacted]

[redacted]

Were there other cultural burdens your parts have experienced?

What cultural legacy burdens from the list feel the heaviest to you?

Find the part that carry such a burden and ask: at what age did you start carrying those burdens?

How do you feel towards those parts who were forced to carry those burdens so young?

If you feel compassion, pause and take a moment to express those feelings to those parts.

Go inside yourself and notice how your parts are responding to the topic of cultural and legacy burdens. What emotions are you feeling? Anger? Fear? Sadness? Let your parts know that you are here with them and that whatever they are feeling is okay.

HEIRLOOMS P.159



Carolynn

The workbook asks you to list some personal, cultural, and legacy gifts that you have received

Cultural	personal	legacy
Proud of my ethnic background	a wonderful husband and son	love of history and reading

UNBURDENING P.160



Carolynn

Write down how you imagine you'd feel if your inner exiles no longer have to carry their burdens

Which burdens are you most interested in unburdening?

Which workbook exercises or IFS practices helped you to feel the most relief or freedom?

Write down how you imagine you'd feel if your inner exiles no longer have to carry their burdens

I would feel more at peace with myself and others.

Which burdens are you most interested in unburdening?

Catastrophizing and abandoned child.

Which workbook exercises or IFS practices helped you to feel the most relief or freedom?

I found the meditation exercises helpful where I could listen to and talk with my exiles.

HOLDING DISCOMFORT P.161



Carolynn

For the next few minutes, give your parts permission to be sad.

What are some situations in your life, either from the past or present, that fill you with deep sadness?
I feel sad that I do not appreciate how much I accomplished and that I am still a failure. I also feel sad for my Mother and what she lived through- WWII and losing her parents and husband so early. Also, for being left with three children to raise by herself, at a time when being a single parent wasn't acceptable.

What do you usually do when you're sad? Do manager parts try to keep you busy so that you don't have time to feel? Do firefighters swoop in to rescue you from the pain with mind-numbing activities?
My firefighter comes out with chocolate, which I eat- too much.

Imagine you're sitting in a circle with all parts. Tell them all, "it's okay to be sad" let them know you can handle their emotions. You may even feel led to apologize for not being able to hold their emotions before now. How do your parts respond to hearing these things from you?
My parts are telling me they are here for me.

Ask them if there is anything they want to tell you or show you. Write it down if you would like.

Give them some space to grieve with you over those moments. You may want to play some reflective music, sad songs, or blues music to help your parts get in touch with their sadness.

Close your eyes if you'd like and take 5 to 10 minutes to hold the discomfort and sit with your parts and their sadness. When you're done you can open your eyes and continue.

What was this exercise like for you? What insights did you gain?

Going inside yourself:

You might want to pause here. Take a minute to sit with any parts that are coming up. Let them know they are not alone. Listen to anything they are telling you.

SELF-PORTRAIT P.166



Carolynn

In this exercise, you will have a chance to visualize your exiles, your younger parts.

If you can see an exile, draw a picture of it using crayons, markers, colored pencils, or by prompting AI. You can use the questions below to guide you.

What do they look like?

How old are they?

Are they wearing anything?

What emotions or facial expressions do they have?

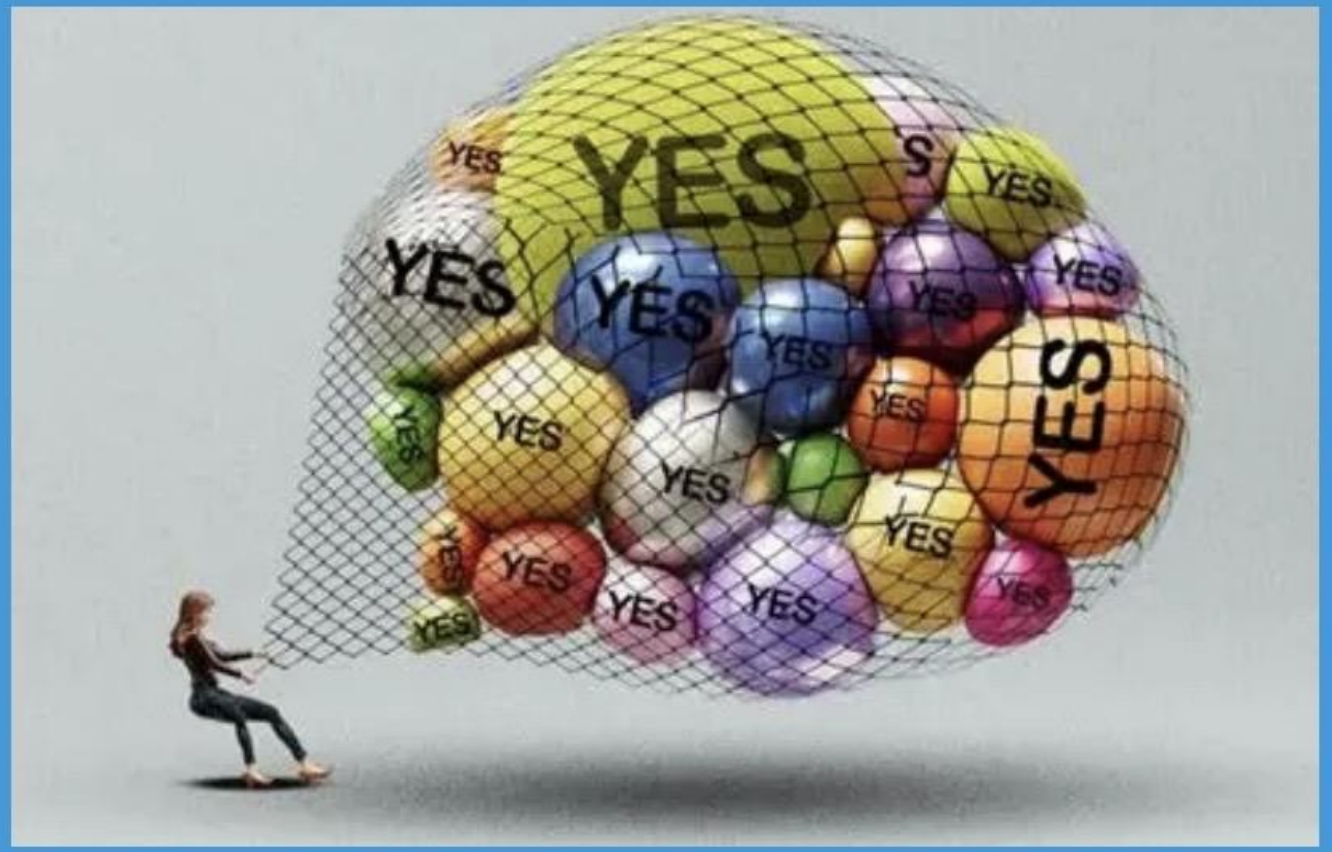
What items, if any, are they holding?

Where are they? Are there any other people in the scene?

Going inside yourself:

Take a moment to go inside and see how your exile parts feel about the pictures you came up with. Do they like them ? Do they feel seen? Is there anything they would add?

PEOPLE PLEASER- AGE 6



My father was abusive and when I was about six, he did something nasty to my brother. My sister and I were told to ridicule him as well. If we didn't we would also be in trouble. This is when I first realized that I needed to please my father , and then others in my family, or I would also b picked on.

EMBARRASSMENT- AGE 8



When I was 8, I was hit by a car when I went down a large dirt snowbank that went onto the road. My sister went home to get our father, and he came to escort me home. I was embarrassed because he told me I had to walk because I was too big. This was the first time he had been mean about my weight, but not the last. No ambulance was called and I only had a broken collarbone, but I remember not being comforted.

ABANDONED CHILD- AGE 11



When I was 10, my mother's parents died within a year of each other. Four months after the death of my grandfather, my father died from lung cancer. Two weeks after his death I had back surgery in London where I remained for three months. My mother did not drive and only visited once a week when she could take the bus. I remember grieving for my father and also for my mother. The hospital was scary and my recovery took forever. I had to learn to walk again and wear a brace for a year.

CATASTROPHIZING CHILD/AVOIDANT-AGE 11-12



A coping strategy I developed was thinking ahead. I would say something like- "if I can just manage until Saturday, I will see Mom" or I can just manage until August, I will be out home. If I don't do this, then I cannot cope and I was not able to deal with the emotion. I still do this today and severity of my mental health issues is related to this exile escaping.

INVISIBLE/ NOT VALUED - 13



I wanted to take piano lessons as a child and ballet lessons. My sister had taken piano lessons and not enjoyed it so I was not able to try. She also told my mother I could not take ballet as I would walk funny and be embarrassing to be seen with. I did not get to take ballet either.

WORTHLESS-AGE 16



I had a problem with a teacher when I was in Grade 11 and my mother suggested I quit school and work in a factory like she did. My brother and sister had also quit school and were working in the same factory. I said no and persevered. During this time, I had my first mental breakdown. My siblings used to gang up on me as I was too 'sensitive' and this period was worse as my mother was working more. One night they put a tape recorder in my closet and my brother turned it on when I was asleep. It wounded like someone was in my room, telling me to let him out. I had no support and could not show that it bothered me or they would have done more.

IMPOSTER- AGE 18



I graduated from high school and was the first in my family to do so. I then pursued university and when I graduated with my BA, my uncle offered to get me a job at his factory. I said no. He told me I was not better than him and he was very upset with me. He referred to my BA as my "big ass". Later, when I graduated with my MA, he called it "More ass". I never felt that I deserved any recognition I received with my job and still struggle with imposter syndrome, even though I have recently retired.

RE-PARENTING YOUR PARTS P.172



Carolynn

Which parenting styles to your inner exiles/younger parts prefer?

How does your inner exile best receive love?

How can you provide that for them?

What kind of reassurance or affirmation does your inner exile want?

How can you provide that for them?

Set up a regular time to connect with your exiled parts to show them love in the way they best receive it
What attributes of self to your parts find most nurturing?

AN ADVENTURE WITH AN INNER EXILE P.174



Carolynn

In this exercise you will go on an adventure with your inner exile. Ask that part:

What place, real or imagined, would you like to go?

Why is this place meaningful to them?

What do they want to bring with them?

What activities do they want to do with you?

Set aside some time to go with your inner exile on this adventure in your inner world and reflect on it below.

What was this like for them?

What was it like for you?

If it's a real place, you might want to plan a trip to the actual place. If it's imaginary place, set up a time in the future where you can take them again in your mind.

In this exercise you will go on an adventure with your inner exile. Ask that part:

What place, real or imagined, would you like to go?
We are going to the Pinery in Grand Bend.

Why is this place meaningful to them?
We would go there with my uncle and his family and everyone was nice to me.

What do they want to bring with them?
They want to bring a pail and shovel to play in the sand.

What activities do they want to do with you?
We will jump waves and play in the sand.

Set aside some time to go with your inner exile on this adventure in your inner world and reflect on it below.

What was this like for them?
They were laughing and having fun.

What was it like for you?
I felt peace and calmness.

If it's a real place, you might want to plan a trip to the actual place. If it's imaginary place, set up a time in the future where you can take them again in your mind.

SESSION 26 — EMBRACING AND UNBURDENING EXILES.

A PRACTICE SESSION WITH CAROLYNN

Part Four of the IFS Workbook, “Embracing Your Burdened Exiles”, invites us into the most tender territory of IFS work. Schwartz is careful to note that formal unburdening, the full protocol, is best done with a trained IFS therapist. The workbook offers a meaningful on ramp to unburdening beginning by identifying exiles, witnessing their experiences, and relating to them from Self.

Carolynn volunteered to work with this material and met with me last Wednesday to prepare for today. Before we met, she thoughtfully worked through part four of the workbook. You can view her responses on the slides on the website. Today we won’t spend much time on those responses. The intention for our work together was to do a typical IFS unburdening session. What emerged was not a textbook unburdening. It was an encounter with a part who had every reason not to trust the process, and who told us so, clearly and wisely. The session became, in the end, a lesson in what it means to truly see an exile, rather than to use one.

The reenactment you're about to see tries to be faithful both to the IFS principles and to the specific material Carolynn brought to the session. Names and identifying details have been kept at Carolynn's discretion, and she has given her permission for this practice.

THE DIALOGUE

Therapist: Before we begin, Would it be OK if we do a mindfulness meditation meant to make Self-energy available to us?

Carolynn: That would be great.

(Therapist guides a 5-minute grounding in Self mediation.)

Therapist: Carolynn having done the meditation do you some of the 8 C's available to you?

Carolynn: Yes, I'm curious about the work we're about to do, I want to be compassionate and clear with whatever shows up.

Therapist: Good, if at some point we start to lose that Self energy we'll try to restore it. I want to check in with you. You've done some real work in the workbook this week. How are you sitting with it all?

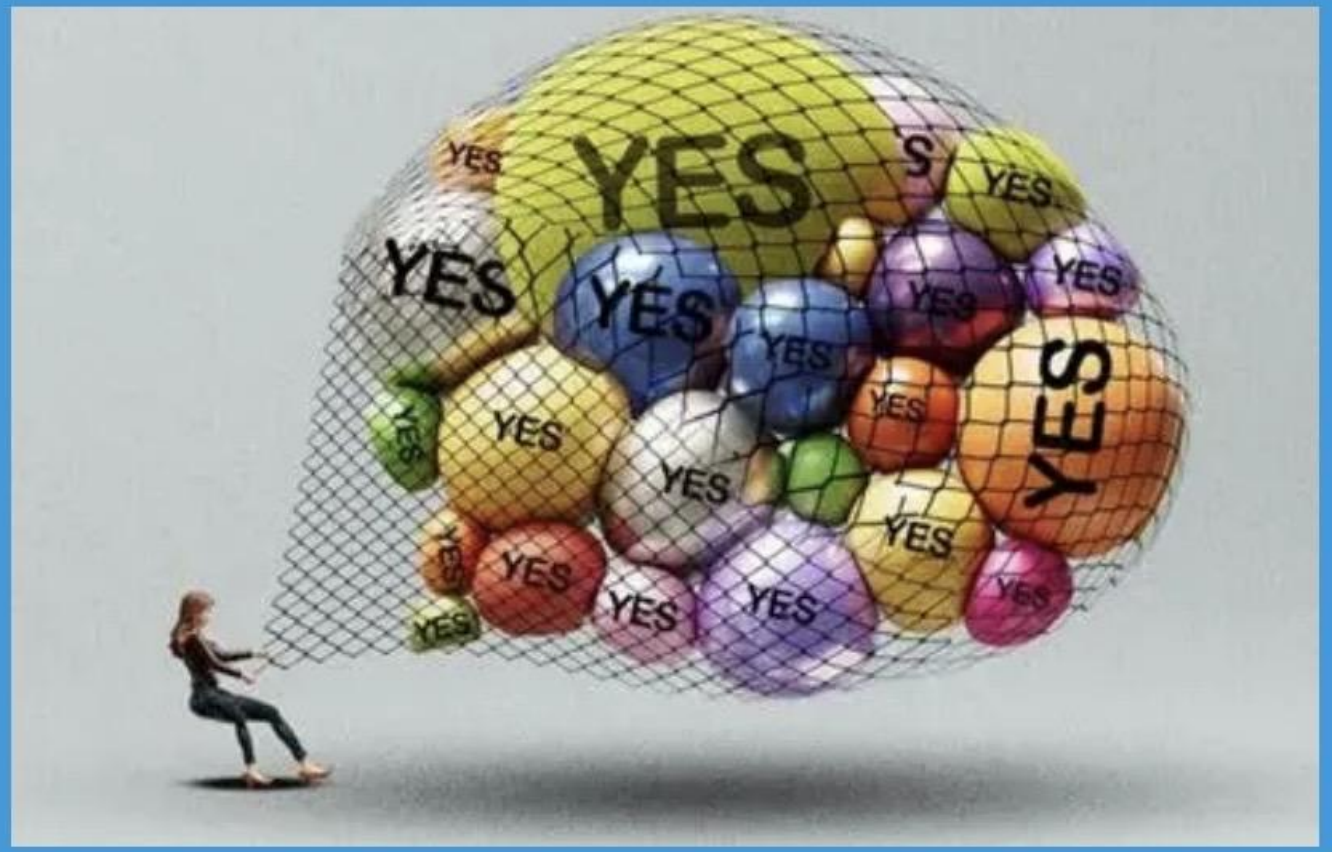
Carolynn: It's a lot. I didn't realize how much was there until I started writing it down.

Therapist: That's often how it goes. The writing creates a kind of container and things surface that have been waiting. Is there a particular part or a particular memory that feels most alive for you today?

Carolynn: As we saw in the workbook exercise "the story of your life" there were several moments that really stood out for me. Can we just review those together?

Therapist: Absolutely. If we look at the slides you created do you think you can briefly take us through those moments? Carolynn: I can try my best.

PEOPLE PLEASER- AGE 6



My father was abusive and when I was about six, he did something nasty to my brother. My sister and I were told to ridicule him as well. If we didn't we would also be in trouble. This is when I first realized that I needed to please my father , and then others in my family, or I would also b picked on.

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Therapist: Thank you Carolynn for your honesty and vulnerability all those sound immensely painful.

Carolynn: They were.

Therapist: Of those moments is there one that feels more alive to you right now?

Carolynn: Yes, the little girl in the hospital. She keeps coming up for me.

Therapist: Tell me a little about her — what you wrote about her in the exercise, what you know of her.

Carolynn: She's ten, maybe eleven. She had back surgery and she was alone in hospital for three months. Her grandparents and then her dad had died 4 months before. Her mom couldn't visit because she lived in Stratford and the hospital was in London and the mom didn’t drive. That little 10-year-old just... waited. Every day she waited, looking out the window, alone in a hospital room for four months after her back surgery.

Therapist: As you describe her, what do you notice happening inside yourself right now?

Carolynn: (pause) I feel something in my chest. Like heaviness.

Therapist: Good. Stay with that for a moment. Let's do a brief grounding before we go further, just to make sure you're as much in Self as possible before we approach her.

(A short mindfulness breath practice follows — returning attention to the body, the breath, the present moment. Carolynn settles visibly.)

Therapist: How are you now?

Carolynn: More settled. Still that heaviness, but I feel like I'm here.

Therapist: Good. So, when you bring this little girl to mind, do you have an image of her?

Carolynn: Yes. She's in a hospital gown. Standing at the window. Crying. Alone.

Therapist: And as you see her there, how do you feel toward her?

Carolynn: (without hesitation) I want to give her a hug.

Therapist: That's Self. That warmth, that impulse toward her, that's you in Self. Stay there. Let her see you across the room with your desire to hug her.

Carolynn: (quietly) Okay.

Therapist: Can you let her know you're there to be with her? You don't have to move closer yet, just let her know she's not alone in this moment.

Carolynn: I'm telling her... I'm here. I see her.

Therapist: What happens when you do that?

Carolynn: She looks at me. She's still crying but she... she notices me.

Therapist: Can we ask her what she wants us to know? What has she been carrying all this time?

Carolynn: She's so frightened. And she's grieving. Sometimes she’s frozen, spaced out. Her dad just died and no one... (her voice catches) No one is treating this like a big deal. Like she's supposed to just get

Carolynn: She's so frightened. And she's grieving. Sometimes she's frozen, spaced out. Her dad just died and no one... (her voice catches) No one is treating this like a big deal. Like she's supposed to just get through the surgery and that's it. She's supposed to do this all alone. Nobody cares very much, she's not worth very much…

Therapist: She learned something in that room.
Carolynn: That she has to do it alone. Because nobody comes. (pause) And the thing is, that's still true for me. I still carry a lot of pain alone, silently, nobody there to hear me. I think that's why I despair and get depressed sometimes, I feel so disconnected from others. That little girl felt so disconnected and she gave up hope of ever connecting. Emotionally she felt abandoned she had to carry all her great pain alone.
Therapist: She taught you what you had to do to survive. Survive not live a full connected life. And here you are still carrying that lesson, still standing at that window.
Carolynn: Yes.
Therapist: Can you ask her, would she like to come somewhere safer? Somewhere with you?
Carolynn: (pause) She says yes... (then more slowly) I have this image; I'm by a lake. It's sunny. The perfect temperature. The lake water is very still.
Therapist: Your Self space.
Carolynn: Yes. I'm inviting her there.
Therapist: And how does she respond?
Carolynn: She's willing. She wants to. But she's... (something shifts in Carolynn's face)

Therapist: What's happening?

Carolynn: I lost her. I can't see her anymore. I just feel very sad.

Therapist: That's interesting. I wonder if you went from seeing her from the outside — as a little girl at the window, to feeling her from the inside. As if you became her, rather than being with her.

Carolynn: (considers) Yes. That's exactly it. I'm not Carolynn watching her, I'm inside her sadness. I think that’s what I feel during my depressive periods…

Therapist: That's called blending. And it can happen very quickly with exiles because they've been waiting so long to be felt. It's not wrong, it just means we need to gently find our way back. Can you take a breath and find the lake again?

Carolynn: (breathes) ... Yes. I'm back by the lake.

Therapist: Good. And from there, can you see if the little girl is nearby?

Carolynn: She's there. A little further away now.

Therapist: That's okay. We don't need to rush. (pause) I want to try something with you, Carolynn. The workbook invites us at this stage to ask the exile if she'd be willing to release the burden she's been carrying, the feeling of being worthless, unseen, unimportant. Would it feel okay to ask her that?

Carolynn: (to the little girl, then back) She doesn't want to.

Therapist: Can we ask her why?

Carolynn: (listening) She says... she's survived this long by not trusting anyone. How can she be expected to just trust now? She needs to see if Self is really going to show up. She needs proof.

Therapist: (long pause) She's right.
Carolynn: (surprised) She is?
Therapist: She's completely right. And I want to say something, to her and to you. We came in here today with a workbook, with a structure, with a goal. And in trying to follow that structure, we asked her to move at a pace that we set, not a pace she set. And when we did that, even with the best intentions, we repeated the very thing that wounded her. We didn't see what was happening inside her. We tried to use her to get to an outcome.
Carolynn: (quietly) Yes.
Therapist: Can you let her know that we hear her? That she was right to push back? That she doesn't have to earn our presence by unburdening on our schedule?
Carolynn: (to the little girl, voice soft) You were right. I'm sorry we went too fast. You don't have to do anything today.
Therapist: What does she do when you say that?
Carolynn: She relaxes a little. She's still wary. But she relaxes.
Therapist: That's enough. That's real work. (pause) Can we ask her, is it okay if we come back? If Carolynn checks in with her, between now and next time?
Carolynn: (pause) She says yes. She'd like that. She would like me to visit her in hospital more often. I think I need to do that regularly to earn her trust… Maybe some day she'll come to the lake with me… As much as she wants to go to the lake, she's more afraid to be disappointed. If she gets her hopes up and trusts what I'm offering her, and I don't come through she'll be crushed and will never trust again.

Therapist: Good. We'll honour that. She’s very wise. Can you tell her we will be back regularly and soon and if she would like we can bring her pictures of the lake.

Carolynn: She smiled; she would like that… She wants me to hold her hand for a minute before I go.

(The formal session closes. A brief return to the breath and the body before coming fully back into the room.)

Therapist: How are you doing, Carolynn? Coming back from that.

Carolynn: I'm okay. It's a lot. But I'm okay.

Therapist: I want to acknowledge something. We were trying to do two things at once today, prepare a demonstration for the group, and do genuine therapeutic work with your parts. That's a lot to ask. And what ended up happening is something truer than a polished demonstration of unburdening a part would have been. Your little girl showed us exactly what exiles need and exactly what happens when we move faster than the work allows. Earning a part’s trust especially exiles is long term work. Just like in real life it takes a long time before you truly trust somebody.

Carolynn: (nodding) That's very her actually.

Therapist: Carolynn, would it be Ok if we summarize some of the work we did and after that would you be Ok if we take questions from the group?

Carolynn: Yes, that would be OK.

PARTS SUMMARY AND PSYCHODYNAMICS

Parts Identified in Carolynn's System

The Unseen Exile (origin: age 6) The earliest exile emerged from a moment of impossible moral coercion. Forced by her father to participate in ridiculing her brother — under threat — Carolynn discovered that her internal world was invisible to her father and that survival required performing feelings she did not have. This exile carries the burden of fundamental invisibility: the belief that what she feels and thinks does not register to the people who matter most.

The Shamed Body Exile (origin: age 8) Following her accident and her father's cold, shame-inducing response — telling her she was too big to carry, walking her home on a broken clavicle — an exile formed around bodily shame and worthlessness. Her physical suffering was not only ignored but implicitly blamed on her size. This exile carries the dual burden of bodily shame and the belief that pain, particularly her pain, does not warrant care.

The Abandoned Child Exile (origin: age 10–11) — the focus of today's session. This is Carolynn's most dominant exile, the one she describes as still running her system. Three converging losses — her maternal grandparents and then her father — followed immediately by three months alone in hospital, created a profound crystallization of abandonment, fear, and frozen grief. This exile carries the burdens of dread, isolation, worthlessness, and a learned helplessness that manifests as endurance without living — waiting for things to be over rather than engaging with life. The dissociation she developed in hospital — numbing out and waiting — became the coping strategy that this exile still employs.

The People-Pleasing Protector (Manager) This part emerged in direct response to the age-6 exile. Having learned that authentic feeling is dangerous and that compliance is the price of safety, this manager monitors social situations for threat and moves Carolynn toward appeasement before conflict can arise. It is well-intentioned — it kept her safe with a volatile father — but it comes at the cost of authenticity and often colludes with the exile's belief that she is not worth seeing.

KEY PSYCHODYNAMICS

REPETITION COMPULSION AS RELATIONAL TEMPLATE:

The organizing wound across all three developmental moments is the same: Carolynn's interior life — her fear, her grief, her pain — was not met. Her father was the consistent source of this misattunement. What was adaptive then (comply, endure, do not need) has become the template she carries into adult relationships, and notably, into the IFS session itself: she assumed she would need to keep pace with the exercise.

THE RUPTURE IN TODAY'S SESSION AS LIVING PROOF:

When the little girl refused to unburden, she was not being resistant in the pathological sense — she was being accurate. She had not yet experienced enough relational safety with Self to trust the process. This is a critical moment in the session: the exile's pushback was not an obstacle to the work. It was the work. It demonstrated exactly what unburdening requires — a Self that slows down, acknowledges error, and earns trust incrementally rather than assuming it.

BLENDING AS EXILE URGENCY:

When Carolynn shifted from witnessing the little girl to becoming her, this illustrated the porous boundary between Self and exile that characterizes highly activated parts. The exile, so long unfelt, moved quickly toward merger when attention arrived. This is common with chronically neglected exiles and is a sign of how much this part needs — not a pathology, but a hunger for contact.

THE MANAGER-EXILE POLARITY.

The people-pleasing manager and the unseen exile are in a classic IFS bind: the manager suppresses the exile's longing to be seen because expression has historically been dangerous; the exile remains locked away, which amplifies the dread and the sense of worthlessness. Neither part is served by the current arrangement — and neither can change without the other's cooperation.

ONGOING WORK

Carolynn's path forward involves developing trust with the little girl through consistent, unpressured internal contact — the active imagination work of pendulating between Self and exile, building a relational experience that the exile has never had someone who keeps showing up, at her pace, without an agenda. Frequent “hospital visits” with her 11-year-old self in Carolynn’s active imagination are a good way to begin this work.

END OF WEEK 27

BEGINNING OF WEEK 28
PART 5 P. 179-207

DO NOT START RECORDING YET

BEFORE WE BEGIN TODAY

- … important things we want to share with you.

A change in the co-leaders

- We are very reluctantly saying goodbye to Kate a participant/co-leaders of the course. She was not just a contributor; she was foundational to what we have all been experiencing here together. She brought enormous skill, care, and generosity to this work, and her collaboration with Stu working together through the IFS workbook, gave all of us a living model of what this healing process can look like. We are deeply grateful for everything she brought to this course, and we will greatly miss her.
- In response to this change, we have made some slight changes to the format of the course. Today, the first part of the session will be a dialogue between Stu, who will be taking his usual role as the therapist, and me — Dr. Cleto — in the role of the person who completed the workbook exercises. I will present my own responses, some improvised, to the workbook prompts. I will say more about this in a moment.

On the nature of IFS work

- Our experience facilitating the IFS module of this course has underscored something we have spoken about many times in our work: trauma processing approaches, such as Internal Family Systems, are inherently more dysregulating than the emotional regulation work we do in the DBT module. This is not a criticism of IFS — it is simply the nature of the territory. DBT builds the container; IFS ventures inside it.
- Because of this, we are planning an important change for next year. We intend to divide the course into two distinct parts: the DBT and psychoeducational modules will be offered before the March break, and the IFS trauma-processing module will be offered after our two-week spring break. This will allow participants to make an informed, self-aware decision about whether they feel sufficiently regulated to engage in trauma work. If someone decides they are not yet ready, that is not a failure — it is, in fact, exactly the kind of good self-knowledge that this course is trying to cultivate.

For those of you who are attending this and next weeks IFS sessions, or might be doing the course again next year, we want to repeat this important caution: if you find yourself becoming dysregulated by the material, please do not try to power through your distresss. Pushing past your window of tolerance in trauma work does not build resilience — it can actually re-traumatize. Please do what you need to do to re-regulate. That might mean stepping back from the material for a time, returning to the DBT skills you have learned, reaching out to a trusted person, or speaking with a mental health professional. We hold no judgement about this — only respect.

On Dr. Cleto's self-disclosure

- Now I want to speak directly about what you will witness today, and why.
- The decision for me to take the role of “client” in the next couple of sessions — to share my own responses to the workbook prompts — is not something I have entered into lightly. The question of therapist self-disclosure has a long and substantive history in the clinical literature. Contemporary research consistently shows that when used intentionally and judiciously, therapist self-disclosure can have meaningful benefits: it strengthens the therapeutic alliance, reduces the sense of isolation that so often accompanies difficult inner work, and — perhaps most importantly for our purposes today — it models the very process we are asking participants to engage in themselves (Henretty & Levitt, 2010; Hill & Knox, 2002). As researchers have observed, when therapists demonstrate disclosing behaviour, clients learn through a process of modelling to do the same (Mann & Murphy, 1975). From a teaching perspective, self-disclosure helps to reinforce and normalize what the facilitator is trying to convey. The R Platform
- Within IFS specifically, this kind of demonstration has a well-established place. There are, as many of you will know, a considerable number of therapists and trainers who have made their own parts work visible — on video, in writing, and in training contexts — precisely because witnessing someone do this work is often more instructive than any description of it. The IFS model itself notes that its language encourages self-disclosure and the taking of responsibility for one's experience. IFS Institute

- There is, however, an important distinction I want to name — one that connects directly to what we discussed last week about speaking from versus speaking for parts. Self-disclosure is most useful when it serves to normalize something for the other person, or to build trust and genuine empathy — not when it becomes an expression of the therapist's own unresolved material. What can become unhelpful — and at times harmful — is when a therapist, unaware that they are being led by a part, acts that out in the therapeutic relationship without the grounding of Self energy. In that case, they are not disclosing — they are, in IFS terms, speaking from a part rather than speaking for one. Earlycareertherapists
- What I am offering today is something different. I have done this work. I feel confident that I can remain sufficiently present — retaining a sufficient amount of Self energy — to hold the structure of our session while also being genuinely in the material. I will be speaking for my parts, not from them. I offer this not as a performance, but as an example and an encouragement — a way of saying: this work is possible, and it is worth doing.

An invitation for feedback

- Finally, I want to remind you that this entire IFS section of the SIMPLE Course is new this year. We are learning alongside you. At the conclusion of the course, you will have an opportunity to offer us your feedback — on what worked, what was difficult, and how we might improve this experience for future participants. That feedback matters enormously to us.
- We also want to be honest: we will not be able to satisfy everyone. Different people will find different elements more or less helpful, and we will need to hold that diversity of experience thoughtfully as we evolve the course. What we can promise is that we will listen carefully and take your responses seriously. Our aim, always, is to be as helpful to as many people as possible.
- With that, let us begin.

WEEK 28

PLEASE START RECORDING

WARNING ABOUT MEDITATION

Feel free to skip it. Followed by a moment of silence

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

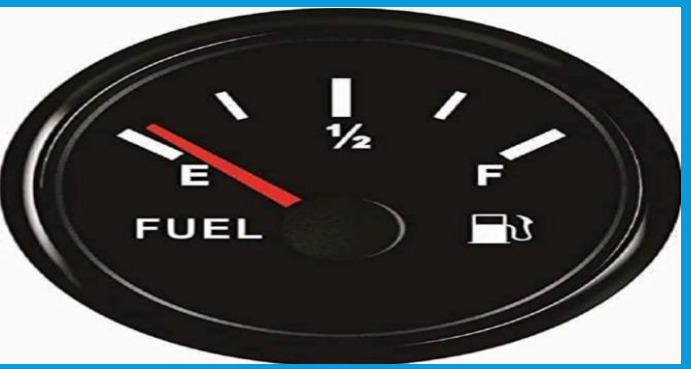
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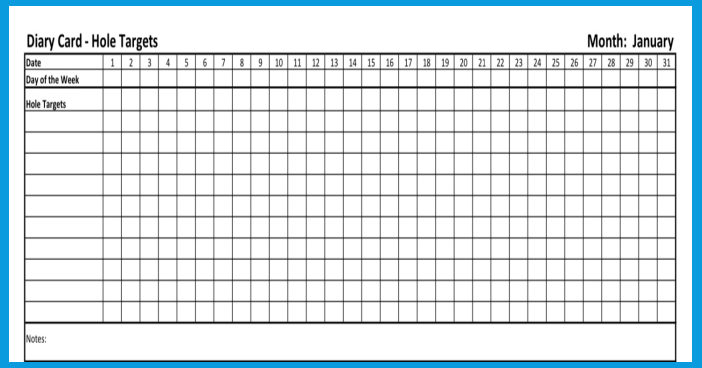
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

- Today, in the spirit of accessing your unlimited self-leadership and inspired by the “creating a playlist for your parts” instead of the usual mindfulness practice we want to share with you two songs starting with “this is to mother you” sung by Linda Ronstadt and Emmylou Harris.

This is to mother you
To comfort you and get you through
Through when your nights are lonely
Through when your dreams are only blue
This is to mother you

This is to be with you
To hold you and to kiss you too
For when you need me, I will do
What your own mother didn't do
Which is to mother you

All the pain that you have known
All the violence in your soul
All the wrong things you have done
I will take from you when I come
All mistakes made in distress
All your unhappiness
I will take away with my kiss, yes
I will give you tenderness

For child, I am so glad I've found you
Although my arms have always been around you
Sweet bird although you did not see me
I saw you and I'm here to mother you
To comfort you and get you through
Through when your nights are lonely
Through when your dreams are only blue
This is to mother you

Written By: Jackson Browne

ACCESSING YOUR UNLIMITED SELF-LEADERSHIP (do on your own)

Let's begin by simply arriving.

Allow your body to settle…
Feet on the floor…
Hands resting gently…
Eyes closed, or softly focused.

Take a slow breath in…
…and a slow breath out.

And again…
breathing in…
…and out.

Now just notice what is here.

Notice your body…
any areas of tension or ease…

Notice your breath…
without changing it…

And notice your inner world…
whatever thoughts, feelings, or sensations are present.

In IFS, we understand that what we're noticing…
are parts of us.

So just gently say inside:

"Something in me is feeling this…"
"Something in me is thinking this…"

Not I am anxious,
but a part of me is anxious.

Now, imagine that you can take just a small step back.

Not pushing anything away…
not trying to change anything…

Just creating a little space.

As if you are sitting beside your experience…
rather than inside it.

And from this place…
just become curious:

What parts are here right now?

Is there a part that is busy…
trying to figure things out?

A part that is tired…
or overwhelmed?

A part that is watching…
wanting to do this “right”?

Just notice…
without judgment.

Now, see if it’s possible to gently ask these parts:

"Would you be willing to soften back… just a little…
so I can get to know you better?"

No forcing.

Just an invitation.

And as they soften—even slightly—
notice what begins to emerge underneath.

Often, when parts step back…
something else becomes more visible.

You might begin to notice a different quality of presence.

A sense of calm…
or steadiness…

Perhaps a quiet curiosity…
or openness…

Maybe even a subtle sense of warmth…
or compassion…

This is what we call Self.

Not something you have to create…
but something that is already here.

Just rest here for a moment.

Notice:

There is awareness…
and you are that awareness.

There is space…
and you are that space.

And from this place…
see how your parts appear now.

You might notice that you can be with them…
without being overwhelmed by them.

That you can care about them…
without becoming them.

This is Self-leadership.

Not controlling your inner world…
but relating to it.

Not getting rid of parts…
but leading them with presence.

And this Self…
is not limited.

It doesn’t run out.

It isn’t damaged by experience.

It is always here…
even when it’s covered.

So just gently say inside:

"There is more to me than my parts."
"There is a steady presence here that can lead."

Take one more slow breath in…
…and out.

And as you begin to return…
just carry with you this knowing:

You don’t have to create Self.
You only have to notice it…
and allow it to lead.

When you’re ready…
you can gently open your eyes.

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8
Week 25- April 15
Week 26- April 22
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm*
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

*Remember that in 2 weeks the session will go from 9 to 1 pm. Please don't feel obliged to stay for the whole session.

THE NEXT FIVE WEEKS

Week 29- May 13- Simple's 6th tool Self-led remediation- a simple way to carry your healing work forward. Practice with Rob

Week 30- May 20- 9am to 1pm*- Self-led remediation applied to intimate relationships.

Week 31- May 27- Bringing meaning and purpose into your life-

Week 32- June 3- Joan and Nicole's end of the year special- course highlights- Feedback- Brunch

Week 33- June 10- Sexuality and bonding pilot session.

PRACTICE SESSIONS SCHEDULE

practice

Preparation IFS Workbook

10. TODAY May 6 Part 5 p. 179-207 of the IFS workbook with Meaghen

11. Next week, Week 29 May 13 Self-led remediation with Rob T.

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Wise mind remediation


DON'T
FORGET

HOMEWORK FROM LAST WEEK

- Work on part IV of the IFS workbook “embracing your burdened exiles” pages 142 to 175 of the workbook or the fourth part of the session 24 to 29 slides sent to you. (which can also be found on the website)

HOMEWORK FOR THE COMING WEEK

- Work on part V of the IFS workbook “accessing your unlimited Self-leadership” pages 179 to 209 of the workbook or the fifth part of the session 24 to 29 slides sent to you. (which can also be found on the website)
- Read session 27 of the simple manual “wise mind remediation.”

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- ■ I keep materials in one place (binder / folder / notebook).
- ■ I write down insights right after doing the homework.

4. Self-compassion habits

- ■ I aim for progress, not perfection.
- ■ I notice resistance without judgment.

5. Accountability habits

- ■ I review my week: What worked? What didn't?
- ■ I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:





REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS



- Next week we'll be introducing Simple's 6th and last tool.
- This tool used to be known as "wise mind remediation".
- This year we have renamed it "Self-led remediation".
- We apologize for any confusion this cause.
- As we explained before, wise mind is a DBT term while Self is an IFS one. They point to similar concepts that are subtly different.
- We have changed the name because while our sixth tool requires that you use DBT's emotional regulation skills, it aligns very closely with IFS work.

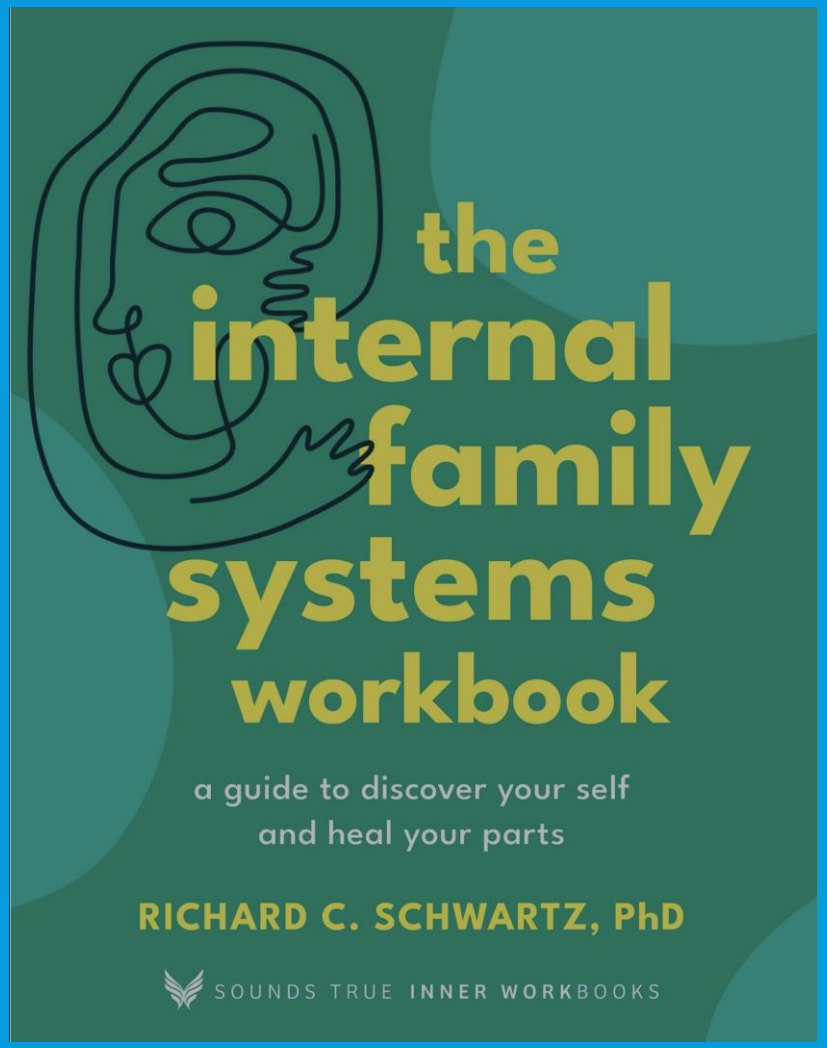


E-MAILED QUESTIONS, COMMENTS, FEEDBACK

WEEK 28

IFS WORKBOOK GUIDED AI ASSISTED SELF THERAPY





PART FIVE

ACCESSING YOUR UNLIMITED SELF LEADERSHIP

PLEASE STOP RECORDING

The 2nd song today captures the essence of Self

I Am Light

Song by India.Arie Simpson · 2013

Overview | Lyrics

I am light, I am light
I am light, I am light
I am light, I am light
I am light, I am light

I am not the things my family did
I am not the voices in my head
I am not the pieces of the brokenness inside

I am light
I am light
I am light, I am light
I am light, I am light
I am light, I am light

I'm not the mistakes that I have made
Or any of the things that caused me pain
I am not the pieces of the dream I left behind

I am light
I am light
I am light
I, I am light
I am light, I am light
Ay-yeah
I am light, I am light

I am not the colour of my eyes
I am not the skin on the outside
I am not my age
I am not my race, my soul inside is all light
All light
All light, yeah
All light

I am light, I am light
I am light, I am light, yeah

I am devinity defined
I am the god on the inside
I am a star
A piece of it all
I am light

Courage: a meditation

Soundstrue.com/the-ifs-workbook-bonus

True courage is one of the most difficult qualities of the self to access. This meditation will help you learn to embody courage and other qualities of the self. Remember, these attributes are always there inside you. With practice you can access this self energy anytime anywhere.



Today Joan and Nicole will introduce each subsection of the workbook by reading highlighted extracts from these subsections.

SECTION 1 ASSESSING YOUR UNLIMITED SELF LEADERSHIP

Part five of the workbook, offers us tools and resources to deepen our Self leadership and incorporate the qualities of Self into all aspects of our lives. When you are aware of and attuned to your parts, and they are willing to separate from you a bit, you are able to be Self lead. Self leadership happens when your Self takes the lead. It's possible to move in and out of Self leadership as parts are dynamic and situations can cause activation. Working with parts on an ongoing basis is necessary as you develop Self leadership in your inner system, you'll be able to bring those same qualities of Self into your outer world. Being self-led is a process and a daily practice. Look for ways to incorporate these practices into your everyday life.

Please complete the self leadership assessment found in the workbook before proceeding.

Don't be discouraged if your Self leadership score isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

Self-leadership Assessment

→ Rate yourself on a scale of 1 to 10 (1 = low Self and 10 = high Self) in each of the following categories.

Mark where you are on the spectrum and write the date. You can revisit this assessment regularly to see what progress you've made in these areas.

1. **Self-awareness** I am aware of my parts and I am able to speak for them.

   1 2 3 4 5 6 7 8 9 10

2. **Self-care** I listen and respond to the needs of my parts with appropriate care and action.

   1 2 3 4 5 6 7 8 9 10

3. **Self-healing** I am connected to my parts and have regular times to touch base and extend appreciation and compassion to them.

   1 2 3 4 5 6 7 8 9 10

4. **Self-energy** I am able to maintain Self-energy even when my parts are activated.

   1 2 3 4 5 6 7 8 9 10

5. **Self-talk** I talk positively to myself and to my parts.

   1 2 3 4 5 6 7 8 9 10

6. **Self-love** I feel genuine love for myself and my parts and express that love daily.

   1 2 3 4 5 6 7 8 9 10

7. **Self-leadership** I am able to lead from my Self at most times.

   1 2 3 4 5 6 7 8 9 10

   Tally your numbers. Enter the numbers from the evaluation below:

   1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___

Total: ___

Divide that number by 7.

Your average Self-leadership score:

1–4—Low Self-leadership

5–7—Medium Self-leadership

8–10—High Self-leadership

Don't be discouraged if your Self-leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

SELF LEADERSHIP ASSESSMENT P.180



Luis

Stu: The self-leadership assessment helps get a sense of the role Self plays in our day to day lives. What did yours look like?
Luis: Let’s take a look…

Self-leadership Assessment

→ Rate yourself on a scale of 1 to 10 (1 = low Self and 10 = high Self) in each of the following categories.

Mark where you are on the spectrum and write the date. You can revisit this assessment regularly to see what progress you've made in these areas.

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Total: ___

Divide that number by 7.

Your average Self-leadership score:

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5–7—Medium Self-leadership

8–10—High Self-leadership

Don't be discouraged if your Self-leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

1) 7 2) 5 3) 6 4) 7 5) 7 6) 7 7) 6 total 45/7= 6.4 medium self-leadership

SELF LEADERSHIP ASSESSMENT P.180



Stu: The self-leadership assessment helps get a sense of the role Self plays in our day to day lives. What did yours look like?

Kate: Let's take a look…

Stu: I noticed your score 7 was higher than Dr. Cleto's 6.4 but nobody is comparing… just saying…

Self-leadership Assessment

→ Rate yourself on a scale of 1 to 10 (1 = low Self and 10 = high Self) in each of the following categories.

Mark where you are on the spectrum and write the date. You can revisit this assessment regularly to see what progress you've made in these areas.

1. **Self-awareness** I am aware of my parts and I am able to speak for them.

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   1 2 3 4 5 6 7 8 9 10

7. **Self-leadership** I am able to lead from my Self at most times.

   1 2 3 4 5 6 7 8 9 10

Tally your numbers. Enter the numbers from the evaluation below:

1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___

Total: ___

Divide that number by 7.

Your average Self-leadership score:

1–4—Low Self-leadership

5–7—Medium Self-leadership

8–10—High Self-leadership

Don't be discouraged if your Self-leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

1) 8 2) 6 3) 6 4) 7 5) 8 6) 7 7) 7 total 49/7= 7 medium self-leadership

SELF LEADERSHIP ASSESSMENT P.180



NOW YOU

Self-leadership Assessment

→ Rate yourself on a scale of 1 to 10 (1 = low Self and 10 = high Self) in each of the following categories.

Mark where you are on the spectrum and write the date. You can revisit this assessment regularly to see what progress you've made in these areas.

1. **Self-awareness** I am aware of my parts and I am able to speak for them.

   1 2 3 4 5 6 7 8 9 10

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   1 2 3 4 5 6 7 8 9 10

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   1 2 3 4 5 6 7 8 9 10

7. **Self-leadership** I am able to lead from my Self at most times.

   1 2 3 4 5 6 7 8 9 10

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Divide that number by 7.

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5–7—Medium Self-leadership

8–10—High Self-leadership

Don't be discouraged if your Self-leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

SECTION 2 BECOMING A SELF LEAD LEADER P.184

The IFS model can help us develop Self leadership so that we heal our parts and become more Self lead in our home, work, and community

See the list of ideas that may help in the workbook.

→ Select one or two ideas from each list to apply to your everyday life. You can also add your own ideas.

In Your Home

- Model speaking for parts with your family.
- Get curious about your parts and those of your family.
- Reparent your own parts so you can better parent your children.
- Teach your kids to use parts language.

_____

_____

_____

In Your Professional Life

- Model speaking for parts with your coworkers.
- When you're activated, check in with your parts.
- When a colleague is in a protector, try to imagine the exile that's likely driving it.

_____

_____

_____

In Your Community

- Show compassion for other people's parts.
- Share what you're learning about your parts with your friend groups.
- Go through this workbook with a small group.
- Organize others to understand and take action around specific cultural burdens that are impacting your community.

_____

_____

_____

BECOMING A SELF LEAD LEADER P.183



Luis

Stu: The becoming a Self led leader checklist encourages us to become ambassadors in our everyday lives for Self and offers us examples of how to do that. What did you make of it?
Luis: …

→ Select one or two ideas from each list to apply to your everyday life. You can also add your own ideas.

In Your Home

- Model speaking for parts with your family.
- Get curious about your parts and those of your family.
- Reparent your own parts so you can better parent your children.
- Teach your kids to use parts language.

_____

_____

_____

In Your Professional Life

- Model speaking for parts with your coworkers.
- When you're activated, check in with your parts.
- When a colleague is in a protector, try to imagine the exile that's likely driving it.

_____

_____

_____

In Your Community

- Show compassion for other people's parts.
- Share what you're learning about your parts with your friend groups.
- Go through this workbook with a small group.
- Organize others to understand and take action around specific cultural burdens that are impacting your community.

_____

_____

_____

Because I use IFS quite a bit in my practice, I already do a lot of these things

BECOMING A SELF LEAD LEADER P.184



Stu: The becoming a Self led leader checklist encourages us to become ambassadors in our everyday lives for Self and offers us examples of how to do that. What did you make of it?

Kate: I liked most of the ideas and I think I can implement some in my life…

→ Select one or two ideas from each list to apply to your everyday life. You can also add your own ideas.

In Your Home

- Model speaking for parts with your family.
- Get curious about your parts and those of your family.
- X • Reparent your own parts so you can better parent your children.
- X • Teach your kids to use parts language.

_____

_____

_____

In Your Professional Life

- Model speaking for parts with your coworkers.
- X • When you're activated, check in with your parts.
- When a colleague is in a protector, try to imagine the exile that's likely driving it.

_____

_____

_____

In Your Community

- X • Show compassion for other people's parts.
- X • Share what you're learning about your parts with your friend groups.
- Go through this workbook with a small group.
- Organize others to understand and take action around specific cultural burdens that are impacting your community.

_____

_____

_____

BECOMING A SELF LEAD LEADER P.184



NOW YOU

→ Select one or two ideas from each list to apply to your everyday life. You can also add your own ideas.

In Your Home

- Model speaking for parts with your family.
- Get curious about your parts and those of your family.
- Reparent your own parts so you can better parent your children.
- Teach your kids to use parts language.

_____

_____

_____

In Your Professional Life

- Model speaking for parts with your coworkers.
- When you're activated, check in with your parts.
- When a colleague is in a protector, try to imagine the exile that's likely driving it.

_____

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_____

In Your Community

- Show compassion for other people's parts.
- Share what you're learning about your parts with your friend groups.
- Go through this workbook with a small group.
- Organize others to understand and take action around specific cultural burdens that are impacting your community.

_____

_____

_____

SECTION 3 END OF DAY INVENTORY P.186

This practice will help us stay attuned to our inner system from day to day. At the end of each day consider doing an inventory of your parts. We suggest you use the holes diary card with advanced targets which can systematically help do an end of the day inventory.

Write down which parts showed up. When were you Self lead? When were you not?

Parts inventory

Parts that showed up today:

When did I act Self lead?

When was I not Self lead?

END OF DAY INVENTORY P.186



Luis

END OF DAY INVENTORY

Stu:This exercise encourages us to stay attuned to our inner systems by doing a daily inventory of our parts. Have you been able to do that?
Luis:…

Stu: So, what targets are you listing on your holes diary card?
Luis: see below

Stu: Do you also keep track of how Self-led you've been each day?
Luis:…

Stu: Are you also more aware of when you're not Self-led?
Luis:…

LUIS- ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Shame boy																															
Marble boy																															
Lone warrior																															
Fixer																															
Road runner																															
Lost teenager																															
Intelectualizer																															
cafeteria boy																															
Cemetery boy																															
ooverachiever																															

Notes:

LUIS- ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Son of a country hick																															
Dear shitty outer critic																															
standoffish withdrawer																															

Notes:

END OF DAY INVENTORY P.186



KATE

END OF DAY INVENTORY

Stu:This exercise encourages us to stay attuned to our inner systems by doing a daily inventory of our parts. Have you been able to do that?
Kate: Yes, I've been using the holes diary card with advanced targets to track which of my parts surface each day and how intensely they show up…

Stu: So, what targets are you listing on your holes diary card?
Kate: All the parts we've previously talked about such as the Binge Eater Firefighter, the Inner Critic Manager, the Avoidant Manager, the Wounded Child Exile and so on.

Stu: Do you also keep track of how Self-led you've been each day?
Kate: I do that on my goals diary card. The target is to be Self led and I give myself a score from 0 to 10 each day based on things like did I made healthy choices and picked nourishing food when I was truly hungry – not just emotional eating, did I gently let my Inner Critic know that it wasn't necessary to criticize my appearance, or that I appreciated my perfectionist manager to be perfect while at the same time realizing how hurtful this is to the other parts.

Stu: Are you also more aware of when you're not Self-led?
Kate: I am but something just occurred to me. I can add "awareness of lack of Self-leadership" to my holes diary card to keep track of things like feeling lonely and depressed without knowing why.



WOUNDED CHILD EXILE



INNER CRITIC MANAGER



BINGE EATER FIREFIGHTER



AVOIDANT MANAGER

END OF DAY INVENTORY P.186



NOW YOU

END OF DAY INVENTORY

This practice will help you stay attuned to your inner system from day to day. At the end of each day consider doing an inventory of your parts. We suggest you use the holes diary card with advanced targets.

Write down which parts showed up. When were you Self lead? When were you not?

Parts inventory

Parts that showed up today:

When did I act Self lead?

When was I not Self lead?

SECTION 4 OUTWARD BOUND P.188

It may seem counterintuitive but doing inner work can actually move you to engage the outer world. When you become more Self lead, you become less ego driven, less focused on your own inner struggles, and you develop more altruistic characteristics. This exercise helps us notice the empathy of Self and what gets in its way.

With the clarity attribute of Self, you see the injustice and suffering in the world and have more compassion. You will often become more active to change things in big and small ways.

What parts of you like the thought of engaging the world with more compassion?

What stops you from showing compassion?

How might being Self lead change the ways you engage the outside world?

Going inside
Notice any parts that might be fearful or reluctant to extend compassion to others. Take some time to work with those parts. Find, focus, and flesh out what those protectors are feeling. If you have enough curiosity, befriend those parts and extend compassion to them. Appreciate them for how they're wanting to protect you. See if they're willing to trust you to take the lead. If not, ask them why not.

OUTWARD BOUND P.188



Luis

Stu: What parts of you like the thought of engaging the world with more compassion?
Luis: The fixer, road runner and overachiever.

Stu: What stops you from showing compassion?
Luis: The intellectualizer, lone warrior and standoffish withdrawer.

Stu: How might being Self lead change the ways you engage the outside world?
Luis: I would feel more at ease in the world

Going inside
Notice any parts that might be fearful or reluctant to extend compassion to others. Take some time to work with those parts. Find, focus, and flesh out what those protectors are feeling. If you have enough curiosity, befriend those parts and extend compassion to them. Appreciate them for how they're wanting to protect you. See if they're willing to trust you to take the lead. If not, ask them why not.

EVOLVING IFS MAP

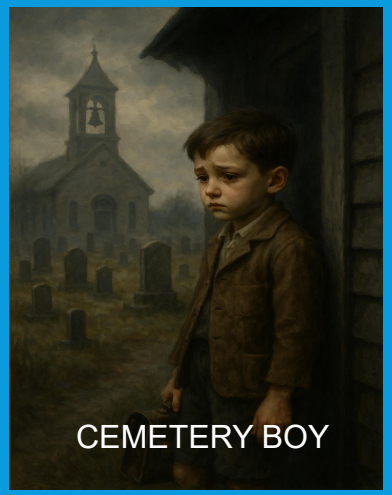
SELF



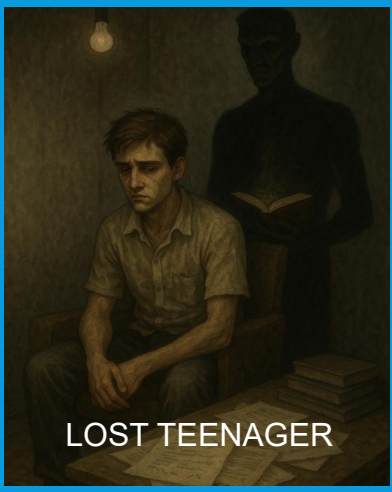
EXILES





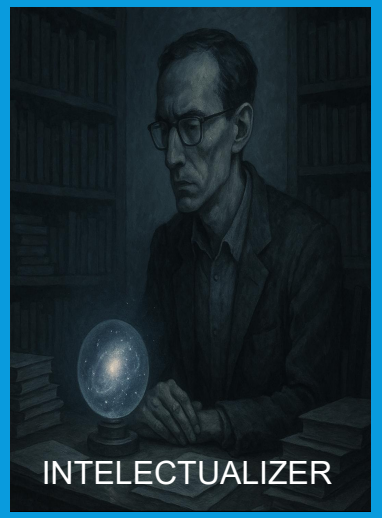




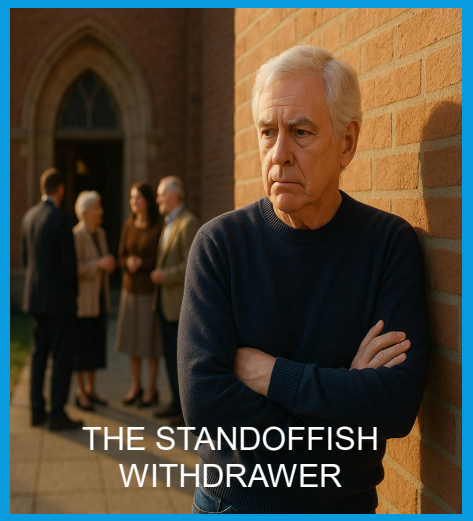


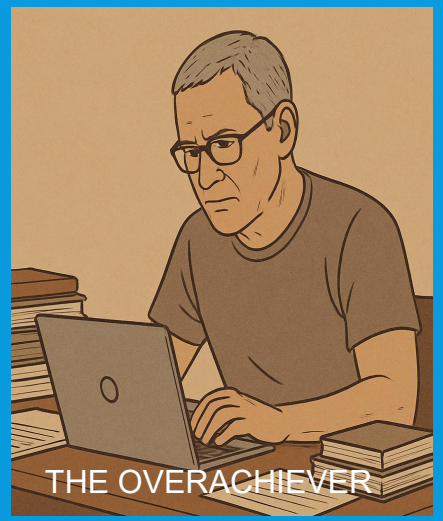
PROTECTORS













OUTWARD BOUND P.188



KATE

Stu: This exercise suggests that by doing inner work we can actually become more engaged with the world, less ego driven, and less focused on our own inner struggles. Kate, are there parts of you that like the thought of engaging the world with more compassion?
Kate: Oh yes, my Hypervigilant Manager, Avoidant Manager, and Wounded Child all do.

Stu: And what stops you from showing compassion?
Kate: Fear of rejection, cynicism, shyness

Stu: As you've become more Self lead have the ways you engage the world changed?
Kate: Wise Mind is compassionate by nature. I need to remember that we are all one at our core. I need to see other people's parts and have more empathy and understanding.

Stu: The "Going inside" exercise in this section encourages us to explore parts that might be fearful or reluctant to extend compassion to others. What did you notice
Kate: That the Feral Teen firefighter and hypervigilant manager don't want to be more compassionate they believe it would only worsen the pain.



WISE MIND



HYPERVIGILANT MANAGER

OUTWARD BOUND P.188



NOW YOU

What parts of you like the thought of engaging the world with more compassion?

What stops you from showing compassion?

How might being Self lead change the ways you engage the outside world?

Going inside
Notice any parts that might be fearful or reluctant to extend compassion to others. Take some time to work with those parts. Find, focus, and flesh out what those protectors are feeling. If you have enough curiosity, befriend those parts and extend compassion to them. Appreciate them for how they're wanting to protect you. See if they're willing to trust you to take the lead. If not, ask them why not.

SECTION 5 PLAYLIST FOR YOUR PARTS P.190

Parts like being acknowledged and appreciated. One way to do this is to make a playlist for your parts. Choose a song that represents each part and make a playlist that you can listen to and celebrate each part.

Below write down the names of your parts on the left side and a song that reflects each part on the right side. Then create the playlist on your favorite listening device to enjoy with all your parts

Part	song

PLAYLIST FOR YOUR PARTS P.190



Luis

EVOLVING IFS MAP

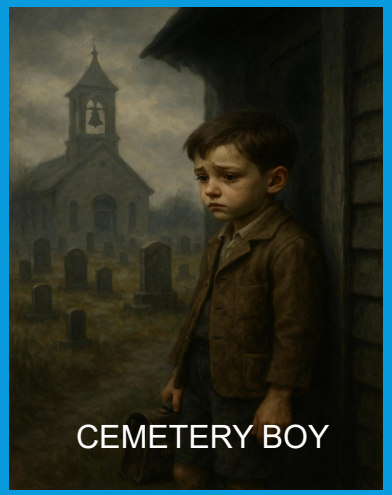
SELF



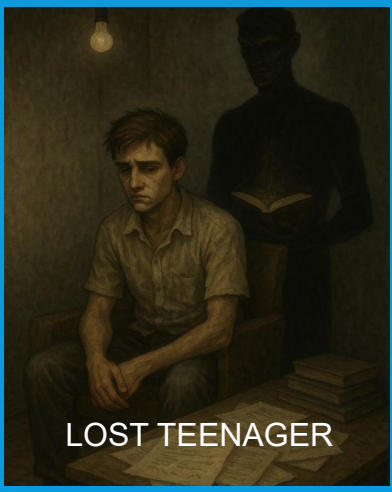
EXILES





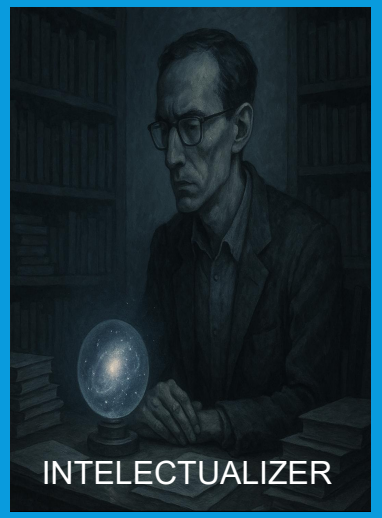




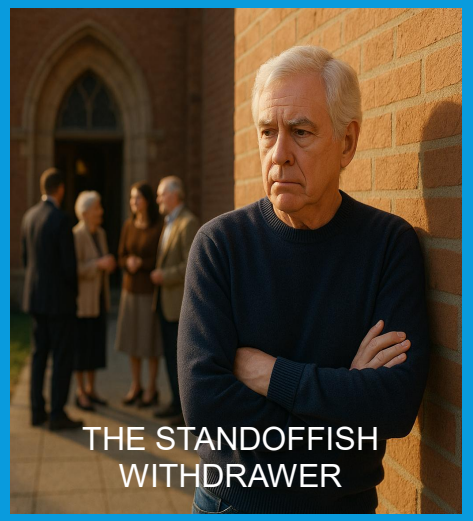


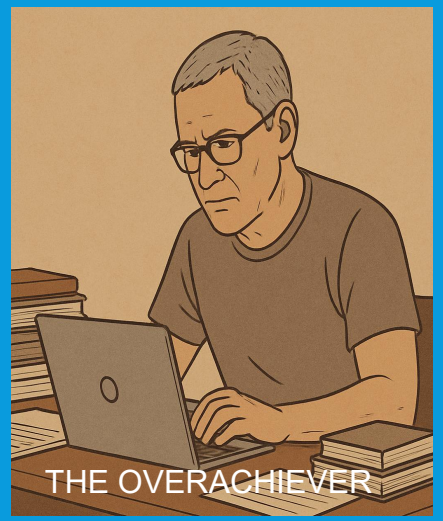
PROTECTORS















Son of country hick



Dear shitty outer critic

Stu: this is a really fun exercise, coming up with a playlist of each of your parts favorite music…
Luis: It was…

Part	song
Self	I am light by India.Arie
shame boy	Praying by Kesha
marble boy	Hurt by Johnny Cash
cemetery boy	My father’s eyes by Eric Clapton
cafeteria boy	Breathe by Sia
lost teenager	Vienna by Billy Joel
lone warrior	I am a rock by Simon and Garfunkel
intellectualizer	Comfortably numb by Pink Floyd
road runner	fast car by Tracy Chapman
standoffish withdrawer	You don’t know me by Ray Charles
overachiever	Perfect by Alanis Morissette
the fixer	Heal by Tom Odell
son of a country hick	Alien by Khalid
dear shitty outer critic	you’re so vain by Carly Simon

PLAYLIST FOR YOUR PARTS P.190



KATE

Stu: this is a really fun exercise, coming up with a playlist of each of your parts favorite music…
Kate: It was a lot of fun, actually each of my parts like many songs so I have an individual multiple song playlist for each part. I often listen to these playlists. These are the top songs for each of my parts:

Part	Song
Wounded Child	The Sound of Silence – Disturbed
Feral Teen	In the Blood – John Mayer
Binge Eater	Habits – Tove Lo
Wild Child	Thinkin Bout Me – Morgan Wallen
Inner Critic	Human – Rag-N-Bone Man
Hypervigilant	Disturbia – Rihanna
People Pleaser	Dance Monkey – Tones and I
Damsel	Holding Out For a Hero – Frou Frou
Perfectionist	Espresso – Sabrina Carpenter
Avoidant	People – Libianca
Wise Mind	O Come O Come Emmanuel – The Piano Guys

PLAYLIST FOR YOUR PARTS P.190



NOW YOU

Below write down the names of your parts on the left side and a song that reflects each part on the right side. Then create the playlist on your favorite listening device to enjoy with all your parts

Part	song

SECTION 6 ACCESSING SELF ENERGY P.192

It's not always easy to access Self energy. Especially when parts are activated. A simple yet effective exercise is to find those things in your everyday life that naturally bring Self energy into your system. This is something you can explore.

What helps you tap into your Self energy? What helps you separate from activated thoughts and emotions and be more Self lead?

The workbook lists a number of activities that might increase your Self energy. Pick one of those activities or come up with your own activity. Practice it and notice if there is a change in your Self energy.

What activities in your everyday life bring Self energy into your system?

What helps you tap into your Self-energy? What helps you separate from activated thoughts and emotions and be more Self-led?

Some activities might include:

- Going for a walk in your neighborhood
- Watching a sunrise or sunset
- Being in or around nature
- Looking out at a body of water
- Watching the activity at a bird feeder
- Playing with pets
- Spending time with children or grandchildren
- Rubbing your heart with your hand
- Listening to music
- Getting away from activating people

→ **What activities in your everyday life bring Self-energy into your system?**

_____

_____

ACCESSING SELF ENERGY P.192



Luis

Stu: This exercise asks us to consider what activities in our everyday life bring Self energy into our system… did you find it useful?
Luis: …

What helps you tap into your Self-energy? What helps you separate from activated thoughts and emotions and be more Self-led?

Some activities might include:

X • Going for a walk in your neighborhood
X • Watching a sunrise or sunset
X • Being in or around nature
• Looking out at a body of water
X • Watching the activity at a bird feeder
X • Playing with pets
• Spending time with children or grandchildren
X • Rubbing your heart with your hand
X • Listening to music
• Getting away from activating people

→ **What activities in your everyday life bring Self-energy into your system?**

_____

_____

ACCESSING SELF ENERGY P.192



KATE

Stu: This exercise asks us to consider what activities in our everyday life bring Self energy into our system…
Kate: I found it helpful. I can incorporate these activities into my goals diary card.

What helps you tap into your Self-energy? What helps you separate from activated thoughts and emotions and be more Self-led?

Some activities might include:

X • Going for a walk in your neighborhood
• Watching a sunrise or sunset
X • Being in or around nature
• Looking out at a body of water
• Watching the activity at a bird feeder
• Playing with pets
X • Spending time with children or grandchildren
• Rubbing your heart with your hand
• Listening to music
• Getting away from activating people

→ **What activities in your everyday life bring Self-energy into your system?**

Drinking tea, bubble bath, meditation, alone time

ACCESSING SELF ENERGY P.192



NOW YOU

What activities in your everyday life bring Self energy into your system?

What helps you tap into your Self-energy? What helps you separate from activated thoughts and emotions and be more Self-led?

Some activities might include:

- Going for a walk in your neighborhood
- Watching a sunrise or sunset
- Being in or around nature
- Looking out at a body of water
- Watching the activity at a bird feeder
- Playing with pets
- Spending time with children or grandchildren
- Rubbing your heart with your hand
- Listening to music
- Getting away from activating people

→ **What activities in your everyday life bring Self-energy into your system?**

_____

_____

SECTION 7 SELF-CARE CHECKLIST P.195

Self-care involves attending to your parts. When parts are neglected or ignored, they can act out in ways you least expect or desire. By checking in with your parts, you can assure the managers, firefighters, and exiles that they are not alone and that you are there to support them if they get activated.

Look at the self-care activities list provided in the workbook and see which one's appeal to your parts.

If it's been a while since you've done some of these self-care practices, make a plan to do three self-care activities this week. You can also incorporate these into your goals diary card.

→ **Look at the following Self-care activities and see which ones appeal to your parts.**

Think of ways you can incorporate IFS into these Self-care activities. Sometimes there are real constraints that may prevent you from doing some of them, but sometimes there are parts that are preventing Self-care that you can work with.

- Speak for your parts to loved ones about what your parts need from them or want them to know
- Do something creative
- Go outside in nature
- Take a nap in the middle of the day
- Get a massage
- Take a vacation
- Go on a date with yourself
- Read a book for fun
- Cook your favorite meal
- Play like a child
- Dance
- Try something new
- Do something adventurous
- Connect with friends
- Do something spontaneous
- Make love
- Smell flowers
- Eat your favorite sweet treat
- Prioritize your own joy

Are there other Self-care practices you would add to the list?

_____

_____

How might you incorporate parts work into these activities?

_____

_____

If it's been a while since you've done some of these Self-care practices, make a plan to do three Self-care activities this week.

This week I will do the following three things:

1. _____
2. _____
3. _____

This week I will do the following three things:

SELF-CARE CHECKLIST P.195



Luis

→ **Look at the following Self-care activities and see which ones appeal to your parts.**

Think of ways you can incorporate IFS into these Self-care activities. Sometimes there are real constraints that may prevent you from doing some of them, but sometimes there are parts that are preventing Self-care that you can work with.

- Speak for your parts to loved ones about what your parts need from them or want them to know
- Do something creative
- X • Go outside in nature
- X • Take a nap in the middle of the day
- X • Get a massage
- Take a vacation
- Go on a date with yourself
- X • Read a book for fun
- Cook your favorite meal
- Play like a child
- Dance
- Try something new
- Do something adventurous
- Connect with friends
- Do something spontaneous
- Make love
- X • Smell flowers
- X • Eat your favorite sweet treat
- Prioritize your own joy

Are there other Self-care practices you would add to the list?

_____

_____

How might you incorporate parts work into these activities?

_____

_____

If it's been a while since you've done some of these Self-care practices, make a plan to do three Self-care activities this week.

This week I will do the following three things:

1. _____
2. _____
3. _____

Stu: This exercise suggests we select from a list of activities the ones that appeal to our parts and commit to do three self-care activities each week…

Luis: Plan a “sabbath”, have a massage, smell flowers

SELF-CARE CHECKLIST P.195



KATE

Stu: This exercise suggests we select from a list of activities the ones that appeal to our parts and commit to do three self-care activities each week…

Kate: This is also very much along the lines of what we talk about in the goals diary card tool…the week I did the exercise I decided to nap, get creative and get a massage. Frankly, I haven't kept up doing this each week, but I want to get back to it.

→ **Look at the following Self-care activities and see which ones appeal to your parts.**

Think of ways you can incorporate IFS into these Self-care activities. Sometimes there are real constraints that may prevent you from doing some of them, but sometimes there are parts that are preventing Self-care that you can work with.

- Speak for your parts to loved ones about what your parts need from them or want them to know

X • Do something creative

X • Go outside in nature

X • Take a nap in the middle of the day

X • Get a massage

X • Take a vacation

- Go on a date with yourself

X • Read a book for fun

- Cook your favorite meal
- Play like a child
- Dance
- Try something new
- Do something adventurous
- Connect with friends
- Do something spontaneous
- Make love
- Smell flowers
- Eat your favorite sweet treat

X • Prioritize your own joy

Are there other Self-care practices you would add to the list?

_____

_____

How might you incorporate parts work into these activities?

Use it as a “bonding time” for all parts to exist in harmony, try to stay in Wise Mind throughout.

If it’s been a while since you’ve done some of these Self-care practices, make a plan to do three Self-care activities this week.

This week I will do the following three things:

1. Nap
2. Get creative
3. Get a massage

SELF-CARE CHECKLIST P.195



NOW YOU

Look at the self-care activities list provided in the workbook and see which one's appeal to your parts.

If it's been a while since you've done some of these self-care practices, make a plan to do three self-care activities this week.

→ **Look at the following Self-care activities and see which ones appeal to your parts.**

Think of ways you can incorporate IFS into these Self-care activities. Sometimes there are real constraints that may prevent you from doing some of them, but sometimes there are parts that are preventing Self-care that you can work with.

- Speak for your parts to loved ones about what your parts need from them or want them to know
- Do something creative
- Go outside in nature
- Take a nap in the middle of the day
- Get a massage
- Take a vacation
- Go on a date with yourself
- Read a book for fun
- Cook your favorite meal
- Play like a child
- Dance
- Try something new
- Do something adventurous
- Connect with friends
- Do something spontaneous
- Make love
- Smell flowers
- Eat your favorite sweet treat
- Prioritize your own joy

Are there other Self-care practices you would add to the list?

_____

_____

How might you incorporate parts work into these activities?

_____

_____

If it's been a while since you've done some of these Self-care practices, make a plan to do three Self-care activities this week.

This week I will do the following three things:

1. _____
2. _____
3. _____

This week I will do the following three things:

SECTION 8 SELF-LOVE P.198

Healing happens when you're able to love your parts, all of them. This is the epitome of self-love. There are other techniques that encourage you to have love or compassion for many parts but not those that seem irritating, destructive, or dangerous. IFS is different in this way.

In this exercise you will explore ways to love yourself. Fill in other ways you can show love to yourself.

Give yourself a hug

Remind yourself there are no bad parts

Spend time listening to your parts, even the ones that, on initial examination, seem to have no redeeming value

Once you learn where your parts are stuck in time, and how they are trying to protect, extend appreciation and love to them too

SELF-LOVE P.198



Luis

Stu: This exercise invites us to explore ways to love ourselves such as by giving ourselves a hug, reminding ourselves there are no bad parts or spending time listening to our parts, even the ones that, on initial examination, seem to have no redeeming value. Luis, how do you try to love your parts?

Luis: Go for a bicycle or motorcycle ride. Relax in the hammock. Swim gracefully. Go hiking on the Bruce or Avon trail. Go to Wildwood….

SELF-LOVE P.198



KATE

Stu: This exercise invites us to explore ways to love ourselves such as by giving ourselves a hug, reminding ourselves there are no bad parts or spending time listening to our parts, even the ones that, on initial examination, seem to have no redeeming value. Kate, how do you try to love your parts?

Kate: The exercise prompted me to listen to the songs that represent each part, so they feel heard.
I also went out to my favorite spots – The Livery Yard, Birch&Wyn, The Wild Hog, and for a Sirkel picnic by the river

SELF-LOVE P.198



NOW YOU

In this exercise you will explore ways to love yourself. Fill in other ways you can show love to yourself.

Give yourself a hug

Remind yourself there are no bad parts

Spend time listening to your parts, even the ones that, on initial examination, seem to have no redeeming value

Once you learn where your parts are stuck in time, and how they are trying to protect, extend appreciation and love to them too

SECTION 9 A PICTURE IS WORTH A THOUSAND WORDS P.200

It's possible to recognize parts from pictures. You can look at old pictures of yourself to see what parts you notice. You might see a people pleasing part at a birthday party or lonely part at a family event. It can be helpful to revisit moments in time to learn what parts may have been in the driver seat

For this exercise get some old pictures or photo albums. See if you can identify parts from the pictures. Write down any insights you have.

Picture	date	part	insights

A PICTURE IS WORTH A THOUSAND WORDS P.200



Luis

Stu: This exercise invites us to look at old pictures or photo albums to see if we can identify parts from the pictures.

Luis:…

For this exercise get some old pictures or photo albums. See if you can identify parts from the pictures. Write down any insights you have.

Picture	date	part	insights

A PICTURE IS WORTH A THOUSAND WORDS P.200



KATE

Stu: This exercise invites us to look at old pictures or photo albums to see if we can identify parts from the pictures.

Kate: Unfortunately, Stu, I don’t have access to any old photo albums…

A PICTURE IS WORTH A THOUSAND WORDS P.200



NOW YOU

For this exercise get some old pictures or photo albums. See if you can identify parts from the pictures. Write down any insights you have.

Picture	date	part	insights

SECTION 10 BEING YOUR OWN HOPE MERCHANT P.202

A hope merchant is someone who offers the possibility of change for those in hopeless situations. You may discover parts that believe or think there is no reason or possibility to change. They may have trouble trusting your Self leadership or doubt anyone else could run things as well as they can. When you are connected to Self, you're able to become a hope merchant for your parts by letting them know that change and healing are truly possible.

In this exercise, you will have an opportunity to come up with hope merchant statements for your parts.

Think back to your protector and exile fears. What are the messages they are most desperate to hear from you? What sincere feelings and hopes can you share with them? Make sure you connect with your Self energy because hope merchant messages flow naturally from Self.

In the space below, write four or five messages you want your parts to trust. Ex. I love you for who you are, not for what you do or don't do.

Take some time to remind your parts of these truths about you

BEING YOUR OWN HOPE MERCHANT P.202



Luis

Stu: Luis are there messages you want your parts to hear?

Luis: Yes, I want them to know that they are all expressions of archetypes spirits or universal mind within me and how I relate to them contributes in however small a way to the unfolding of the universe. You are all seen and loved by the Self.

BEING YOUR OWN HOPE MERCHANT P.202



KATE

Stu: Kate what are some of the messages you want your parts to hear and trust?

Kate: You are not flawed or damaged.

You can change and I can help.

Your intentions have always been good.

I can love you the way you deserve.

Stu: Take some time to remind your parts of these truths about you

BEING YOUR OWN HOPE MERCHANT P.202



NOW YOU

In the space below, write four or five messages you want your parts to trust.
Ex. I love you for who you are, not for what you do or don't do.

Take some time to remind your parts of these truths about you

SECTION 11 IFS PRACTICES FOR EVERYDAY LIFE P.204

This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook.

IFS Practices for Everyday Life

Let's review some of the experiential and embodied practices you've learned throughout this workbook.

- Going inside
- Getting to know your managers and firefighters
- Connecting with Self
- Showing appreciation to parts
- Finding parts
- Listening to exile fears
- Befriending parts
- Holding discomfort
- Using parts language
- Identifying burdens
- Mapping your parts
- Reparenting your younger parts
- Locating parts in your body
- Being Self-led
- Doing a one-minute daily check-in
- Practicing Self-love
- Doing a daily parts inventory

What practices in the workbook have been the most impactful for you and your parts?

What practices do you need to spend more time developing?

What practices would you like to incorporate into your everyday life?

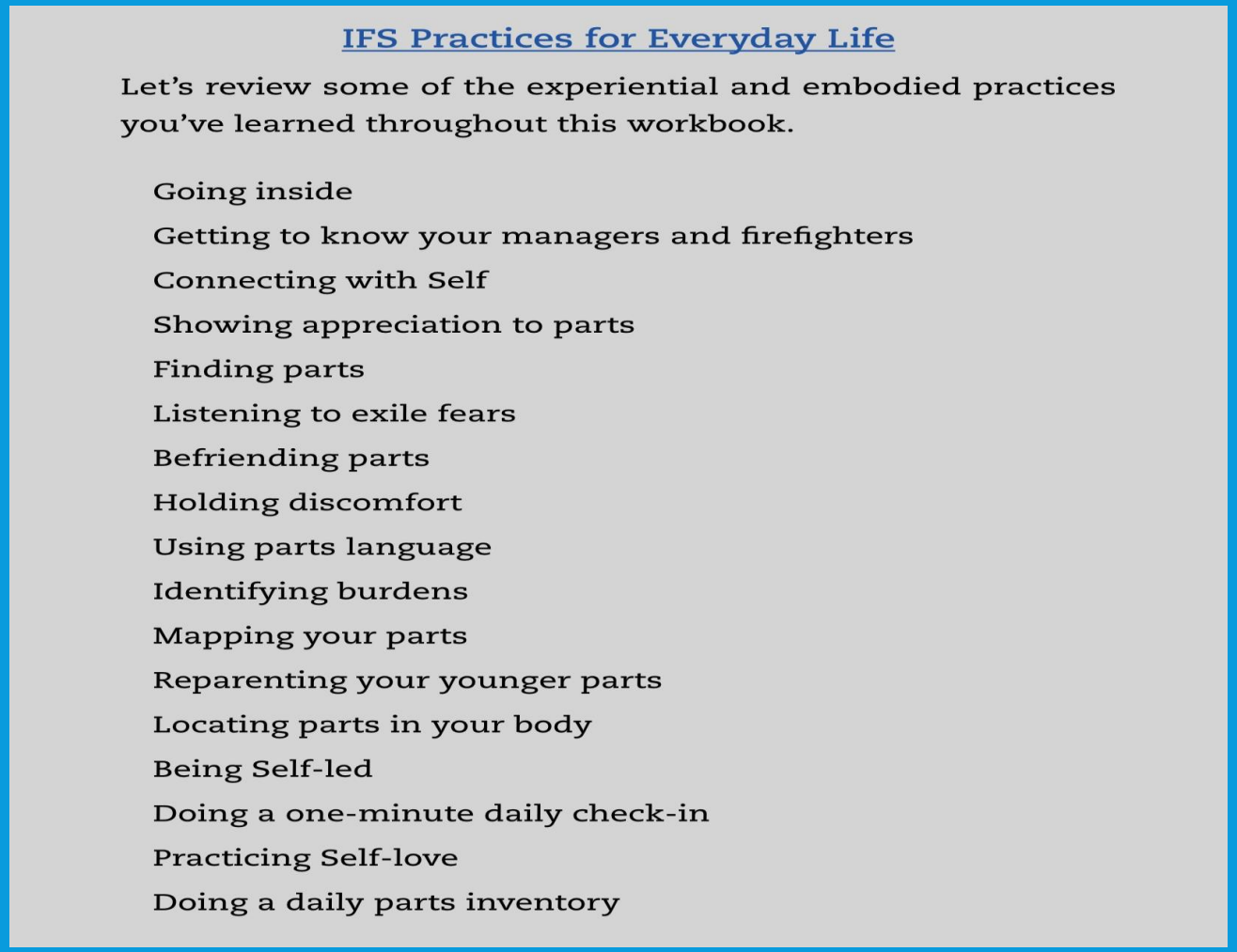
IFS PRACTICES FOR EVERYDAY LIFE P.204



Luis

IFS PRACTICES FOR EVERYDAY LIFE P.204

This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook.



IFS Practices for Everyday Life

Let's review some of the experiential and embodied practices you've learned throughout this workbook.

- Going inside
- Getting to know your managers and firefighters
- Connecting with Self
- Showing appreciation to parts
- Finding parts
- Listening to exile fears
- Befriending parts
- Holding discomfort
- Using parts language
- Identifying burdens
- Mapping your parts
- Reparenting your younger parts
- Locating parts in your body
- Being Self-led
- Doing a one-minute daily check-in
- Practicing Self-love
- Doing a daily parts inventory

Stu: This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook and asks what practices in the workbook have been the most impactful for you and your parts?
Luis: …

Stu: And what practices do you need to spend more time developing?
Luis: …

Stu: Finally, what practices would you like to incorporate into your everyday life?
Luis: …

What practices in the workbook have been the most impactful for you and your parts?
Luis: Getting to know my parts and fostering Self

What practices do you need to spend more time developing?
Luis: Dialoguing with my parts

What practices would you like to incorporate into your everyday life?
Luis: I will use IFS by doing the Wise mind remediation procedure on an ongoing basis

IFS PRACTICES FOR EVERYDAY LIFE P.204



KATE

IFS PRACTICES FOR EVERYDAY LIFE P.204

IFS Practices for Everyday Life

Let's review some of the experiential and embodied practices you've learned throughout this workbook.

- Going inside
- Getting to know your managers and firefighters
- Connecting with Self
- Showing appreciation to parts
- Finding parts
- Listening to exile fears
- Befriending parts
- Holding discomfort
- Using parts language
- Identifying burdens
- Mapping your parts
- Reparenting your younger parts
- Locating parts in your body
- Being Self-led
- Doing a one-minute daily check-in
- Practicing Self-love
- Doing a daily parts inventory

Stu: This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook and asks what practices in the workbook have been the most impactful for you and your parts?
Kate: Using parts language, showing appreciation to parts, reparenting your younger parts

Stu: And what practices do you need to spend more time developing?
Kate: Holding discomfort, locating parts in your body, and going inside

Stu: Finally, what practices would you like to incorporate into your everyday life?
Kate: Being self-led, practicing self-love, doing a one-minute daily check in Using the holes diary card with advanced targets.

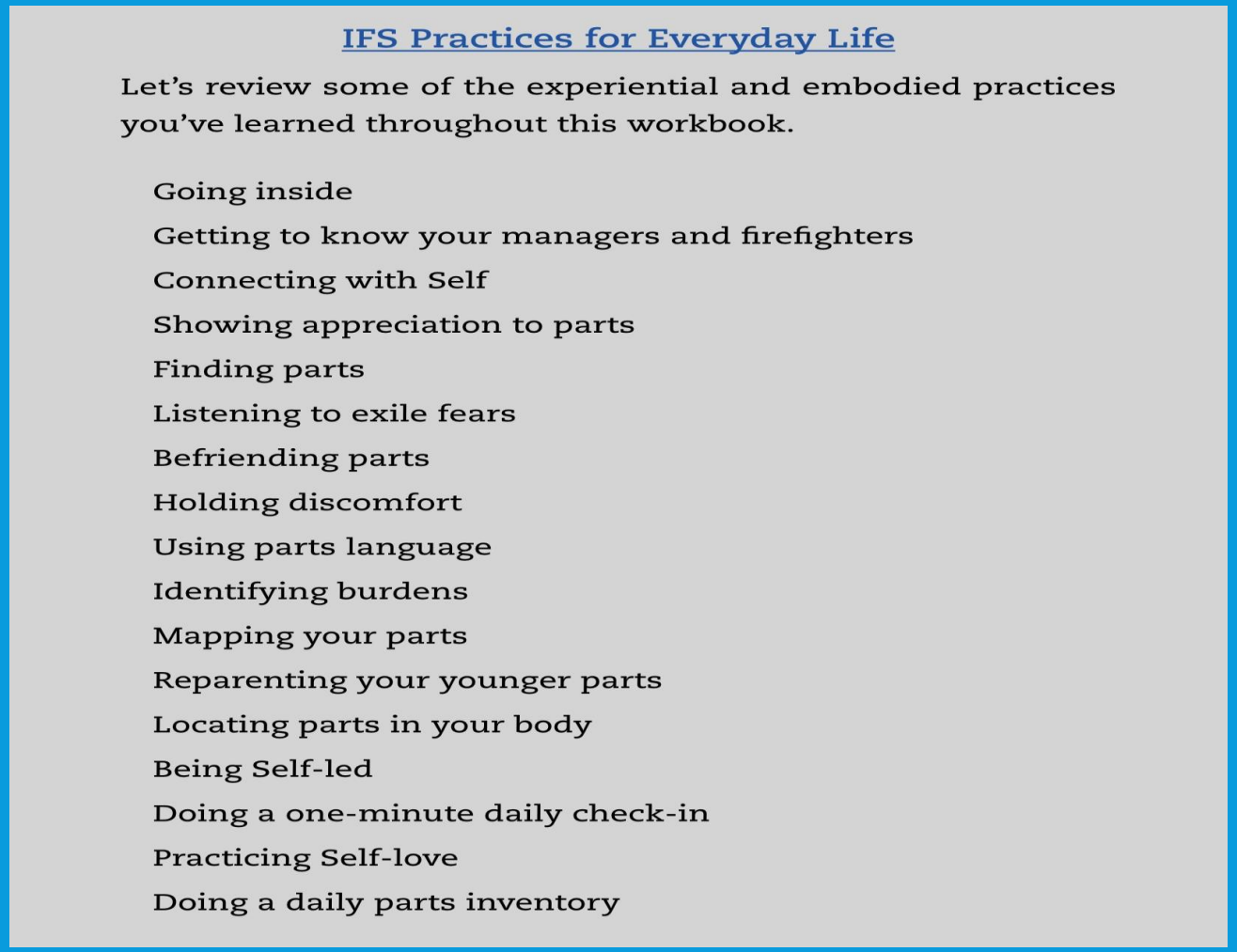
IFS PRACTICES FOR EVERYDAY LIFE P.204



NOW YOU

IFS PRACTICES FOR EVERYDAY LIFE P.204

This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook.



IFS Practices for Everyday Life

Let's review some of the experiential and embodied practices you've learned throughout this workbook.

- Going inside
- Getting to know your managers and firefighters
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- Locating parts in your body
- Being Self-led
- Doing a one-minute daily check-in
- Practicing Self-love
- Doing a daily parts inventory

What practices in the workbook have been the most impactful for you and your parts?

What practices do you need to spend more time developing?

What practices would you like to incorporate into your everyday life?

SECTION 12 TRAILHEADS FOR FUTURE EXPLORATION P.206

When you're hiking, you'll sometimes come across the head of a trail. If you follow that trail, it might take you to a shimmering lake or cascading waterfall. There also trailheads inside of you. When you focus on parts, you might become aware of a trail that you want to explore in the future. You may have experienced this as you've gone through the workbook.

In this exercise, you'll identify same trailheads within you for future exploration so we can continue the work you started.

You can also take suggestions from this list for how to identify trailheads.

Notice which parts come up in certain places, with certain people, and when you're performing different roles.

Notice what emotions come up as you explore different parts.

Notice what triggers your anger, is there sadness underneath? Is there fear of being taken advantage of? Spend time exploring these triggers.

Notice what activates your deepest sadness. Chances are that's where you'll find your exiles.

Burdens can be personal, cultural, or legacy burdens. Explore these burdens with an IFS counsellor or group.

What parts are you most interested in exploring further? Managers, firefighters, or exiles? Spend time with parts you are least familiar with or have the hardest time loving.

How can you tell whether you are in Self or not? What markers do you used to check? Some suggestions: is my heart open right now? Do I have a big agenda? Am I calm? Confident? Clear? How much am I in my body?

Notice when you are in Self and when you are not in Self in any given situation. What helps you stay in Self? What takes you out of Self? What helps you return once you been activated? Use these trailheads for further exploration.

TRAILHEADS FOR FUTURE EXPLORATION P.206



Luis

In this exercise, you'll identify same trailheads within you for future exploration so we can continue the work you started.

You can also take suggestions from this list for how to identify trailheads.

Notice which parts come up in certain places, with certain people, and when you're performing different roles.

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Notice when you are in Self and when you are not in Self in any given situation. What helps you stay in Self? What takes you out of Self? What helps you return once you been activated? Use these trailheads for further exploration.

Stu: This exercise, asks us to identify same trailheads within us for future exploration so that we can continue the work we've started. One suggestion is for us to notice which parts come up in certain places, with certain people, and when you're performing different roles.
Luis: … I will use the Self-led remediation procedure to monitor my activation. If my activation reveals a part that I'm unfamiliar with I will use that activation as a trailhead and explore what parts it might lead to.

Stu: It also encourages us to notice what emotions come up as we explore different parts, what triggers our anger, if there is sadness underneath, and If there is fear of being taken advantage of. It urges us to notice what activates our deepest sadness and suggests that's where we'll find our exiles.
Luis: …

Luis: I will use the wise mind remediation procedure to monitor my activation. If my activation does not reveal a part that I’m already familiar with I will use that activation as a trailhead and explore what parts it might lead to.

TRAILHEADS FOR FUTURE EXPLORATION P.206



KATE

Stu: This exercise, asks us to identify same trailheads within us for future exploration so that we can continue the work we've started. One suggestion is for us to notice which parts come up in certain places, with certain people, and when you're performing different roles.
Kate: I will keep an eye on my dashboard to gauge my level of activation at all times.
Stu: It also encourages us to notice what emotions come up as we explore different parts, what triggers our anger, if there is sadness underneath, and If there is fear of being taken advantage of. It urges us to notice what activates our deepest sadness and suggests that's where we'll find our exiles.
Kate: I wonder why my exiles are activated when I am being still and quiet. These exercises have really helped me see the importance of continuing to see my therapist to further explore what I am uncovering.
Stu, I think this is the end of our work together… let me just show you the parts we've uncovered and my holes diary card…

AI GENERATED IMAGES



WISE MIND



WOUNDED CHILD EXILE

AI GENERATED IMAGES



FERAL TEEN EXILE



INNER CRITIC MANAGER

AI GENERATED IMAGES



PERFECTIONIST MANAGER



PEOPLE PLEASER MANAGER

AI GENERATED IMAGES



HYPERVIGILANT MANAGER



AVOIDANT MANAGER

AI GENERATED IMAGES



DAMSEL MANAGER



BINGE EATER FIREFIGHTER

AI GENERATED IMAGES



WILD CHILD FIREFIGHTER



SYSTEM SHUTDOWN FIREFIGHTER

AI GENERATED IMAGES



KNOWLEDGE OF EVIL

ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Wounded Child																															
Feral Teen																															
Inner Critic																															
Perfectionist																															
People Pleaser																															
Hypervigilant																															
Avoidant																															
Damsel																															
Binge Eater																															
Wild Child																															
System Shutdown																															

Notes:

TRAILHEADS FOR FUTURE EXPLORATION P.206



NOW YOU

In this exercise, you'll identify same trailheads within you for future exploration so we can continue the work you started.

You can also take suggestions from this list for how to identify trailheads.

Notice which parts come up in certain places, with certain people, and when you're performing different roles.

Notice what emotions come up as you explore different parts.

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Notice what activates your deepest sadness. Chances are that's where you'll find your exiles.

Burdens can be personal, cultural, or legacy burdens. Explore these burdens with an IFS counsellor or group.

What parts are you most interested in exploring further? Managers, firefighters, or exiles? Spend time with parts you are least familiar with or have the hardest time loving.

How can you tell whether you are in Self or not? What markers do you used to check? Some suggestions: is my heart open right now? Do I have a big agenda? Am I calm? Confident? Clear? How much am I in my body?

Notice when you are in Self and when you are not in Self in any given situation. What helps you stay in Self? What takes you out of Self? What helps you return once you been activated? Use these trailheads for further exploration.

Stu: That brings us to the end of the IFS workbook. Next week we're going to talk about Self-led remediation which attempts to give a simple shorthand way of continuing our trauma processing work going forward. I understand that "strengthening access to Self through visualization" is one of the steps in the Self-led algorithm. I think it would be relevant if you could briefly share that with us today…

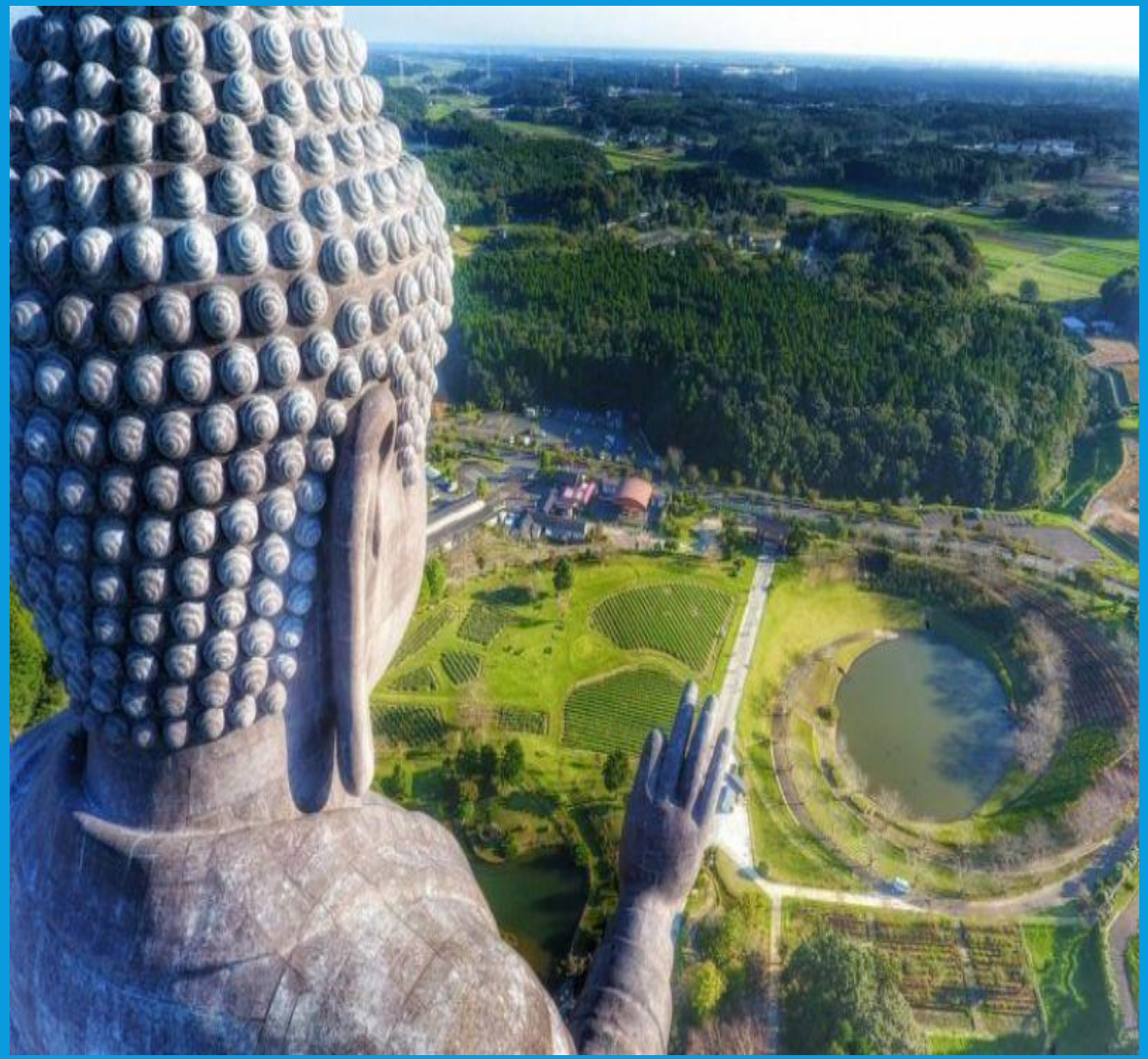
Luis: I'd be happy to…

THE 5 STEP SELF REMEDIATION ALGORITHM



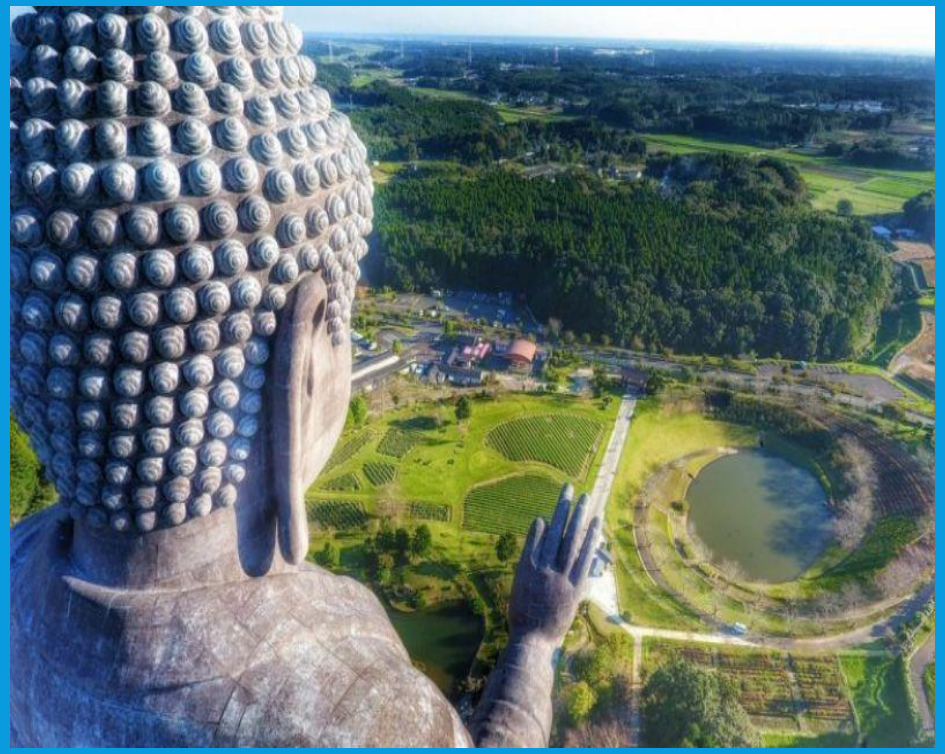
- Note that the Self remediation tool is a more complex tool and may take much more time to understand and be able to use than the previous tools.
- The 5 steps of the Self remediation algorithm are:
- Step 1. Become acquainted with your internal family part selves.
- Step 2. Use the internal family part selves you have identified in step 1 above as advanced targets in your holes diary cards.
- Step 3. Following the template provided do Self led chain analysis.
- Step 4. Strengthen or foster your access to Self.
- Step 5. Allow Self to become acquainted with your parts or the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.
- Self remediation is a stage II trauma therapy tool that helps process dissociated traumatic memories
- To use Self remediation, it's essential that you be familiar with and able to use stage I skills, tools, and strategies so that you are can stay within reach of and return to the window of tolerable emotions when you become activated.

STRENGHTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- The algorithm presented here is not in the IFS workbook; it is part of the 6th simple tool “self remediation” explained fully in session 29.
- This algorithm helps access Self and is presented here with an illustrative example.
- We will also use it again in session 29.

STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- Potentially everyone has access to Self but, in some people, its quiet presence is drowned out by the loud voices of the part selves. To better “hear” or have access to Self :
- 1. Think of someone or something that captures for you the spirit of understanding, empathy, equanimity, and generosity…(I think of that someone or something as the wise mind catcher, after the native North American “dream catcher”)
- That someone or something can be a fictional or historical character, a natural phenomenon or an animal, it can be a spirit such as a guardian angel, someone you know personally or have never met, someone imaginary or real.

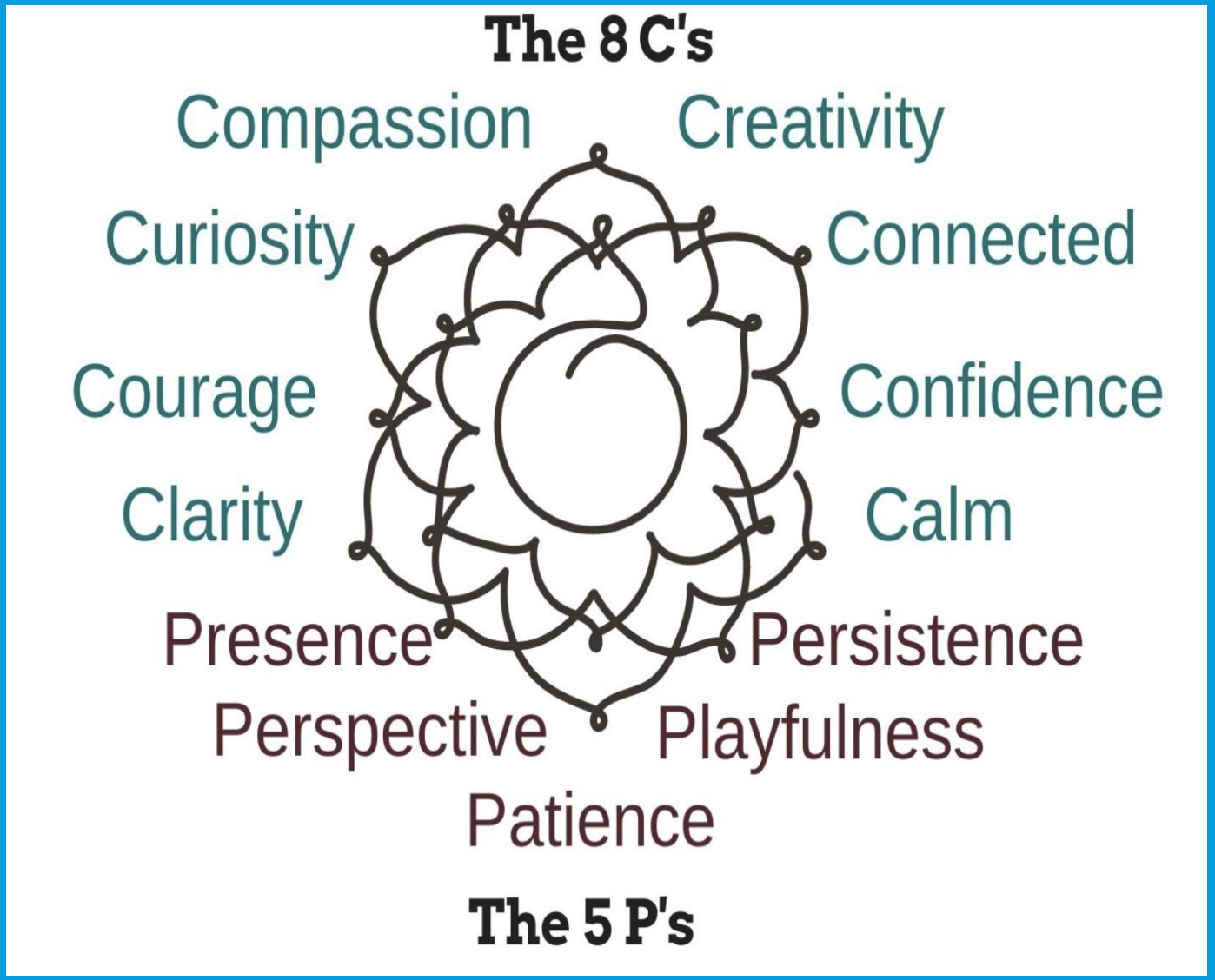
STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- 2. Picture that someone or something as vividly as possible in your mind. To help you visualize, you can draw, paint, or or find a drawing or picture of that something or someone. keep that picture or drawing somewhere you can readily access it.
- 3. Regularly practice visualizing the image you have chosen to associate with Self and pair that image with positive feelings and intentions. You can do this as a meditation practice. Schedule some time every week to do this. You can think of this as installing a Self “app” or resource in yourself.

THE 8 C's AND 5 P's OF SELF





STRENGTHEN OR FOSTER YOUR ACCESS TO SELF



Luis

Stu: Do you have an image for Self that helps you access the 8 C's and do parts work?
Luis: I do, these 5 real people who have been in my life are my image for Self. Each embodied some features of the 8 C's together they capture all of them. I think of them as my guardian angel advisors. I do mindfulness practices in which I picture them, and, in that way, they have become much more present in my life. This has been a tulpa like process.



Stu: Do you have any special practices that help you foster a connection to Self?
Luis: I start and end each day by hugging each one of them and thanking them for having been in my life and continuing to guide me. I tell them I'm enormously grateful for their presence and that I love them. Joan and Nicole will read a typical mindfulness exercise I might do that involves them.

MEDITATION ACCESSING SELF THROUGH MY GUARDIAN ANGELS

Read by Joan and Nicole

Begin by settling into a comfortable position…
Allow your body to soften…
Let your breath come and go naturally…

No need to change anything…
Just arriving.

Now gently bring your attention inward…
And notice whatever is present…
Thoughts… sensations… emotions…

And let them be there… without pushing them away…
Just noticing.

Now, begin to call to mind your five guardian angels…
These real people who, in different ways, have embodied for you
understanding… compassion… clarity… steadiness… generosity…

Let them come one by one…
Not as ideas… but as presences…

See their faces…
Their posture…
The way they looked at you…
The way they felt to be with…

Now imagine them gathering…
Not far away… but gently around you…

Perhaps in a circle…
Or beside you…
Or simply near…

There is no need to force the image…
Just allow it to form in whatever way it does.

Now notice something subtle…

They are not here to judge you…
Not here to fix you…
Not here to analyze you…

They are here in a very different way…

With curiosity…
With care…
With calm presence…

And now, very gently…
See if you can sense what they are seeing…

As they look at you…
How do they see you?

Not your parts… not your struggles…
But something deeper…

And now, slowly…
Let yourself receive their way of being…

As if their qualities are not outside you…
But beginning to awaken within you

Their calm… becomes your calm…
Their compassion… becomes your compassion…
Their clarity… becomes your clarity…

And now notice…

There may be a quiet presence here…
Spacious… steady… unhurried…

Not loud… not dramatic…
But deeply grounded…

This is not something you are creating…

This is something you are remembering…

If any parts of you are present…
You don’t need to push them away…

Just let them be seen…
From this place…

And if it feels right, you might gently say inwardly:

“I am here with you.”
“You don’t have to do this alone.”

Now rest here for a few moments…
With your guardian angels…
And with this emerging sense of Self…

And before we close…

Notice that even as their images may fade…
What they represent… does not leave…

Because it was never only them…

It is also you.

When you’re ready…
Gently return to your breath…
Your body…
The room around you…

And carry this quiet presence with you.

IFS Resources

Richard C. Schwartz, *Introduction to Internal Family Systems* (Sounds True, 2023).

——, *You Are the One You've Been Waiting For: Applying Internal Family Systems to Intimate Relationships* (Sounds True, 2023).

——, *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model* (Sounds True, 2021).

——, *Greater Than the Sum of Our Parts: Discovering Your True Self Through Internal Family Systems Therapy* (Sounds True, 2018).

For information on IFS Institute's growing number of courses or to find an IFS practitioner, visit ifs-institute.com.

If you're in crisis you may try the following services for assistance.

US Base: Dial 9-8-8 for the Suicide & Crisis Lifeline

For US or International support visit: findahelpline.com

*Note: IFS Institute is not affiliated with these support lines.

THANK YOU
KATE AND STU





MEAGHAN

SELF LEADERSHIP ASSESSMENT P.180



Meaghan

Self-leadership Assessment

→ Rate yourself on a scale of 1 to 10 (1 = low Self and 10 = high Self) in each of the following categories.

Mark where you are on the spectrum and write the date. You can revisit this assessment regularly to see what progress you've made in these areas.

1. **Self-awareness** I am aware of my parts and I am able to speak for them.

   1 2 3 4 5 6 7 8 9 10

2. **Self-care** I listen and respond to the needs of my parts with appropriate care and action.

   1 2 3 4 5 6 7 8 9 10

3. **Self-healing** I am connected to my parts and have regular times to touch base and extend appreciation and compassion to them.

   1 2 3 4 5 6 7 8 9 10

4. **Self-energy** I am able to maintain Self-energy even when my parts are activated.

   1 2 3 4 5 6 7 8 9 10

5. **Self-talk** I talk positively to myself and to my parts.

   1 2 3 4 5 6 7 8 9 10

6. **Self-love** I feel genuine love for myself and my parts and express that love daily.

   1 2 3 4 5 6 7 8 9 10

7. **Self-leadership** I am able to lead from my Self at most times.

   1 2 3 4 5 6 7 8 9 10

   Tally your numbers. Enter the numbers from the evaluation below:

   1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___

Total: ___

Divide that number by 7.

Your average Self-leadership score:

1–4—Low Self-leadership

5–7—Medium Self-leadership

8–10—High Self-leadership

Don't be discouraged if your Self-leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

IFS Workbook Part 5

Self Leadership Assessment

1 = low Self 10 = high Self

1. Self Awareness – I am aware of my parts and I am able to speak for them.

   1 2 3 4 5 6 7 8 9 10

2. Self Care – I listen and respond to the needs of my parts with appropriate care and action.

   1 2 3 4 5 6 7 8 9 10

3. Self Healing – I am connected to my parts with appropriate care and action.

   1 2 3 4 5 6 7 8 9 10

4. Self Energy – I am able to maintain Self energy even when my parts are activated.

   1 2 3 4 5 6 7 8 9 10

5. Self Talk – I talk positively to myself and to my parts.

   1 2 3 4 5 6 7 8 9 10

6. Self Love – I feel genuine love for myself and my parts and express that love daily.

   1 2 3 4 5 6 7 8 9 10

7. Self Leadership – I am able to lead from my Self at most times.

   1 2 3 4 5 6 7 8 9 10

Tally your numbers. Enter the numbers from the evaluation below.

Divide total by 7. Your average Self Leadership Score: 3.7

1-4 Low Self Leadership

5-7 Medium Self Leadership

8-10 High Self Leadership

Don't be discouraged if your Self Leadership isn't high. Keep practicing what you've learned. Work with your parts and come back every few weeks to see if your score changes.

1	#2	#3	#4	#5	#6	#7	Total
4	6	3	3	4	2	4	26

BECOMING A SELF LEAD LEADER P.184



Meaghan

→ Select one or two ideas from each list to apply to your everyday life. You can also add your own ideas.

In Your Home

- Model speaking for parts with your family.
- Get curious about your parts and those of your family.
- Reparent your own parts so you can better parent your children.
- Teach your kids to use parts language.

_____

_____

_____

In Your Professional Life

- Model speaking for parts with your coworkers.
- When you're activated, check in with your parts.
- When a colleague is in a protector, try to imagine the exile that's likely driving it.

_____

_____

_____

In Your Community

- Show compassion for other people's parts.
- Share what you're learning about your parts with your friend groups.
- Go through this workbook with a small group.
- Organize others to understand and take action around specific cultural burdens that are impacting your community.

_____

_____

_____

Pg. 184- 185 Becoming a Self led Leader

In your home – all four + some kind of materialization for each part

In Your Professional Life – all three + also imagine what feeling might be driving it. Naming feelings makes me recall times that I have also felt that way

In Your Community – all four

I can remember many times in life when I wondered why someone was behaving so childish. Now I realize that they were acting childish because they were children. We are all children. I feel a sense of relief. It's like a weight has been lifted.

END OF DAY INVENTORY P.186



Meaghan

END OF DAY INVENTORY

This practice will help you stay attuned to your inner system from day to day. At the end of each day consider doing an inventory of your parts. We suggest you use the holes diary card with advanced targets.

Write down which parts showed up. When were you Self lead? When were you not?

Parts inventory

Parts that showed up today:

When did I act Self lead?

When was I not Self lead?

Pg. 186- 187 End of Day Inventory

Which parts showed up? When were you Self led? When were you not?

Jealous Part – teenaged ghoul

Harsh Inner Critic (etiquette, cleanliness, can't take you anywhere)

Sickly Child (eating is hard)

I was able to stay in Self for a good portion of the day. It's always easier when Anthea is home. She had a playdate and both kids are high energy. I was frazzled by the end but I was still able to be present and connected.

I was not Self led while cleaning. I slipped into rage cleaning. It used to be much more regular. I act just like my mother when I do it, who is the source of most of my trauma.

OUTWARD BOUND P.188



Meaghan

What parts of you like the thought of engaging the world with more compassion?

What stops you from showing compassion?

How might being Self lead change the ways you engage the outside world?

Going inside
Notice any parts that might be fearful or reluctant to extend compassion to others. Take some time to work with those parts. Find, focus, and flesh out what those protectors are feeling. If you have enough curiosity, befriend those parts and extend compassion to them. Appreciate them for how they're wanting to protect you. See if they're willing to trust you to take the lead. If not, ask them why not.

Pg. 189 Outward Bound

I think it's always hard to feel compassionate if I am experiencing other emotions at the time. I sometimes feel like an old laptop with 500+ browser tabs open and its just spinning and it says PROCESSING and sure, it is but at what rate? When that happens at the exact moment someone needs my compassion I really have to focus.

How might being Self led change the way you engage the outside world?

I think it already has. I have noticed I ask a lot more questions and I'm doing it thoughtfully. I think I am more ready to put myself out there in the community in general.

PLAYLIST FOR YOUR PARTS P.190



Meaghan

Below write down the names of your parts on the left side and a song that reflects each part on the right side. Then create the playlist on your favorite listening device to enjoy with all your parts

Part	song

Pg. 191 Playlist for my Parts

Part	Song
Sickly Child (exile)	Only Love Can Hurt Like This (Paris Paloma)
Perfectionist Critic (Manager)	I Can't Handle Change (Roar)
Timekeeper (Rational Manager)	I'm In A Hurry (Alabama)
Grubby Waif (Exile)	Ask Me (Amy Grant)
Emergent Surrender (Exile)	Pacific (Chase Petra)
Fire Starter (Firefighter)	Dead Men Don't Rape (Delilah Bon)
Denialist (Manager)	Call Me Baby (Beach Bunny)
Channel Changer (Exile)	Clementine (Sarah Jaffe)
Unburdened Manager	I Don't Care (Judy Garland)
Unburdened Exile	It's You I Like (Ellie Schmidly)
Shadow Firefighter	Rabbit Heart (Raise it up) (Florence + the Machine)

ACCESSING SELF ENERGY P.192



Meaghan

What activities in your everyday life bring Self energy into your system?

What helps you tap into your Self-energy? What helps you separate from activated thoughts and emotions and be more Self-led?

Some activities might include:

- Going for a walk in your neighborhood
- Watching a sunrise or sunset
- Being in or around nature
- Looking out at a body of water
- Watching the activity at a bird feeder
- Playing with pets
- Spending time with children or grandchildren
- Rubbing your heart with your hand
- Listening to music
- Getting away from activating people

→ **What activities in your everyday life bring Self-energy into your system?**

_____

_____

Pg. 192- 194 Accessing Self Energy

What helps you tap into your Self energy? What helps you separate from activated thoughts and emotions and be more Self led?

The smell of water. Playing with my daughter or my dog. Music. Leaving the city. Using my voice both in my personal life and in the community.

Separating from my activated thoughts isn't possible until I identify and acknowledge the feelings behind it. Sometimes I need to process through singing, chanting or breathwork.

What activities in your everyday life bring Self Energy into your system?

Narrating and asking questions as I move about the day. I find that I can't ignore it if I say it out loud. Calming sensory experiences can bring me back into it. Regularly exercising helps me feel confident. I prefer HIITS and gardening in the summer.

Practice accessing self energy, then write down questions and have it answer.

SELF-CARE CHECKLIST P.195



Meaghan

Look at the self-care activities list provided in the workbook and see which one's appeal to your parts.

If it's been a while since you've done some of these self-care practices, make a plan to do three self-care activities this week.

→ **Look at the following Self-care activities and see which ones appeal to your parts.**

Think of ways you can incorporate IFS into these Self-care activities. Sometimes there are real constraints that may prevent you from doing some of them, but sometimes there are parts that are preventing Self-care that you can work with.

- Speak for your parts to loved ones about what your parts need from them or want them to know
- Do something creative
- Go outside in nature
- Take a nap in the middle of the day
- Get a massage
- Take a vacation
- Go on a date with yourself
- Read a book for fun
- Cook your favorite meal
- Play like a child
- Dance
- Try something new
- Do something adventurous
- Connect with friends
- Do something spontaneous
- Make love
- Smell flowers
- Eat your favorite sweet treat
- Prioritize your own joy

Are there other Self-care practices you would add to the list?

_____

_____

How might you incorporate parts work into these activities?

_____

_____

If it's been a while since you've done some of these Self-care practices, make a plan to do three Self-care activities this week.

This week I will do the following three things:

1. _____
2. _____
3. _____

Pg. 195-197 Self Care Checklist

Look at the following Self Care activities and see which ones appeal to your parts.

Speak for your parts to loved ones about what your parts need from them or want them to know. X

Do something creative X

Go outside in nature X

Take a nap in the middle of the day

Get a massage X

Take a vacation

Go on a date with yourself X

Read a book for fun X

Cook your favourite meal

Play like a child X

Dance X

Try something new X

Do something adventurous

Connect with friends X

Do something spontaneous X

Make love X

Smell flowers X

Eat your favourite sweet treat X

Prioritize your own joy X

Access water

Ask for help or accept an offer of help

How might you incorporate parts work into these activities?

I can use music and meditation to help me access the parts before doing the activity. That way we all get to experience the things we missed out on before.

This week I will do the following three things:

Play like a child

Smell Flowers

Access water

SELF-LOVE P.198



Meaghan

In this exercise you will explore ways to love yourself. Fill in other ways you can show love to yourself.

Give yourself a hug

Remind yourself there are no bad parts

Spend time listening to your parts, even the ones that, on initial examination, seem to have no redeeming value

Once you learn where your parts are stuck in time, and how they are trying to protect, extend appreciation and love to them too

Pg. 199 Self Love

Ways to show myself love: Use my meticulous planning skills for good. Offer soft, soothing sensory experiences (also sensory deprivation). Keep journalling.

A PICTURE IS WORTH A THOUSAND WORDS P.200



Meaghan

For this exercise get some old pictures or photo albums. See if you can identify parts from the pictures. Write down any insights you have.

Picture	date	part	insights



Part: Sickly Child

Insights: I have bags under my eyes in most of my pictures but its most noticeable in this one. My mom cut my hair off that year, and I really missed it being long. She really didn't like taking care of me in general but especially when I got sick because she was causing it. It made her feel guilty. So the hair had to go because I was too ill to bathe myself.



Part: Grubby Waif turned Perfectionist

Insights: I look so uncomfortable in this photo. I don't remember it being taken but I can read myself instantly upon looking at it. Little girls weren't allowed to really play back then. It was all smile and nod. Don't ruffle the dress. Panty hose to protect your privates. I would have given anything to go play in the dirt like the boys did.



Part: Shadow Firefighter (freeze response)

Insights: This is when I learned about the freeze response. That rabbit was terrified and I felt badly for petting it. They were kept in those tiny metal cages, and they all seemed so scared. The grown ups insist on smiley faces for the photo op. Thank goodness I was born before social media.



Part: Denialist Manager

Insights: Everything about this photo screams “I’m fine, nothing to see here”. I am biting my lips in because I am so uncomfortable. I always hated when the day was different. Class pictures interrupted the routine of school, and I already felt like I was being watched all the time. Being photographed exacerbated it.

BEING YOUR OWN HOPE MERCHANT P.202



Meaghan

In the space below, write four or five messages you want your parts to trust.
Ex. I love you for who you are, not for what you do or don't do.

Take some time to remind your parts of these truths about you

Pg. 203 Being Your Own Hope Merchant

Write four or five messages you want your parts to trust.

I won’t leave you again.

I appreciate everything you’ve done for me.

You deserve to have your needs met.

My love and acceptance is unwavering

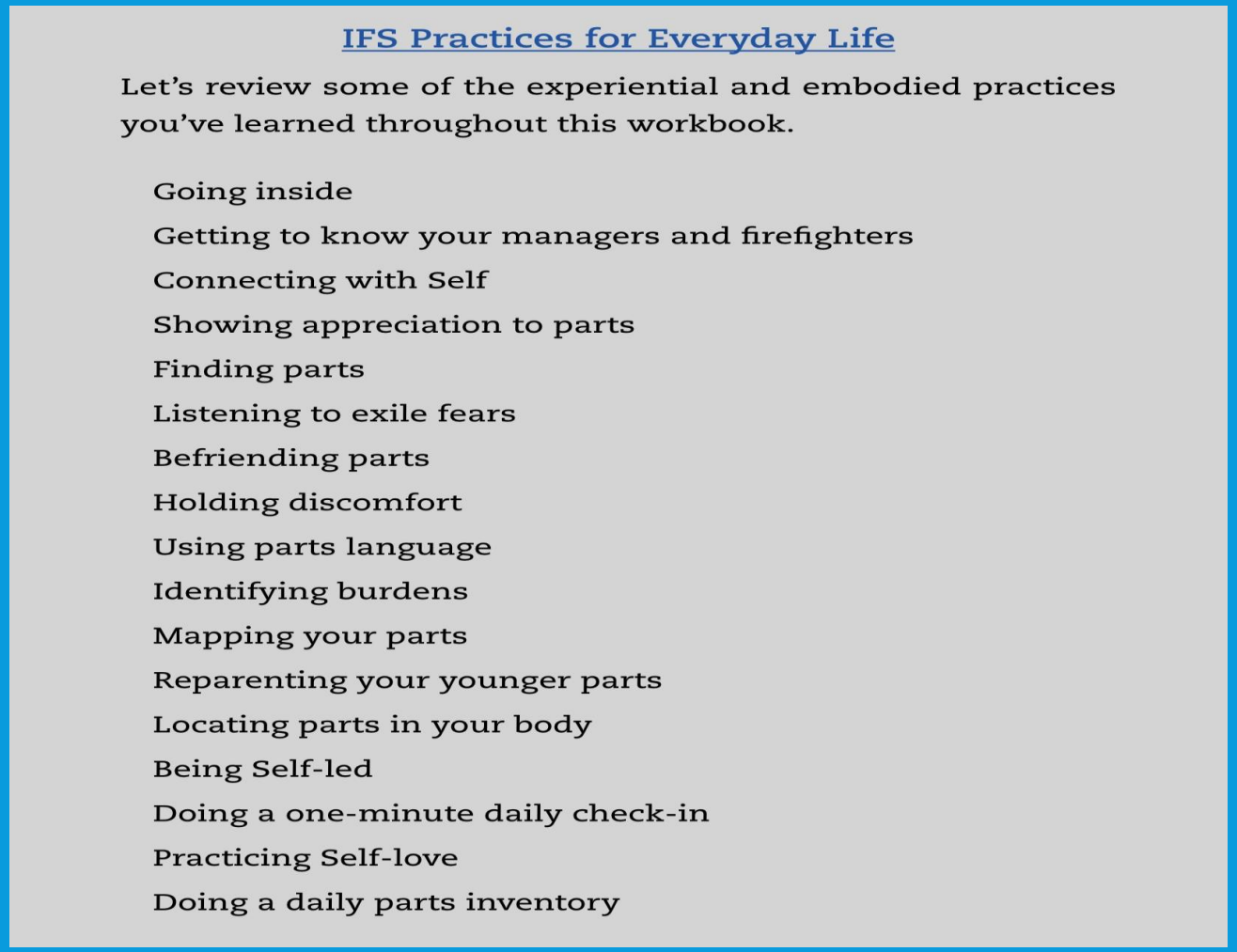
IFS PRACTICES FOR EVERYDAY LIFE P.204



Meaghan

IFS PRACTICES FOR EVERYDAY LIFE P.204

This section of the workbook lists the experiential and embodied practices you've learned throughout the workbook.



IFS Practices for Everyday Life

Let's review some of the experiential and embodied practices you've learned throughout this workbook.

- Going inside
- Getting to know your managers and firefighters
- Connecting with Self
- Showing appreciation to parts
- Finding parts
- Listening to exile fears
- Befriending parts
- Holding discomfort
- Using parts language
- Identifying burdens
- Mapping your parts
- Reparenting your younger parts
- Locating parts in your body
- Being Self-led
- Doing a one-minute daily check-in
- Practicing Self-love
- Doing a daily parts inventory

What practices in the workbook have been the most impactful for you and your parts?

What practices do you need to spend more time developing?

What practices would you like to incorporate into your everyday life?

Pg. 204-205 IFS Practices for Everyday Life

What practices in this workbook have been the most impactful for you and your parts?

Listening to my exiles

Going Inside

Mapping Parts

What practices do you need to spend more time developing?

Getting to know managers and firefighters

Locating parts in my body

Practicing Self love

TRAILHEADS FOR FUTURE EXPLORATION P.206



Meaghan

In this exercise, you'll identify same trailheads within you for future exploration so we can continue the work you started.

You can also take suggestions from this list for how to identify trailheads.

Notice which parts come up in certain places, with certain people, and when you're performing different roles.

Notice what emotions come up as you explore different parts.

Notice what triggers your anger, is there sadness underneath? Is there fear of being taken advantage of? Spend time exploring these triggers.

Notice what activates your deepest sadness. Chances are that's where you'll find your exiles.

Burdens can be personal, cultural, or legacy burdens. Explore these burdens with an IFS counsellor or group.

What parts are you most interested in exploring further? Managers, firefighters, or exiles? Spend time with parts you are least familiar with or have the hardest time loving.

How can you tell whether you are in Self or not? What markers do you used to check? Some suggestions: is my heart open right now? Do I have a big agenda? Am I calm? Confident? Clear? How much am I in my body?

Notice when you are in Self and when you are not in Self in any given situation. What helps you stay in Self? What takes you out of Self? What helps you return once you been activated? Use these trailheads for further exploration.

Pg. 206-207 Trailheads for Future Exploration

Future Trailheads

Anger from carrying too much household labour. The feeling underneath is deep loneliness. The rest of the house doesn't see the problems I see. Therefore, they don't see the effort I am putting in. I feel like I have to do everything myself. It never stops. There is no winning. Only more work. I feel invisible.

The burden of my mother's past. I feel like I have made progress with accepting what happened, but I am still confronted with it as long as I have a relationship with her. She is almost never is her Self Energy. I thought some of the tension would be alleviated when nana passed. There was initially some relief, but now there is fallout between my mother and the rest of her family, and I can see her falling into her holes more regularly. I wonder if nana's presence in the house made her behave better. My mother's last visit to bury nana was an unmitigated disaster.

I have some other trailheads but they will have to be much farther down the road. Some of my parts have been very clear that they are not interested in engaging with me.

ACCESSING SELF ENERGY-AN IFS GROUP DEMONSTRATION-
PREPARED FOR GROUP SESSION WEEK 28

Joan/Nicole: About This Demonstration

The session you are about to witness was conducted on April 29, 2026, with Meaghen, who generously volunteered to demonstrate her work on Part Five of the IFS Workbook: "Accessing Your Unlimited Self-Leadership."

The purpose of this demonstration is to bring to life the concepts you have been working with in the workbook — particularly the challenge of accessing Self energy when protector parts are active. You will see how a therapist uses curiosity and gentleness to explore parts, how those parts carry the relational history of the person, and how the Self — even when quiet — is always available.

The dialogue that follows is a reconstruction of the session. It has been dramatized for clarity and teaching purposes. Commentary in italics is offered to illuminate the clinical reasoning behind each exchange.

The Theme: Accessing Self Energy

Meaghen completed the Self-Leadership Assessment at the end of her workbook work, rather than at the beginning. This is itself significant: she found that working through the exercises first, expanded her access to Self energy before she scored herself. Her average score was 3.7 suggesting Self is present in her system and can be further fostered.

The exercises she engaged with illuminate a recurring theme in her system: the experience of not being seen, of having her needs and her pace overridden by others, and of learning to become smaller or louder in order to survive. This session traces how that history lives in the present, in the form of the parts who carry it.

DRAMATIZED SESSION SCRIPT

Beginning with the Workbook

The session opens with a review of Meaghen's workbook responses. The therapist tries to create a relaxed, inviting atmosphere noting that this work is not an interrogation but an exploration. The workbook functions as a map of the territory.

Therapist: Thanks for doing all this work, Meaghen. I want to start gently — I'd love to just hear what your experience was like working through this section before we look at any of the exercises in detail. What stood out for you?
Meaghen: Honestly, what stood out was how hard it was to fill in the Self-Leadership Assessment at the beginning. I felt like I hadn't earned the right to score myself yet. So, I did it at the end, after I'd done all the exercises. And the scores felt more honest that way.
Therapist: That's a really interesting instinct — to do the assessment after the work rather than before. What do you think that tells us?
Meaghen: I think before I started, Self felt pretty far away. It was there, but it was quiet. By the end I had more of a sense of it. So, the score felt real. It wasn't just guessing.

Joan/Nicole: Meaghen's decision to complete the assessment at the end rather than the beginning reflects a thoughtful self-awareness. It also hints at a part that may require some sense of readiness or worthiness before it can take stock of itself. This can be explored gently as the session continues.

BECOMING A SELF-LED LEADER — THE GAP BETWEEN KNOWING AND DOING

The workbook exercise on Self-led leadership invites participants to consider how they can bring IFS principles into their home, professional, and community life. Meaghen's response reveals a familiar tension: the gap between intellectual understanding and embodied practice.

Therapist: In the 'Becoming a Self-Led Leader' section, you wrote that you liked all the ideas the workbook suggested. But you also said something about finding it hard to put them into practice. Can you say more about that?
Meaghen: Yeah. It all makes sense to me — speaking for parts, modelling curiosity with my daughter, holding space for other people's parts. It resonates. But then life happens and I'm just… in it. And the intellectual knowing doesn't always translate into practice.
Therapist: That's such an honest thing to name. There's often a lag between understanding something and being able to live it. Do you notice what gets in the way?
Meaghen: Usually, when I'm activated. If I'm flooded or overwhelmed, I can't access any of it. The parts take over and Self goes very quiet.
Therapist: That makes complete sense. It's one of the paradoxes of this work — it's most needed in the moments it's hardest to access.

Joan/Nicole: Meaghen has given her daughter a children's IFS workbook. Her daughter read it twice and seems to be sitting with it. Meaghen has left the door open without pushing. This is itself a beautiful act of Self-led parenting — respecting her daughter's pace rather than imposing her own.

The End-of-Day Inventory — The Sickly Child

Meaghen completed the end-of-day inventory on a day her mother was or had just visited. The workbook invites participants to track which parts showed up throughout the day — a practice very similar to a simple holes diary card, using parts as advanced targets.

Therapist: Tell me about the inventory you did. What parts showed up that day?
Meaghen: A few. There was the Jealous Part — I call her the teenaged ghoul. The Harsh Inner Critic was there, the one who monitors etiquette and cleanliness. And the Sickly Child. She's almost always there.
Therapist: The Sickly Child seems to be a constant companion. What's her presence like on an ordinary day?
Meaghen: She's just… there. In the background. Sometimes she makes eating hard. She's not always loud, but she's never really gone.
Therapist: And that day — with your mother visiting — how activated was the system?
Meaghen: Pretty activated. I could stay in Self for a good portion of it, especially when my daughter was home — that helps, actually. But by the end I was frazzled. And there was some rage cleaning.
Therapist: Rage cleaning — tell me about that.
Meaghen: It's when I clean not because I want a clean house but because I'm furious and I don't know where to put that energy. It's very much my mother. When I catch myself doing it, I feel sick, actually. I can hear her in it.

Joan/Nicole: The rage cleaning offers a vivid window into what IFS would call legacy burdens — patterns absorbed from the relational field of the family system. Meaghen is not simply enacting a behavior; she is carrying something that was never originally hers.

Going Inside — The Timekeeper

The 'Going Inside' exercise asks participants to notice which parts might interfere with extending compassion to others — which parts, in other words, block the flow of Self energy. Meaghen identifies a part she calls the Timekeeper.

Therapist: In the Outward-Bound section of the work, you're asked to notice what parts might get in the way of compassion — parts that might compete with Self. What came up for you?
Meaghen: The Timekeeper. She's the one who most regularly takes over. She's very rational, very organized. And she has zero tolerance for… absorption. For getting lost in something.
Therapist: Can you see her? What does she look like?
Meaghen: She's holding a clipboard. She's wagging her finger at me. She wants me to comply, to get on with things, to be efficient. She's not interested in what I'm feeling — she just wants me to perform.
Therapist: What happens in you when she takes over? What do you feel?
Meaghen: Rushed. Not seen. Like I have to hurry up and be someone I'm not.
Therapist: And if we stay with that for a moment — 'rushed and not seen' — does that feeling connect to anything? Any sense of when you first knew it?

Meaghen: The social workers I started seeing when I was six. The staff at my school. My mother. Everyone had an idea of who I was supposed to be and what I was supposed to do and on what schedule. And I'm… I get absorbed by small things. I notice things. I slow down. And nobody had any patience for that. That absorption is one of the things that's made me think I may be a little bit on the autism spectrum. Of course, at that time nobody even considered that.
Therapist: So, the Timekeeper learned to do to you what the world was doing to you. She internalized that pressure.
Meaghen: [quietly] Yes. She wanted me to be acceptable.

Joan/Nicole: This is a crucial moment. The Timekeeper is a manager — a part that adopted the attitudes of the external system (school, social work, mother) and applied them internally. She may not have been aware of Meaghen's high sensitivity, her likely neuroatypicality, or her need for a different pace. She was simply trying to keep Meaghen safe by making her compliant. She deserves curiosity, not condemnation.

Therapist: I want to offer a tentative idea. I wonder if underneath the Timekeeper there's a younger part who carries the feeling of being rushed and unseen. A kid who had her own pace, her own way of being, and had it overridden. What do you notice when I say that?
Meaghen: Yes. She's there. I can feel her. She's… I don't know if she's angry or just exhausted.
Therapist: Both, perhaps. We don't have to be precise about it yet. Let's just call her the Rushed and Unseen Kid for now and keep that name gently.

Joan/Nicole: Playlist for Your Parts — Volume and Voice
Meaghen identified songs for each of her parts and noticed a pattern in her choices.

Therapist: What do you make of the songs you for your parts?
Meaghen: There's something interesting — several of them start very softly and build to something very loud. When I chose the songs, I didn't think of that but now the pattern seems clear.
Therapist: What does that pattern mean to you?
Meaghen: Maybe that I have to get louder to be heard. I have to increase my volume before anyone takes me seriously.
Therapist: Can you give me an example from your life?
Meaghen: My mother has called me 'Magen' my whole life. That's not the name she gave me at birth. When I realized that I asked her, and asked her, and asked her to use my real name. For years she didn't. Until I lost my temper completely. Then she corrected herself.
Therapist: So, the only thing that worked was you losing your temper with her?
Meaghen: Yes. And I hated that it had to come to that. But it was the only thing she heard.
Therapist: I wonder if that's what one of your firefighter parts learned — that the only way to be taken seriously is to become loud enough that you can't be ignored. What do you think?
Meaghen: That feels right. And I hate that I needed to learn it.

Joan/Nicole: The pattern in the music playlist is a beautiful clinical trailhead. It reveals a firefighter strategy — escalation as the only reliable pathway to being heard. This emerged not from willfulness but from a relational environment where ordinary needs, expressed in ordinary ways, were consistently overlooked.

Self Energy and the Part That Doesn't Want Her to Feel Better

The workbook sections on accessing Self energy, self-care, and self-love invite vulnerability. Meaghen encounters a part that resists her healing — not out of malice, but out of a wound that has not yet been named.

Therapist: Earlier you said something that I'd like to come back to. You said there's a part of you that doesn't want you to feel better. Can we try to explore that part right now?
Meaghen: We can try. Give me a minute while I go back to a time when she was present.... OK...She's there. Pre-teen. Angry. She feels like I don't deserve to feel better. Like why should I get to?
Therapist: Does she give you any sense of why? Why feeling better might not be something you've earned?
Meaghen: I think... I was often the reason my mother got angry. At least, it felt that way. Like my existence was provocative. So maybe feeling better is... I don't know. Like I'm letting myself off the hook somehow.
Therapist: As if the suffering is what keeps the account balanced.
Meaghen: [long pause] Yes. That's it.

Joan/Nicole: This part carries a profound burden: the child's internalized belief that she is responsible for her mother's pain, and that her own suffering is a form of penance or justice. This is one of the most common and most heartbreaking burdens exiles carry — the shame of having somehow caused the harm done to them. It will need patient, careful work.



The Sickly Child — An Exile Revisited

Therapist: You named the Sickly Child as an exile before today's session. And in your photo exercise, you identified her specifically — can you tell me more about her…

Meaghen: Umm… It's interesting when I think of her, I have a memory of when I was about 7 or 8. I'm at home trying to go up the stairs to my room stairs on all fours because I'm sick and breathless, and my mother is just watching without offering help.

Therapist: What's it like to hold that image now?

Meaghen: It's… a lot. That little girl was so alone in that moment. She didn't understand what was happening to her body. She was frightened. And her mother was just… there. Watching. Not helping.

Therapist: And what does she need to hear from you now, do you think?

Meaghen: That I see her. That she wasn't invisible, even when she was treated that way. That I'm not going to leave her behind.

Therapist: You wrote in your Hope Merchant section: 'I won't leave you again.' Was that meant for her?

Meaghen: [quietly] Yes.

Joan/Nicole: The Sickly Child is a fully articulated exile — a part frozen at the time of her illness and neglect, carrying panic, aloneness, and physical vulnerability as her burdens. She is known to Meaghen, who already has language for her and compassion for her. This is the foundation from which healing work can begin.

The Wise One — Meaghen's Image of Self

Therapist: Earlier you mentioned that you already have an image for Self and you call this image the wise one. I want to end our session today by spending a little time with the Wise One. Tell me about her.

Meaghen: She's older. She wears a long purple cloak and carries a staff. She doesn't speak — she gestures. She has this calm, slightly amused expression, like she understands everything and isn't troubled by any of it.

Therapist: What's it like to be with her?

Meaghen: Peaceful. Safe. She's not in a hurry.

Therapist: Not in a hurry — the opposite of the Timekeeper.

Meaghen: [smiling] Exactly. The Timekeeper would hate her.

Therapist: Or maybe… she's what the Timekeeper has been waiting for. A presence that doesn't need her to manage everything. Someone who can hold the pace.

Meaghen: I'd never thought of it that way. That maybe the Timekeeper is exhausted too.

Therapist: Parts that work very hard for a very long time often are. The Wise One might be the one who could finally give her permission to rest.

Joan/Nicole: This exchange illustrates one of the most powerful moments in IFS work: the recognition that the protectors themselves carry burdens. The Timekeeper has been straining for decades. The Self — in the form of the Wise One — is not a threat to her but a relief. Reframing the protector-Self relationship in this way opens the door to healing.

Therapist: Meaghen, you mentioned wanting to ask the Wise One her name. I'd like to suggest that as a practice for you this week. Spend some time with her. Let her speak, in whatever way she does. Ask what she wants to be called. Ask her how she thinks you might approach the parts that are harder to reach. See what emerges.
Meaghen: I think she'd like that. I think she's been waiting.
Therapist: I wonder if that's a way to take this work forward: you spending time with the Wise one and you asking her advice as to how to approach the various parts you've identified.
Meaghen: I think that could be interesting.
Therapist: Thank you so much Meaghen for doing this…

Joan/Nicole- PART THREE: MEAGHEN'S PARTS — A SUMMARY

The following parts emerged clearly in Meaghen's workbook work and in the session. They are offered here not as fixed diagnoses but as working maps — provisional, subject to revision as the work deepens.

The Sickly Child — Exile

The foundational exile in Meaghen's system. Before the session doing the workbook exercises Meaghen identified a childhood photograph of herself looking ill, her hair cut off by her mother during a period of illness. In the session Meaghen pictured her at age 7 breathlessly going up the stairs to her room as her mother watched, not helping. The Sickly Child is frozen at the time of Meaghen's repeated childhood illnesses — a period marked by her mother's emotional unavailability and, at times, outright neglect. She carries the burdens of panic, loneliness, physical vulnerability, and the profound confusion of a child who was ill and could not understand why she was not being helped. She already has considerable space in Meaghen's awareness, and Meaghen has begun to make contact with her.



The Timekeeper — Manager

A highly active manager who holds a clipboard and wags her finger. She is urgently focused on compliance, efficiency, and behaving in ways that will be accepted. She has no awareness of Meaghen's high sensitivity or her likely neuroatypicality — her need for absorption, for slowing down, for noticing small things. The Timekeeper represents the internalized attitudes of the many adults who imposed their timelines on Meaghen without curiosity or care: social workers, teachers, her mother. The timekeeper believes that if Meaghen does not comply and perform, something bad will happen. Her core wound is the same as the exile she protects: the Rushed and Unseen Kid.

The Rushed and Unseen Kid — Exile (Tentative)

This exile was tentatively named in today's session, emerging in relationship to the Timekeeper. She is the younger part who holds the direct experience of being hurried past her own pace and rendered invisible by those who were meant to care for her. She may carry anger, exhaustion, or both. More exploration is needed to bring her into clearer focus.

The Preteen — Exile (Partially Identified)

A partially articulated exile who believes Meaghen does not deserve to feel better. She appears to carry the burden of shame — specifically, the internalized belief that Meaghen's existence was provocative to her mother, that she was somehow the cause of the mother's pain, and that her suffering is therefore appropriate or just. She is pre-teen in age, angry, and not yet fully available for exploration. She is likely connected to the period when Meaghen's mother changed significantly following the trial when Meaghen was seven.

The following is a clarification that Meaghen added to the previous text:
The shame burden here came from my mother, but it's more of asexual shame.
As puberty neared my mother became increasingly vigilant about my
body. She told me that I was pretty and that would make me a target for men's sexual urges. She turned out to be correct, but it was her own doing. Provoking her anger and violence in younger years forced my stress response to freeze, which made me a prime target for sexual abuse as a teenager and set me up perfectly for the intimate partner violence that came later.

The Harsh Inner Critic (Etiquette Manager) — Manager

A manager concerned with cleanliness, etiquette, and social presentation. She is connected to Meaghen's mother's influence and surfaces with particular intensity in domestic contexts. She is the part that drives rage cleaning — and whose presence Meaghen recognizes with distress because it mirrors her mother's behavior. She has not been explored in depth but is clearly active in Meaghen's system.

The Fire Starter — Firefighter

Identified through Meaghen's playlist exercise (song: "Dead Men Don't Rape"). This part carries fierce, protective anger. She is the part that escalates when ordinary requests go unheard — the one who finally, through fury, gets Meaghen's mother to use her correct name. She has learned that the only way to be taken seriously is to become impossible to ignore. She has not been directly explored but is named and known.

The Wise One — Self-Figure

Meaghen's embodied image of the Self: an older woman in a long purple cloak, carrying a staff, who does not speak but gestures with quiet authority. She is calm, mildly amused, unhurried, and deeply understanding. Meaghen has named her the Wise One and plans to ask her what she wishes to be called. Meaghen is also exploring the possibility of cultivating the Wise One as a tulpa-like figure — a stable inner presence she can consult and be with regularly. This is a rich and promising direction for future Self-work.

PSYCHODYNAMIC FORMULATION

Overview

Meaghen's inner system reflects the long-term effects of growing up in a home defined by emotional unpredictability, relational trauma, and the consistent experience of having her needs and her self-hood overridden by the demands of the adults around her. Her parts have organized around a central wound: not being seen.

Early Development and the Formation of the Core Wound

Before the age of seven, Meaghen's life was already shaped by frailty and the inadequacy of care around it. She describes herself as a sensitive, perceptive child who was absorbed by small things and who needed a different pace from the one the world imposed on her. The adults in her life — social workers, teachers, her mother — did not have the awareness or capacity to recognize this. Instead, they expected her to comply, perform, and move at their speed.

When Meaghen was seven years old, a pivotal event changed the family system profoundly. Her mother was a survivor of abuse; her abuser represented himself at trial and was permitted to question Meaghen's mother directly. The experience was extended and retraumatizing for Meaghen's mother. Following the trial, Meaghen's mother became explosively angry at times throwing heavy objects. This transformation marks a clear developmental rupture — the mother Meaghen had known was replaced by someone who was both dangerous and unpredictable.

The consequences for Meaghen were significant. Already prone to illness, her health deteriorated sharply after the trial. She had infection after infection, then pneumonia. Her mother offered little care and less empathy. It is well established in developmental and psychoneuroimmunological research that children living in high-conflict homes carry a significantly elevated allostatic load, and that chronic relational stress suppresses immune function. Meaghen's body was expressing what could not be expressed any other way.

The Role of Repression and the Protector System

Meaghen could not afford to be angry with her mother. Anger would have provoked further explosions. And so, her anger was repressed — pushed down into the exile system, held by parts who learned to contain it at great cost. Meanwhile, her managers stepped in the Timekeeper, shaped by the expectations of school and social work, took on the job of keeping Meaghen compliant and functional. The Harsh Inner Critic monitored presentation and etiquette, internalizing her mother's demanding standards. These protectors were not failures; they were adaptive responses to an impossible situation.

The firefighters, too, found their role. With ordinary communication consistently ineffective, escalation became Meaghen's only reliable tool for being heard. The Fire Starter learned to turn the volume up high enough that she could not be ignored. This strategy worked — and it came with a cost. Meaghen now carries shame about her own anger, recognizing her mother in herself when she rages, even as she understands intellectually that the rage is not hers alone to own.

The Body as Exile

The Sickly Child is, in one sense, the body made into a part. She carries the physical and emotional experience of being ill and uncared for: the breathlessness on the stairs, the mother watching without helping, the confusion and panic of a child whose body was failing her and whose caregivers were not providing the safety she needed. One might speculate, carefully, about the secondary relational functions her illness served: the father intervened, having Meaghen's bed moved downstairs so she would not have to climb. The family pediatrician repeatedly named the mother as a contributing factor in Meaghen's ill health. Even in illness, Meaghen found, paradoxically, some forms of visibility and advocacy that were otherwise unavailable to her.

These speculations are offered not as certainties but as trailheads — possibilities to be held lightly and explored in time. Meaghen engaged with them thoughtfully, neither dismissing them nor grasping at them. That quality of open, grounded engagement is itself a sign of Self energy at work.

Legacy Burdens and the Intergenerational Dimension

A significant thread in today's session is what IFS would call legacy burdens — weights that have been passed from one generation to the next, often unconsciously. Meaghen's mother was a survivor of abuse whose post-trial transformation suggests profound unresolved trauma. The rage that erupted in the home, the inability to offer care, the erasure of Meaghen's name and identity — these were not simply failures of character. They were the expressions of a system in its own crisis.

Meaghen is doing work that may interrupt this lineage. She has given her seven-year-old daughter an IFS workbook for children. She is thinking about how to model parts-language in her home. She is doing the slow, difficult work of becoming someone who sees — because she was not always seen. That is a remarkable thing.

The Self and Future Directions

Meaghen's image of the Self — the Wise One in her purple cloak — is a significant clinical resource. It is vivid, stable, and already inhabited with positive qualities: calm, understanding, patience, the capacity to not be in a hurry. Meaghen's instinct to cultivate this image as a regular inner companion, and perhaps to explore it through practices such as journaling dialogues and visualization, is well-founded both clinically and in the broader tradition of parts-work and depth psychological practice.

Future work in the inner system will likely need to focus on several areas. The Timekeeper is ready to be explored more fully — including her exhaustion, her history, and the possibility that she might finally be given permission to rest. The Preteen who doesn't think Meaghen deserves to feel better will require patience and careful approach, as she carries deep shame. The Sickly Child has been named and is waiting — she craves contact but will need to develop trust before her burdens can be released. Meaghen's trailheads for future exploration include the deep loneliness beneath her anger about household labor; the continuing complexity of her relationship with her mother, particularly following the death of her grandmother; and some parts who have made it clear, in Meaghen's own words, that they are not interested in engaging yet. Their reluctance is worth honoring. Good IFS work does not force. It follows.

A Note on Meaghen's Strengths

Any psychodynamic formulation risks becoming a litany of wounds. It would be incomplete without noting that Meaghen brings to this work a quality of intelligence, self-awareness, and emotional precision that is striking. She names her parts with flair and accuracy. She holds complexity without becoming overwhelmed by it. She has already developed a relationship with her Self — the Wise One has been with her for some time. She is a devoted mother who is thinking carefully about the world she is creating for her daughter. And she is sitting in a group, sharing her inner life, so that others might find their way into their own.

That is not a small thing. That is courage. And courage, as Richard Schwartz would remind us, is one of the qualities of the Self.

Imagining Meaghen's Wise One



Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

END OF WEEK 28

BEGINNING OF WEEK 29
SELF-LED REMEDIATION

PLEASE START RECORDING

SELF-LED HEALING AS A DAILY PRACTICE

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															

Notes:

WARNING ABOUT MEDITATION

Feel free to skip it. Followed by a moment of silence

CHECK IN REGULARLY WITH YOUR PERSONAL DASHBOARD

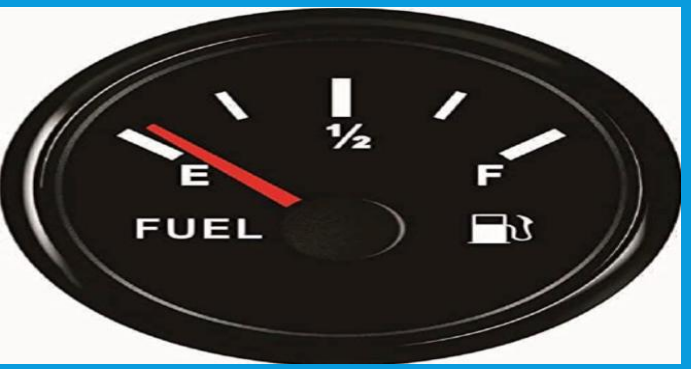
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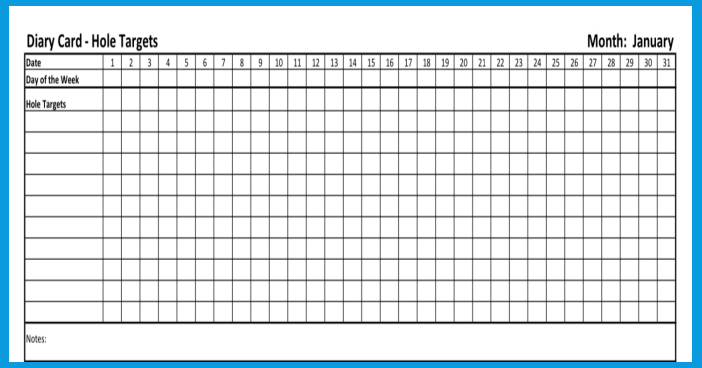
WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS



ATTENTION METER



Spend a few moments checking in with yourself by asking:

1)What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme

2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside

3) Where is my energy tank right now?
a) Full b) ¾ c) ½ d) near empty

4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?

5) How well am I focusing on what I'm doing. (for example, the course)

SELF-LED REMEDIATION: A 5-MINUTE PRACTICE

Let’s begin by settling in…

You can close your eyes if that feels comfortable…
or soften your gaze.

Allow your body to arrive…
just as it is.

No need to change anything yet.

Bring your attention to the breath.

Not controlling it…
just noticing it.

The rise…
and the fall.

And as you sit here, just acknowledge:

You’ve been on a journey.

Weeks of learning…
of noticing…
of trying new ways of relating to your inner world.

Let that land for a moment.

Now gently turn your attention inward.

Notice what's here right now.

Thoughts…
sensations…
emotions…

And especially… notice the parts.

Maybe there's a part that's tired…
a part that's skeptical…
a part that's proud…
a part that's unsure what comes next.

You don't need to fix or change any of them.

Just notice.

And if it feels right, you might gently say inside:

"I see you."

Now, see if you can sense something else.

Not a part…
but the space that is aware of all the parts.

The one who is noticing.

In DBT, we've called this Wise Mind.
In IFS, we might call this Self.

It's not something you have to create.

It's already here.

It's the part of you—
or the presence in you—
that can be curious…
calm…
compassionate…
steady.

Even if just a little.

See if you can rest there…
even for a few seconds.

Now, from this place of Self…

gently turn toward one part that feels important right now.

Just one.

Not the most overwhelming one—
just one that is asking for a bit of attention.

And from this Self place, silently offer:

“I’m here with you.”

Notice what happens.

No need to analyze…
no need to do it perfectly.

Just being with.

And now, gently widen your awareness again.

This… is the essence of Self-led Remediation.

Not fixing everything…
not getting rid of parts…

but returning, again and again,
to this place in you
that can be with your experience.

You can do this anywhere.

In the middle of a difficult moment…
in a conversation…
in a quiet morning.

Take one more breath.

And just acknowledge:

This capacity is yours.

It doesn’t belong to the course…
or to any model.

The course has simply helped you remember it.

When you’re ready, gently bring your attention back…
opening your eyes…
returning to the room.

SIMPLE COURSE SCHEDULE 2025-26

Week 1- October 1
Week 2- October 8
Week 3- October 15
Week 4- October 22
Week 5- October 29
Week 6- November 5
Week 7- November 12
Week 8- November 19
Week 9- November 26
Week 10- December 3
Week 11- December 10
Week 12- December 17
December 24 and 31
Week 13- January 7
Week 14- January 14
Week 15- January 21
Week 16- January 28
Week 17- February 4
Week 18- February 11
Week 19- February 18
Week 20- February 25
Week 21- March 4
March 11 and 18 no course
Week 22- March 25
Week 23- April 1
Week 24- April 8
Week 25- April 15
Week 26- April 22
Week 27- April 29
Week 28- May 6
Week 29- May 13
Week 30- May 20- 9am to 1pm
Week 31- May 27
Week 32- June 3
Week 33- June 10 pilot

PRACTICE SESSIONS SCHEDULE

11. Today May 13 Self-led remediation with Rob T.

- Week 24- April 8, IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- April 15, IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- April 22, IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- April 29, IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- May 6, IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May 13, Simple Manual Session 23 Self-led remediation

THE NEXT FOUR WEEKS

Week 30- May 20- 9am to 1pm*- Self-led remediation applied to intimate relationships.

Week 31- May 27- Bringing meaning and purpose into your life – our circle of meaning

Week 32- June 3- Joan and Nicole's end of the year special- course highlights- Feedback- Brunch

Week 33- June 10- Sexuality and bonding pilot session.


DON'T
FORGET

HOMEWORK FROM LAST WEEK

- Work on part V of the IFS workbook “accessing your unlimited Self-leadership” pages 179 to 209 of the workbook or the fifth part of the session 24 to 29 slides sent to you. (which can also be found on the website)
- Read session 28 in Simple manual- interpersonal conflict and repair

HOMEWORK FOR THE COMING WEEK

- Work on Self-led remediation (remainder of sessions 24 to 29 slides)
- Make Self-led remediation a daily practice for the indefinity future.
- Read session 28 in the Simple manual- interpersonal conflict and repair
- Make sure you've worked on the circle of meaning homework.

HOMEWORK HABITS CHECKLIST

Circle or check what you will try this week.

1. Preparation habits

- I schedule a specific time for homework.
- I choose a consistent location with minimal distractions.
- I gather what I need ahead of time (notebook, worksheet, pen).

2. Focus & pacing habits

- I start with a tiny step (2–5 minutes).
- I use a timer (10–15 minutes).
- I remove distractions (phone away / Do Not Disturb).

HOMEWORK HABITS CHECKLIST

3. Tracking & organization habits

- I keep materials in one place (binder / folder / notebook).
- I write down insights right after doing the homework.

4. Self-compassion habits

- I aim for progress, not perfection.
- I notice resistance without judgment.

5. Accountability habits

- I review my week: What worked? What didn't?
- I share honestly with my buddy — even when I didn't do it.

Micro commitment:

This week I will focus on: ■ Time ■ Place ■ Tiny step ■ Timer ■ Other please specify:



REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

WEEKLY ANNOUNCEMENTS



- Next week, for those of you who want to stay, our session will end at 1 pm instead of 12.



E-MAILED QUESTIONS, COMMENTS, FEEDBACK

SELF-LED HEALING AS A DAILY PRACTICE

Diary Card - Hole Targets **Month: January**

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YOUR LIFELONG HEALING JOURNEY

- If you've worked with us through the IFS workbook you started processing or healing your trauma and done some second stage of trauma therapy work.
- Healing from trauma is a lifelong ongoing process which does not end in June 2026 at the conclusion of the simple course.
- You may be asking yourself if there is a relatively simple way to continue your healing journey once the course finishes.
- The Self remediation procedure, Simple's sixth tool, aims to help you continue to use everything you've learned in this course. It incorporates all the tools, DBT skills and IFS parts work.
- In this session you'll find algorithms, templates and examples illustrating how to do ongoing healing work.

THE 6 SIMPLE TOOLS:

Crisis plans
Holes diary cards
Chain analysis
Introducing rational mind remediation
Goals diary cards

Self-Led remediation





SELF-LED REMEDIATION

- Today we will cover:
- Rational vs. Self-led remediation
- The Self-led remediation algorithm
- Two examples of how to use the Self-led remediation algorithm.



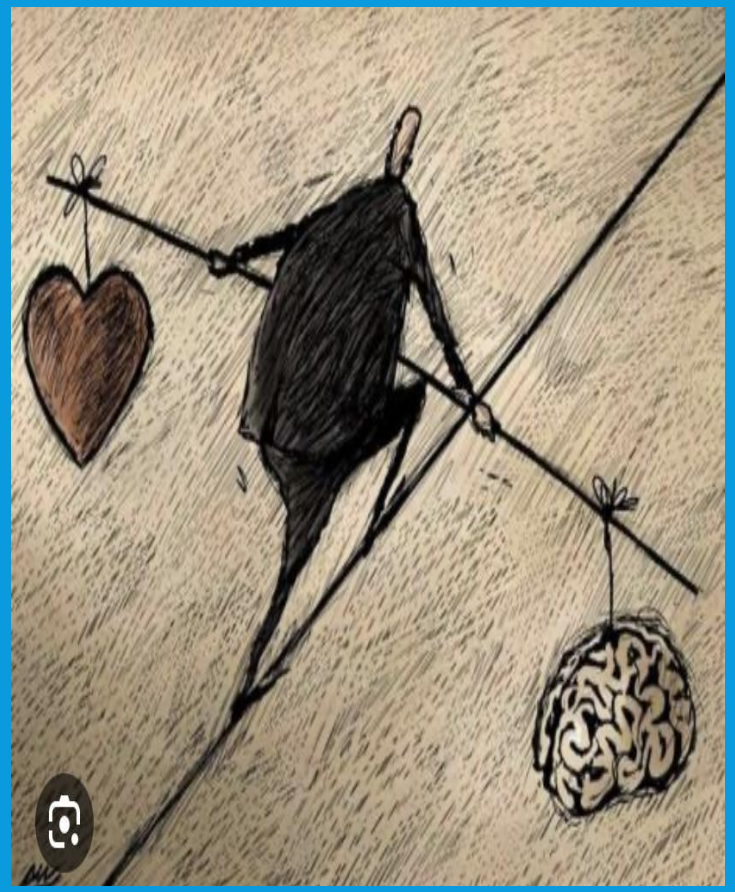
SELF-LED REMEDIATION

- Rational vs. Self-led remediation
- The Self-led remediation algorithm
- Two examples of how to use the Self-led remediation algorithm.



What is the difference between rational and Self-led remediation?

RATIONAL vs. SELF-LED REMEDIATION



- In week 15 of the course, we explored how to use the editing, splicing and pasting mental video technique to replace a situation in which we were in emotional mind and fell into a hole, with how we would have felt, thought and acted in that same situation had we been in rational mind. That's DBT's rational mind remediation. (and CBT's thought records)

- We already know that at a particular point in time people tend to be mostly either in 1) rational or in 2) emotional mind.
- When we are in emotional mind, we sometimes make decisions and take actions that are not in our best long-term interest.
- When we are in rational mind, we are more likely to make decisions and take actions that are in our and other people's best long-term interest.

RATIONAL vs. SELF-LED REMEDIATION

- Our rational manager is in rational mind. The rational manager tries to manage other IFS parts it doesn't really understand or like. The rational manager tries to control and often fights with other IFS parts. This risks increasing the dysfunction and conflict in our internal family.
- Self, in contrast to the rational manager, much like an ideal parent, sees and understands all our parts including our rational manager.
- When parts are activated, Self observes, acknowledges and empathizes with them and eventually if it persists and parts learn to trust Self, they allow it to guide the internal family system.
- In rational mind remediation the rational manager fights to dominate the parts.
- In Self remediation, Self does not fight, reject, judge or try to dominate the emotions, thoughts and behaviors, that our parts manifest. Self understands and empathizes with all parts and the emotions, thoughts, and behaviors they carry. Self takes care of parts so that eventually they learn to trust it and allow it to lead the self system. With Self leadership our internal family eventually becomes securely attached.



SELF-LED REMEDIATION

- Rational vs. Self-led remediation
- The Self-led remediation algorithm
- Two examples of how to use the Self-led remediation algorithm.

THE 5 STEP SELF-LED REMEDIATION ALGORITHM



- Note that the Self-led remediation tool is a more complex tool and may take much more time to understand and be able to use than the previous tools.
- The 5 steps of the Self-led remediation algorithm are:
- Step 1. Become acquainted with your internal family part selves.
- Step 2. Use the internal family part selves you have identified in step 1 above as advanced targets in your holes diary cards.
- Step 3. Following the template provided do Self led chain analysis when you become activated.
- Step 4. Strengthen or foster your access to Self.
- Step 5. Allow Self to become acquainted with your parts or the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.
- Self-led remediation is a stage II trauma therapy tool that helps process dissociated traumatic memories
- To use Self-led remediation, it's essential that you be familiar with and able to use stage I skills, tools, and strategies so that you are can stay within reach of and return to the window of tolerable emotions when you become activated.

THE 5 STEP SELF-LED REMEDIATION ALGORITHM



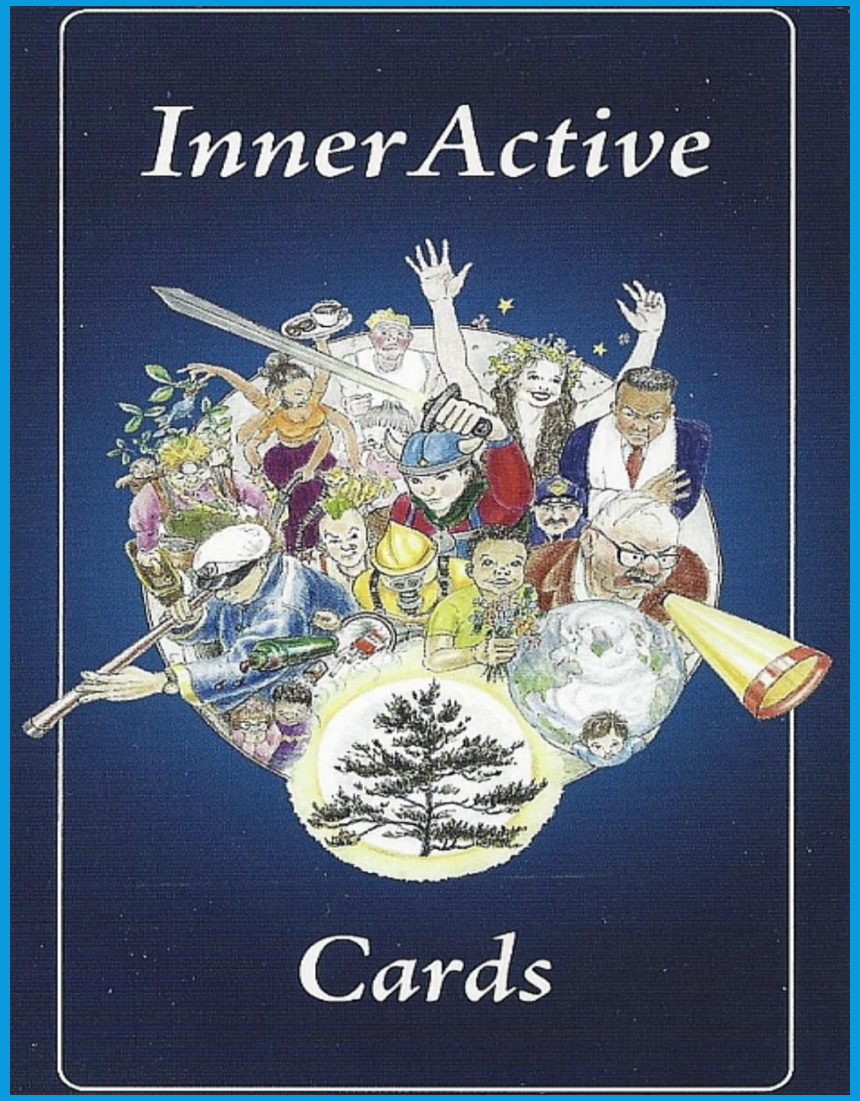
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- 2. Use the internal family part selves you have identified as advanced targets in your holes diary cards.
- 3. Following the template provided do a Self led chain analysis when you become activated
- 4. Strengthen or foster your access to Self.
- 5. Allow Self to become acquainted with the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.

THE 5 STEP SELF-LED REMEDIATION ALGORITHM



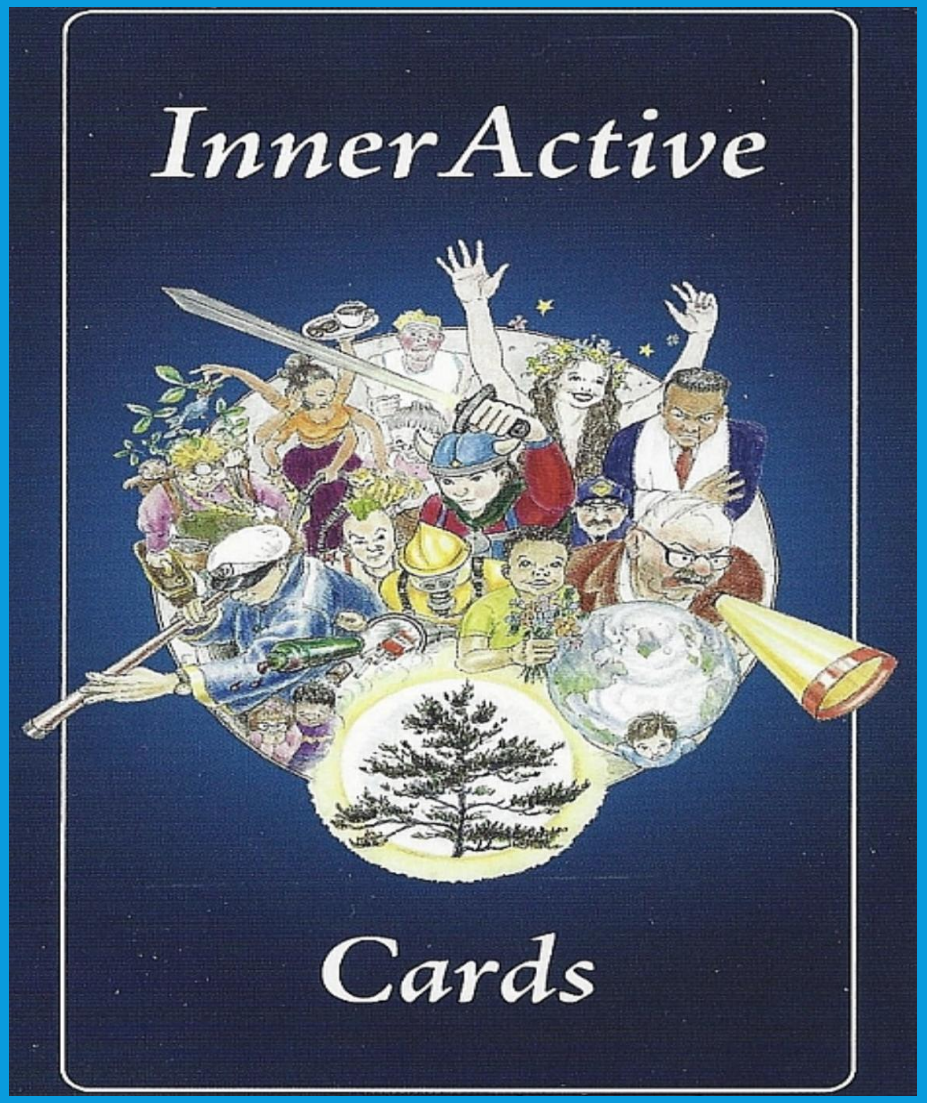
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- 5. Allow Self to become acquainted with the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.

STEP 1. BECOME ACQUAINTED WITH YOUR PART SELVES



- As we worked through the IFS workbook, we learned ways to find and explore our IFS part selves.
- A) Name all the internal family system part selves you have identified in yourself (ex. hurt child, angry older child, child in despair, inner or outer critic, people pleaser, fierce defender, perfectionist, procrastinator, indulger, depressive, etc.) Don't forget the rational manager part.
- After naming the part selves, acquaint yourself with them by:
- B) Visualizing, in your mind's eye, what each of these parts looks like (its age is important).
- C) Being curious about each part's personality, or how they typically behave, think, feel and what state of activation they are in.

STEP 1. BECOME ACQUAINTED WITH YOUR PART SELVES



- D) Considering the origin story of each part. When and why did it arise in your life to protect you ? How did it protect you ?
- E) When you are activated use the strategies discussed in the workbook to figure out if the activation involves already know or “new” to you parts. Add new parts to your parts inventory.
- Completing this “parts mapping” step is necessary before proceeding to the next in which we will use these parts as “advanced targets” in our holes diary card.
- The IFS workbook helps us do this work.
- The “becoming acquainted with your part selves” template prompts us to do this work.

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

- Write down the origin story of each of these parts. When and why did it arise in your life to protect you? How did it protect you ?



SELF-LED REMEDIATION

- Rational vs. Self-LED remediation
- The Self-Led remediation algorithm
- Two examples of how to use the Self-led remediation algorithm.

THE 5 STEP SELF-LED REMEDIATION ALGORITHM



- 1. Become acquainted with your internal family part selves.
- 2. Use the internal family part selves you have identified as advanced targets in your holes diary cards.
- 3. Following the template provided do a Self led chain analysis when you become activated
- 4. Strengthen or foster your access to Self.
- 5. Allow Self to become acquainted with the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.

1. BECOMING ACQUAINTED WITH MY INTERNAL FAMILY PART SELVES.



Luis

PLEASE STOP RECORDING

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

- Consider the origin story of each of these parts. When and why did it arise in your life to protect you ? How did it protect you ?

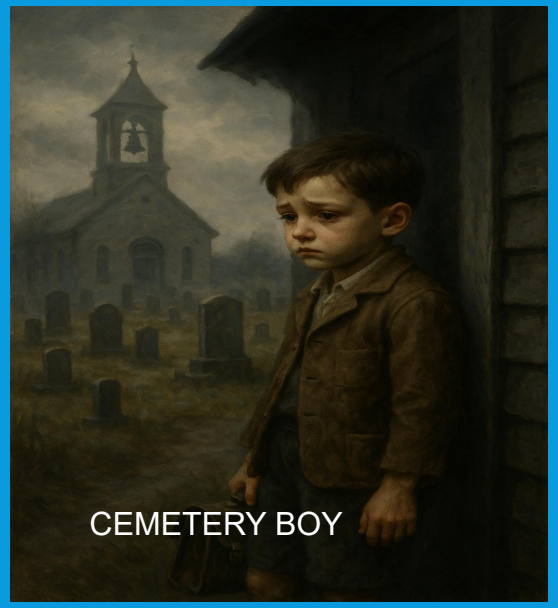
- In my personal IFS work which included working through the IFS workbook, I've identified and explore several parts of my internal family. How I found them and their stories are described in the exercise examples I offered in the sessions 24 to 28 slides.(which can be found on the website)
- How I found them and their stories are offered as examples of how you can go about finding your internal family parts.

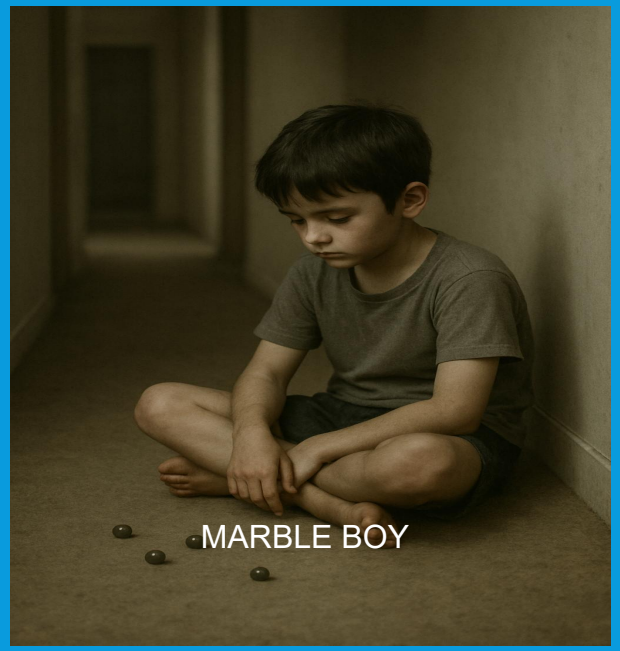
EXILES

- These are some of my exiles









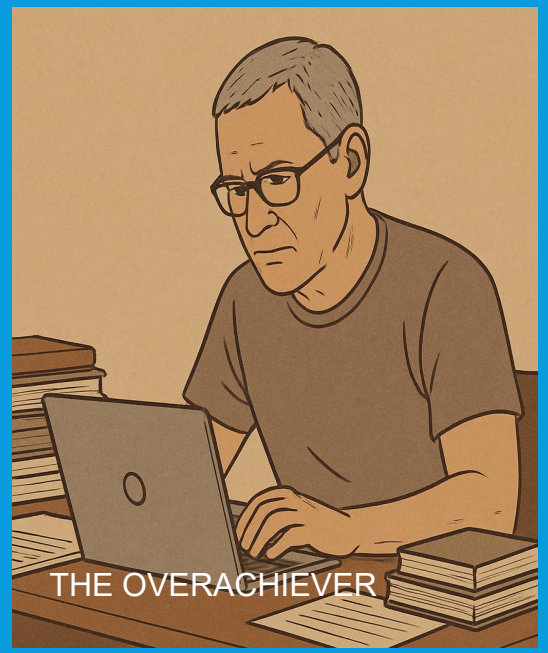




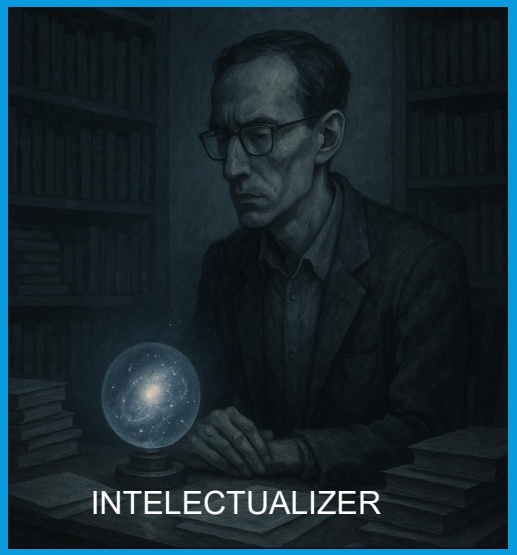
PROTECTORS

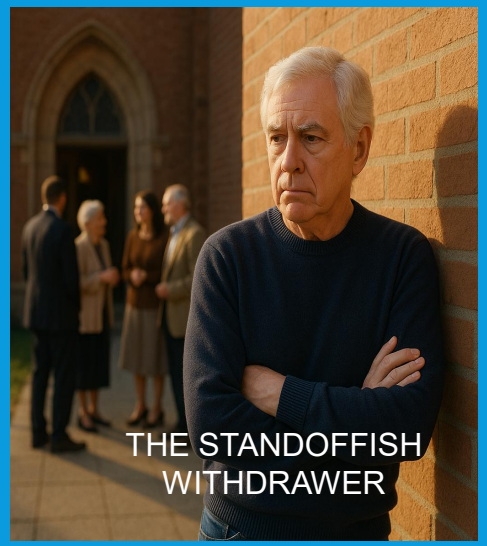






- These are some of my managers and firefighters









GETTING TO KNOW NEW IFS PARTS

- In our IFS work we learned how, by monitoring our activation using a holes diary card, we can use activating situations as trailheads to discover our parts.
- Each time we become significantly activated presents us with a trailhead. If we explore these trailhead we may find it leads to a part that we are already familiar with.
- Sometimes, however, a situation in which we became activated presents a trailhead that leads to a part we were previously unaware of.
- Over time we tend to discover more and more members of our internal family. It’s imperative we keep track of all our parts.
- The following is an example of an IFS part that I became acquainted with relatively recently after noticing I had become activated.

GETTING TO KNOW NEW IFS PARTS

- As you continue this work, you'll discover new parts of yourself. This part revealed himself to me later than some of the parts I've previously described. There are parts of our internal family we're all unaware of.
- Before describing what triggered me to become activated, I will give you some context:

- As far back as I can remember, my mother had many ongoing (what I now realize were psychosomatic) incapacitating physical symptoms. As her health was constantly the center of attention, she was, much of the time, physically and emotionally unavailable to others. My father, overwhelmed by these issues, was not around. (This is a dynamic that often leads to an avoidant attachment style.)
- As a young child, I was constantly petrified I would lose my mother and imagined that if that happened my world would end.
- When I was 16, my mother was again seriously ill. This time it wasn't psychosomatic. In 1976 she spent the summer in hospital in Montreal in critical condition.
- That year there were good things happening in my life: I discover teen love with Fran, and I was hired for the best job I've ever had (well maybe psychiatry comes close) working in the Montreal Olympics as a soccer tournament ball boy.

GETTING TO KNOW NEW IFS PARTS

- Just as so many exciting things were happening in my life, the joy I might have felt was spoiled by my mothers' illness. I felt that once again the focus was on her and that was stopping me from having my own life. As a child I had learned compulsively compliant/autonomous, parentified and people pleasing strategies but now my resentment and anger became more powerful than those younger parts.
- I developed a new resentful protector which I named the the angry unemphatic teenager.
- My teen age rational manager knew she was truly ill, but my angry teenager needed to protect a young neglected hurt exile. The angry teenager wanted to leave all the drama behind and experience the good things in his life.
- The angry unemphatic teenager became the dominant new protector for the marble/walking exile boys, taking over from the compulsively compliant/autonomous, parentified and people pleasing parts who receded into the background.

GETTING TO KNOW NEW IFS PARTS

- I picture the angry unemphatic teenager as 16-year-old me reluctantly visiting his mother in hospital.
- He just wants to leave and has given up caring.



GETTING TO KNOW NEW IFS PARTS

- This context will make it easier to understand the dysregulated emotions that I explored.
- As I've mentioned previously my wife is a kind, lovely person. Like any couple we have some struggles. For a long time, I experienced this struggle without having any perspective on it.
- As I learned to do Self-led work it dawned on me that whenever my wife was sick, even with a cold, I was triggered, shut down and became unemphatic and distant. Although I could, to some degree, mask and behave reasonably appropriately, at these times, my wife sensed that something was going on and called me on it.
- As I did not have enough Self energy to see what was really happening, several of my parts were in a conflicted internal dialogue. My internal critic harshly criticized me for feeling this way. My avoidant and stoic managers wanted to run away. My exiles felt great shame.
- Doing Self-work I learned that the angry unemphatic teenager is triggered whenever my wife is sick.
- When that happens, it manifests powerfully. My Self is still working with him, and he does not yet fully trust Self.

GETTING TO KNOW NEW IFS PARTS

- Bringing an IFS perspective to my feelings when my wife is sick has been healing and is helping me grow.
- I have became curious and less judgmental about it. I treated it as a trailhead and it led med to understand it from the perspective I've just shared with you.
- I now have a better understanding of what happens to me when my wife is sick.
- This gives the opportunity to imagine myself at such a time and invite the parts that are activated to be with Self.
- This is still a work in progress, but this understanding makes the experience gentler and less painful for myself and my wife.

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

THE 5 STEP SELF REMEDIATION ALGORITHM



- 1. Become acquainted with your internal family part selves.
- 2. Use the internal family part selves you have identified as advanced targets in your holes diary cards.
- 3. Following the template provided do a Self led chain analysis when you become activated
- 4. Strengthen or foster your access to Self.
- 5. Allow Self to become acquainted with the members of your internal family. Self will see, understand, and soothe, or be an ideal parent to your internal family parts.



STEP 2 USE ADVANCED TARGETS IN HOLES DIARY CARDS

USE ADVANCED TARGETS IN HOLES DIARY CARDS



- In the simple course we've identified dysregulated emotions, thoughts, behaviors and sensations and used them as intermediate holes diary card targets.
- These targets can be used as trailheads to help you identify parts which are advanced holes diary card targets.
- Your intermediate holes diary card targets likely belong to parts that you are already familiar with from your IFS work.
- Other intermediate targets may be trailheads and help you discover parts you haven't previously considered.
- A part may have more than one emotion, thought, behavior and sensation.

2. USE THE INTERNAL FAMILY PART SELVES YOU HAVE IDENTIFIED AS ADVANCED TARGETS IN YOUR HOLES DIARY CARDS.



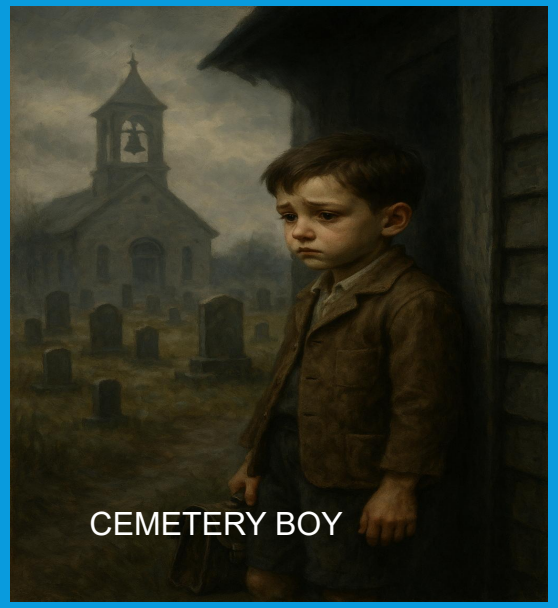
Luis

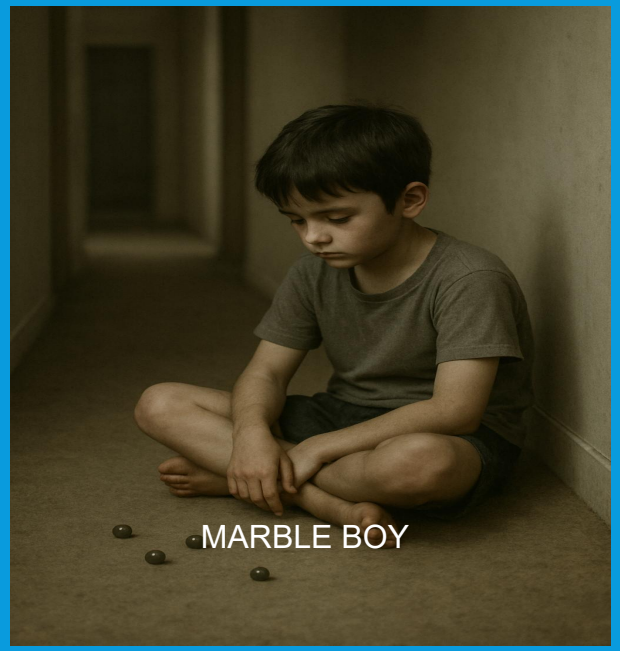
EXILES

- These are some of my exiles









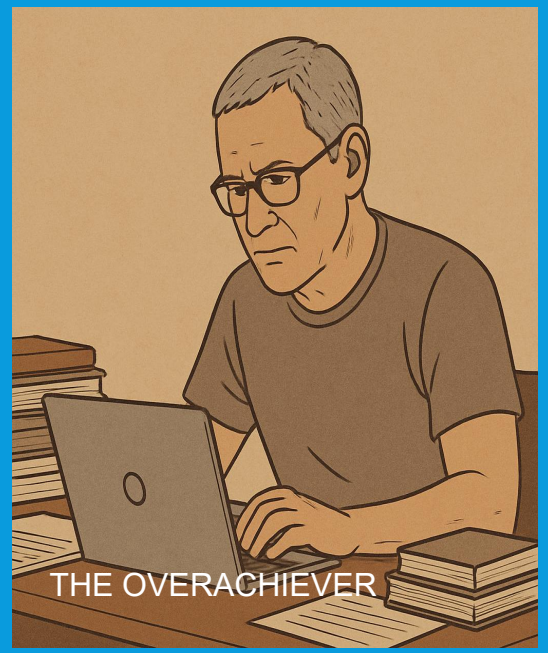




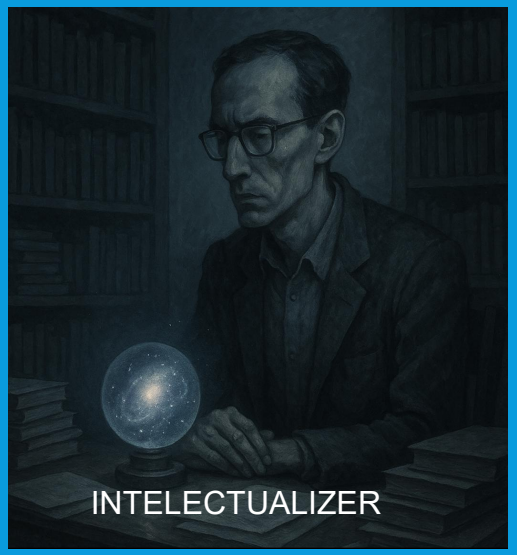
PROTECTORS

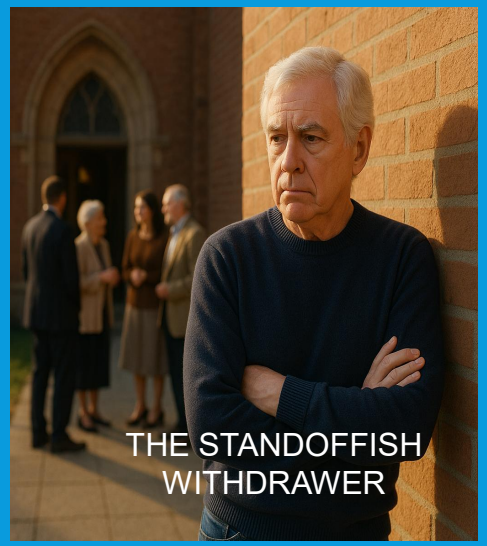






- These are some of my managers and firefighters









LUIS- ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Shame boy																															
Marble/walking boy																															
Lone warrior																															
Fixer																															
Road runner																															
Lost teenager																															
Intelectualizer																															
cafeteria boy																															
Cemetery boy																															
ooverachiever																															

Notes:

GETTING AQUAINTED WITH A NEW FAMILY MEMBER

- I picture the angry unemphatic teenager as 16-year-old me reluctantly visiting his mother in hospital.
- He just wants to leave and has given up caring.



LUIS-ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Son of a country hick																															
Dear shitty outer critic																															
standoffish withdrawer																															
NEW PART: angry unemphatic teenager																															
Notes:																															

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

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REGULAR CHAIN ANALYSIS TEMPLATE

Stay in window of tolerance by pendulating

1. What was the topography of your activation?
2. Was there a trigger(s)?
3. What did you feel?
4. Notice the sensations in your body without judging or trying to change them
5. What thoughts were associated with each feeling?
6. What behaviors or urges were associated with each feeling?
7. What was your energy balance before the activation? 0-10

STEP 3 SELF LED CHAIN ANALYSIS TEMPLATE

Event linked with activation	Estimate of % of response That was well-regulated vs. dysregulated	Parts that were activated- (consider changes with topography)	Feelings and arousal states of each part	Thoughts of each part, if any	Behavior or urges of each part	Conflicts between parts
		Part 1				
		2				
		3				
		4				
		5				

3. FOLLOWING THE TEMPLATE PROVIDED DO A SELF LED CHAIN ANALYSIS



Luis

TRIGGERING EVENT

My wife becomes ill — even mildly (e.g., a cold). Historically this has been a recurring trailhead that has produced shutdown, emotional distance, and unempathy before my Self-led awareness developed.

ESTIMATED REGULATION

Well-regulated ~25% Dysregulated ~75%

My surface behavior was partially masked — I appeared "reasonably appropriate" — while my internal dysregulation ran much deeper. My wife still sensed the disconnection.

PARTS ACTIVATED

I identified five parts. The topography of my activation shifted over the course of development: my early compliant/parentified managers stepped back when the angry teenager emerged at age 16, and that protector has remained dominant in this trigger cluster. Self still has limited access to the angry teenager.

EXILES THE MARBLE / WALKING EXILE BOYS

FEELINGS: Neglect, abandonment, fear of loss, and grief. These parts are terrified that my mother (now symbolically wife) will die or disappear.

THOUGHTS: "If she gets sicker, I will lose her. My world will end. No one is looking out for me."

URGES: To cry, to cling, to be seen and soothed — but these are quickly suppressed by avoidant protective parts. (compulsively caregiving/autonomous, parentified parts)

FIREFIGHTER: THE ANGRY UNEMPHATIC TEENAGER

FEELINGS: Resentment, anger, a burning need to escape. Feels robbed of good things — just as I felt robbed by my mother's illness during the 1976 Montreal summer.

THOUGHTS: "Here we go again. The focus shifts to her and I am left behind. I don't care anymore. I just want out of this."

URGES: Shut down, emotionally withdraw, I become cold and distant. Leave the situation behind. Protect the exile boys from further pain by not caring.

MANAGER THE INTERNAL CRITIC

FEELINGS: Contempt directed inward. I feel shame and self-disgust at the coldness and unempathy that I feel.

THOUGHTS: "What is wrong with you? Your wife is sick and you are being cold. You are a bad partner. A bad person."

URGES: To shame and correct myself. I attempt to override the shutdown with self-criticism rather than Self-energy.

MANAGER THE AVOIDANT / STOIC MANAGER

FEELINGS: I feel detached, numbed. This is classic avoidant attachment activation — emotional unavailability as a survival strategy learned in childhood.

THOUGHTS: "Don't feel. Don't engage with the discomfort. Keep moving. Stay autonomous."

URGES: To physically and emotional withdraw. To keep busy. My masking appears functional while internally I’m shut down.

EXILE (RECEDED) THE COMPLIANT / PARENTIFIED CHILD

FEELINGS: Residual shame and helplessness. This part receded from dominance when the angry teenager emerged at 16 but is still present underneath.

THOUGHTS: "I should be taking care of her. I am responsible. But I can't. I am failing."

URGES: Fawn, over-function, people-please — but these are now suppressed by the angry teenager who refuses to comply.

CONFLICTS BETWEEN PARTS

ANGRY TEENAGER VS. INTERNAL CRITIC

The teenager wants to shut down and stop caring. The critic attacks him for doing exactly that. This internal war consumes energy and prevents any Self from coming online.

AVOIDANT MANAGER VS. EXILE BOYS

The manager numbs and distances to prevent the exile's pain from flooding consciousness — but the exile's grief and need for connection remain unmet, deepening their burden.

TEENAGE RATIONAL AWARENESS VS. ANGRY TEENAGER

A part of the system (the rational teenage manager) knew my wife was genuinely ill — just as the 16-year-old knew my mother's pancreatitis was real. But the angry teenager's need to protect overrode empathy, creating guilt and confusion.

CONFLICTS BETWEEN PARTS

COMPLIANT CHILD VS. ANGRY TEENAGER

The younger compulsive caretaker part urges compliance and care-giving. The teenage protector refuses — having taken over precisely to spare the exile from the exhaustion of always giving while receiving nothing.

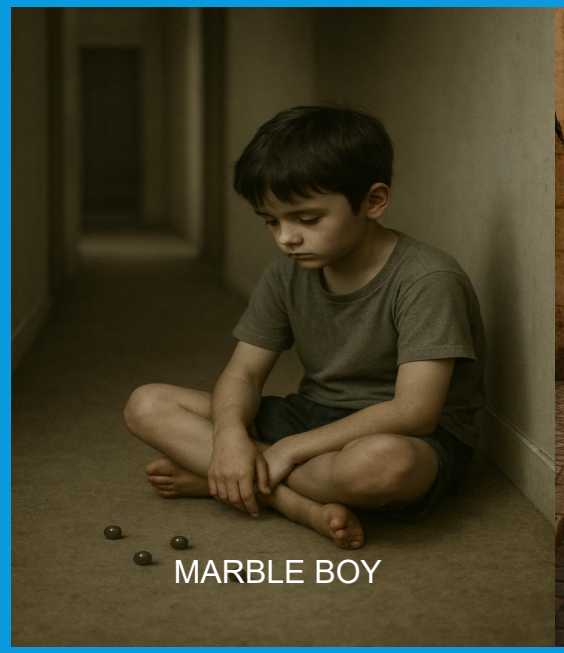
SELF PERSPECTIVE — CURRENT STATE OF SELF-LED WORK

My Self has begun to recognize this trigger cluster and approach it with curiosity rather than judgment — treating it as a trailhead rather than a character flaw. Self now understands the angry unemphatic teenager's origin story and protective intent. The angry teenager does not yet fully trust Self, but the relationship is forming. When Self is present, the experience of my wife being ill becomes "gentler" — not absent, but less consuming. The goal is for Self to witness, soothe, and act as an ideal parent to the exile boys while asking the teenage protector if he is willing to unburden and step back.


SHAME BOY


THE OVERACHIEVER


IRRITATED UNEMPHATIC TEENAGER


MARBLE BOY


WALKING BOY


THE LONE WARRIOR

Questions & Comments



Take a moment to reflect...

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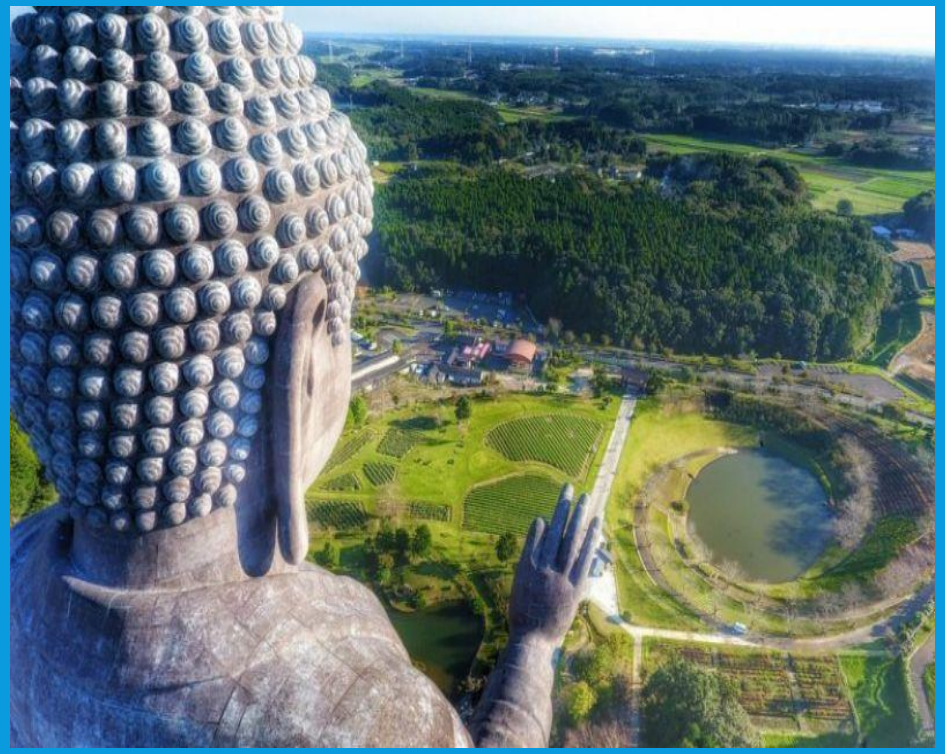
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STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- Potentially everyone has access to Self but, in some people, its quiet presence is drowned out by the loud voices of the part selves. To better “hear” or have access to Self :
- 1. Think of someone or something that captures for you the spirit of understanding, empathy, equanimity, and generosity…(I think of that someone or something as the wise mind catcher, after the native North American “dream catcher”)
- That someone or something can be a fictional or historical character, a natural phenomenon or an animal, it can be a spirit such as a guardian angel, someone you know personally or have never met, someone imaginary or real.

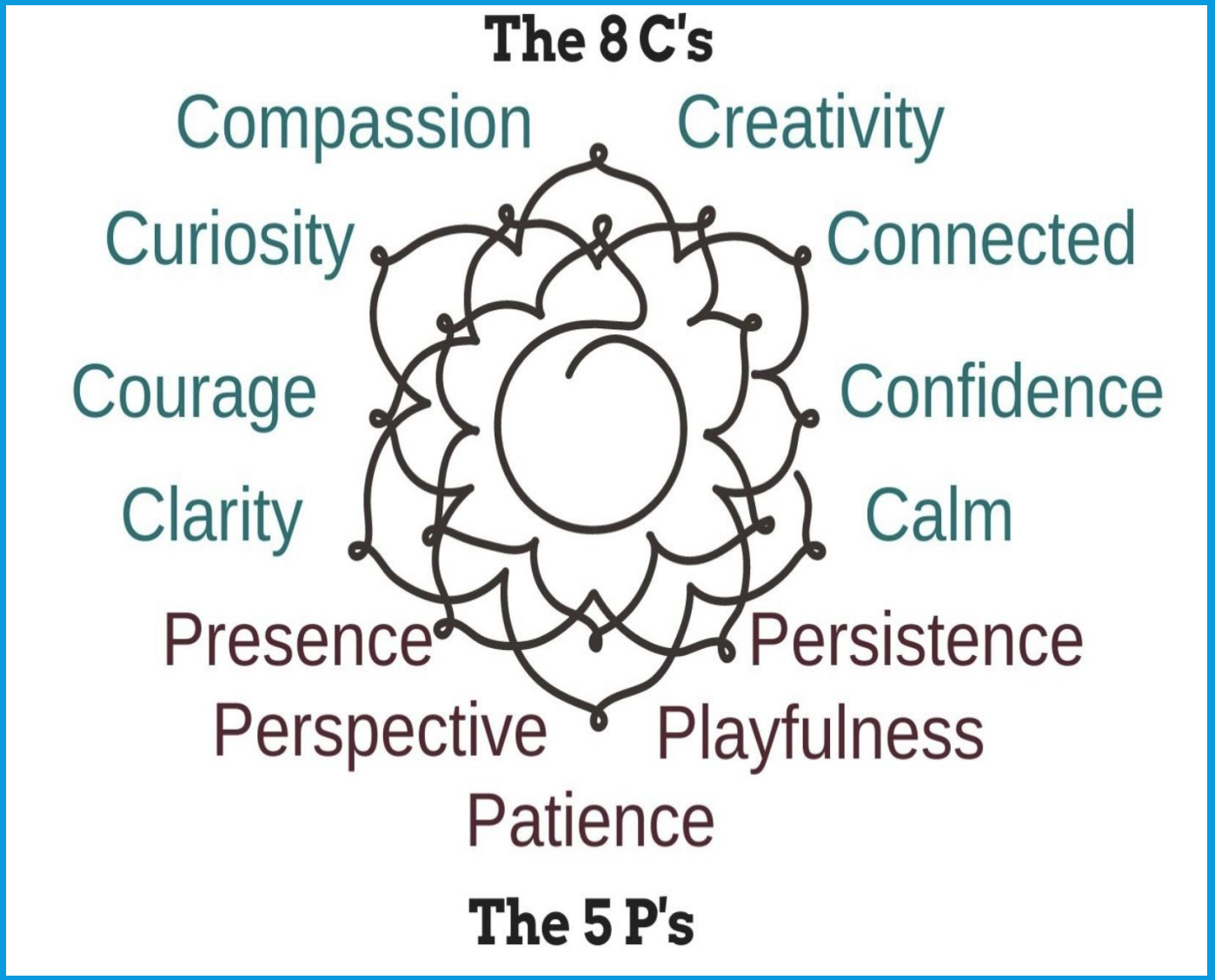
STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- 2. Picture that someone or something as vividly as possible in your mind. To help you visualize, you can draw, paint, or or find a drawing or picture of that something or someone. keep that picture or drawing somewhere you can readily access it.
- 3. Regularly practice visualizing the image you have chosen to associate with Self and pair that image with positive feelings and intentions. You can do this as a meditation practice. Schedule some time every week to do this. You can think of this as installing a Self “app” or resource in yourself.

THE 8 C's AND 5 P's OF SELF



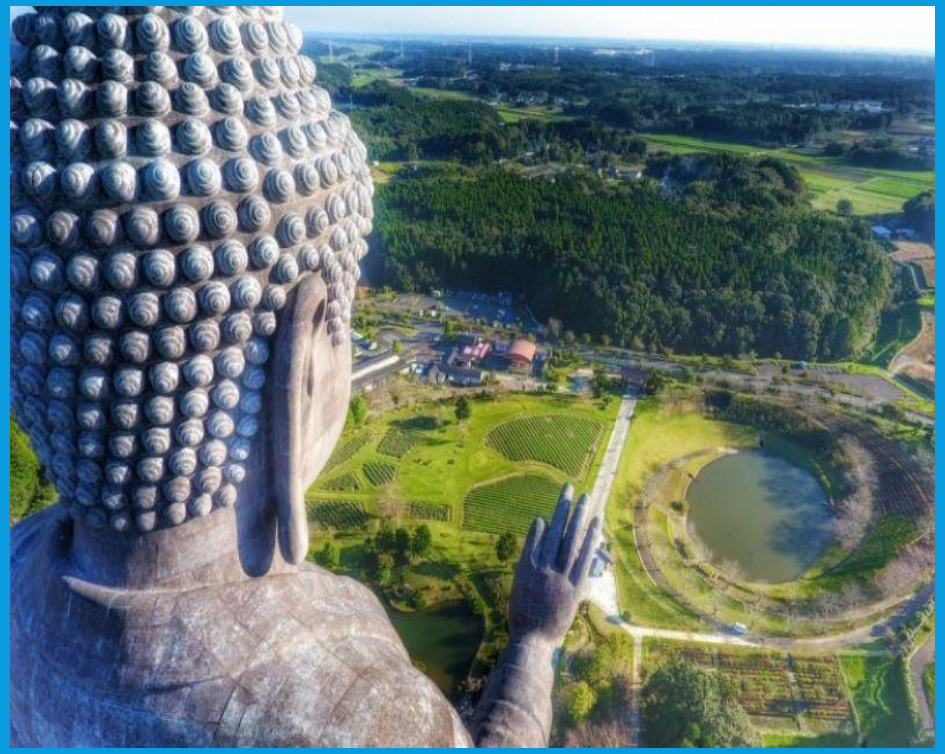


4. STRENGTHEN OR FOSTER YOUR ACCESS TO SELF



Luis

STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



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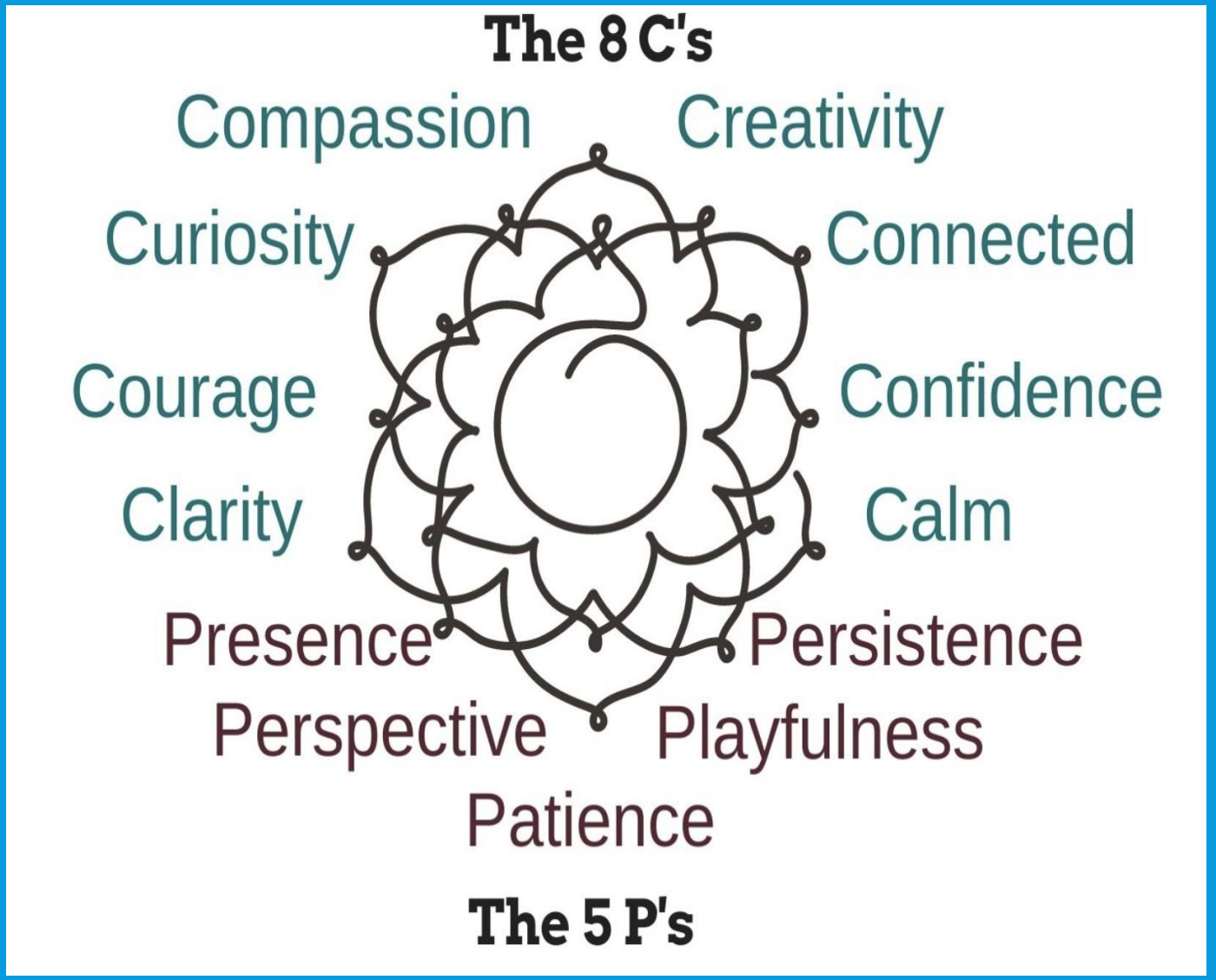
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THE 8 C's AND 5 P's OF SELF





These 5 real people who have been in my life are my image for Self. Each embodied some features of the 8 C's together they capture all of them. I think of them as my guardian angel advisors. I do mindfulness practices in which I picture them, and, in that way, they have become much more present in my life. This has been a tulpa like process.



I start and end each day by hugging each one of them and thanking them for having been in my life and continuing to guide me. I tell them I'm enormously grateful for their presence and that I love them. Joan and Nicole will read a typical mindfulness exercise I might do that involves them.

See their faces…
Their posture…
The way they looked at you…
The way they felt to be with…

Now imagine them gathering…
Not far away… but gently around you…

Perhaps in a circle…
Or beside you…
Or simply near…

There is no need to force the image…
Just allow it to form in whatever way it does.

Now notice something subtle…

They are not here to judge you…
Not here to fix you…
Not here to analyze you…

They are here in a very different way…

With curiosity…
With care…
With calm presence…

And now, very gently…
See if you can sense what they are seeing…

As they look at you…
How do they see you?

Not your parts… not your struggles…
But something deeper…

And now, slowly…
Let yourself receive their way of being…

As if their qualities are not outside you…
But beginning to awaken within you

Their calm… becomes your calm…
Their compassion… becomes your compassion…
Their clarity… becomes your clarity…

And now notice…

There may be a quiet presence here…
Spacious… steady… unhurried…

Not loud… not dramatic…
But deeply grounded…

This is not something you are creating…

This is something you are remembering…

If any parts of you are present…
You don’t need to push them away…

Just let them be seen…
From this place…

And if it feels right, you might gently say inwardly:

“I am here with you.”
“You don’t have to do this alone.”

Now rest here for a few moments…
With your guardian angels…
And with this emerging sense of Self…

And before we close…

Notice that even as their images may fade…
What they represent… does not leave…

Because it was never only them…

It is also you.

When you’re ready…
Gently return to your breath…
Your body…
The room around you…

And carry this quiet presence with you.

Questions & Comments



Take a moment to reflect...

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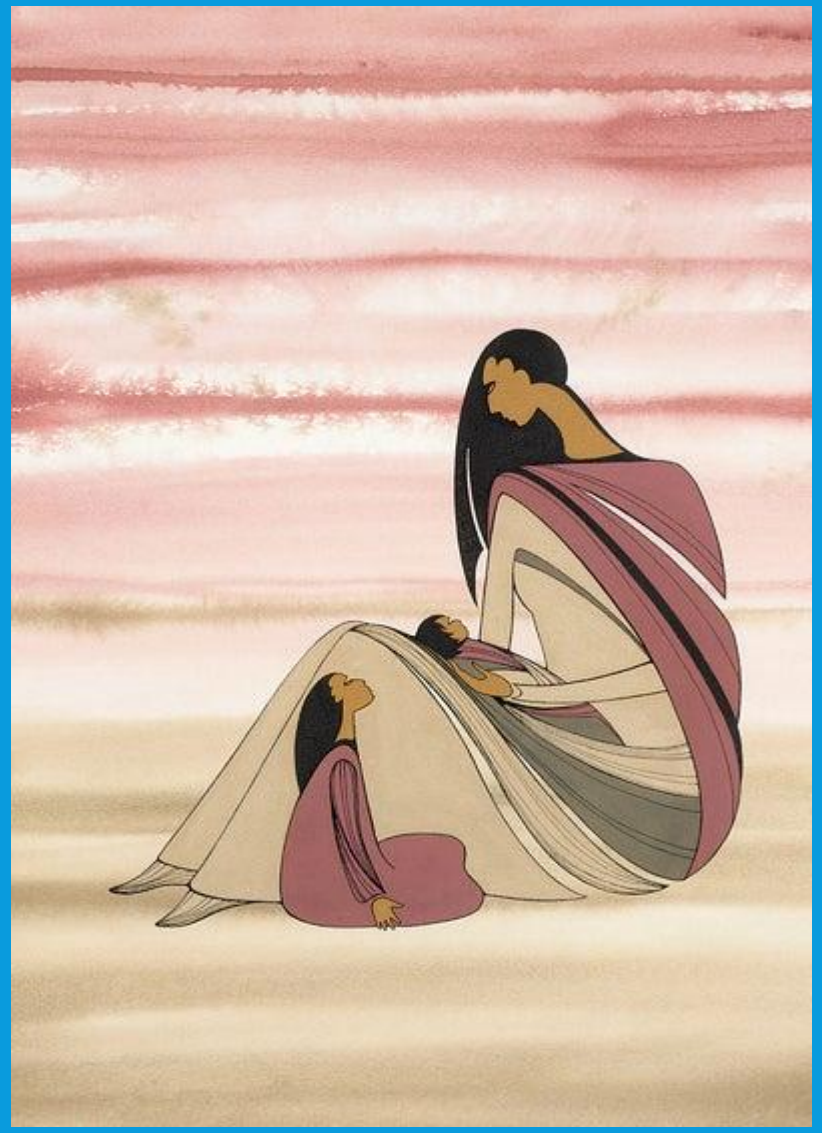
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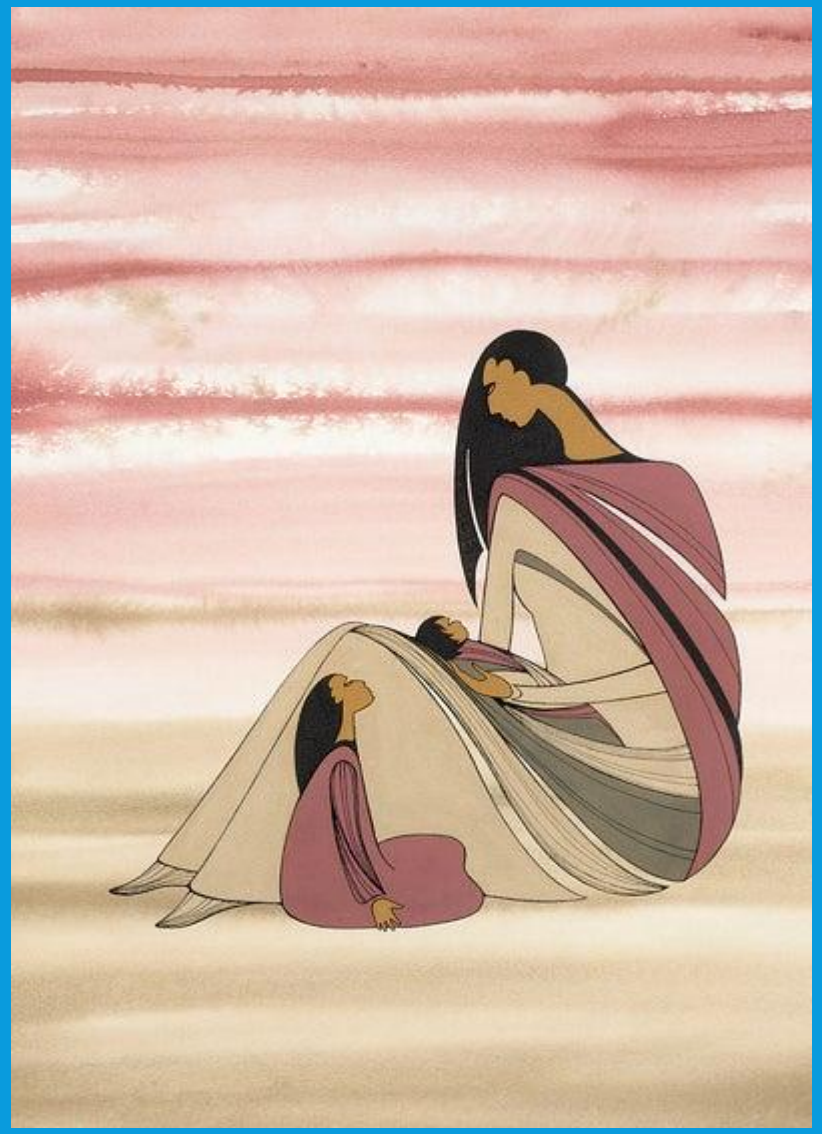
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STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- After completing all the previous steps 1) becoming better acquainted with your part selves 2) starting to use advanced targets in your diary card 3) doing advanced chain analysis and 4) fostering your access to Self, Step 5) is Self parenting of your internal family parts:
- A) Recall in your imagination, the video of the event for which you did the Self led chain analysis.
- B) Make sure Self is present. (check for the 8 P's) Visualize Self and allow it to observe, understand, and feel empathy for each part of your internal family parts as they became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story. Do this one part at a time. Start with managers, then firefighters, work with exiles only if given permission.)
- C) Imagine progressively more intimate encounters, with or without dialogue, between your Self figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation.

STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



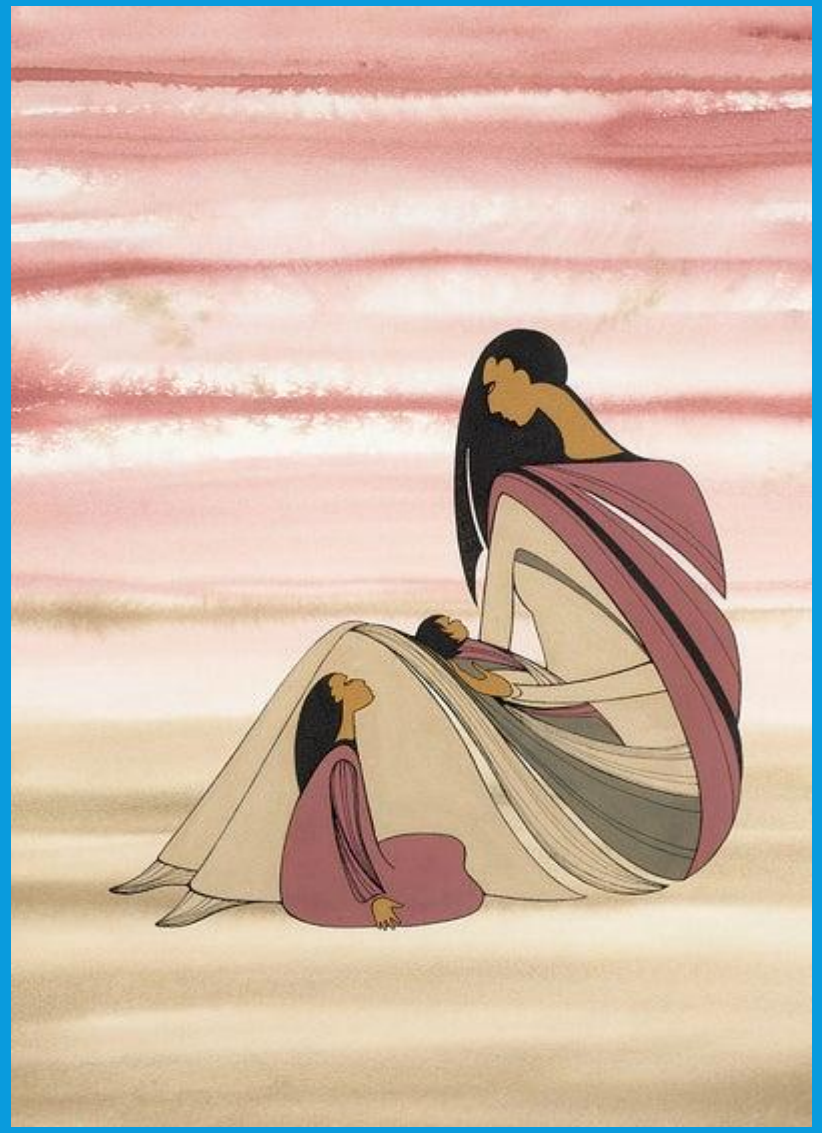
- D) The goal of this practice is for the internal family system parts to learn to relate securely to and trust Self , so that they allow it to lead the self-system in situations that would previously have triggered those parts and resulted in them taking over the self-system.
- E) Imagine how the situation would have unfolded if Self had been allowed to lead the self.
- F) Use the editing, splicing and pasting strategy and visualize this edited Self led situation repeatedly in your imagination

5. ALLOW Self TO BECOME ACQUAINTED WITH THE MEMBERS OF YOUR INTERNAL FAMILY. Self WILL SEE, UNDERSTAND, AND SOOTHE YOUR INTERNAL FAMILY PARTS.



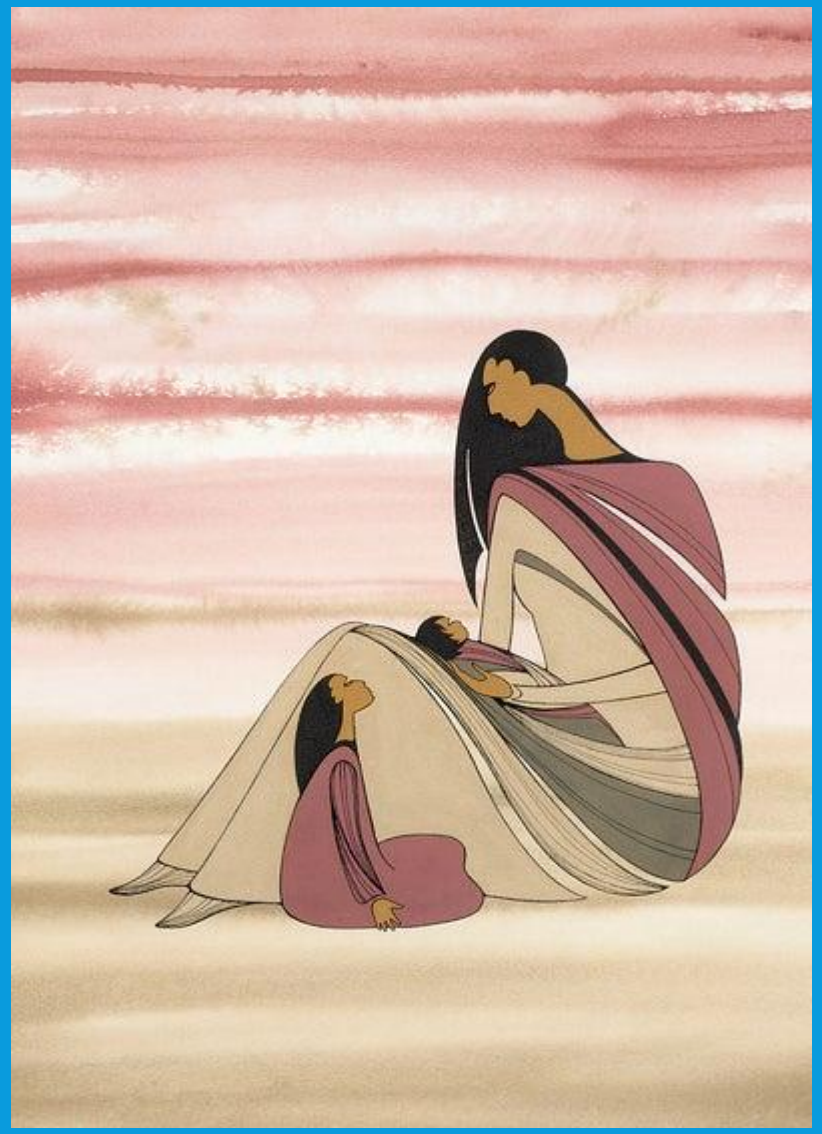
Luis

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A) RECALLING THE VIDEO

Luis: (Self re-enters the scene): my wife has just mentioned she isn't feeling well. The familiar wave of shutdown begins.

Self: I'm going to stay present here. I can see what's starting to happen inside me. My wife just said she feels unwell, and something is already shifting. I'm not going to look away from it this time. I want to understand what's happening in there.

B) SELF SEES, UNDERSTANDS, AND FEELS EMPATHY — ONE PART AT A TIME

Self checks for the 8 Ps (presence, patience, perspective, persistence, playfulness, curiosity, clarity, compassion) and then turns its gaze inward — managers first.

Self: (speaking to the Internal critic) I can hear you already. You're loud right now. You're telling me I'm being a cold, terrible partner. I see you. I'm not going to fight you — I'm curious about you. What are you afraid will happen if you stop attacking?

Internal critic: If I stop, you'll just keep being this way. You'll hurt her. You'll be like your father — absent when it matters. Someone has to keep you in line.

Self: You're trying to protect me from becoming him. I understand that. That's a heavy job you've been carrying. You can rest for a moment — I'm here now.

(The critic quiets slightly. Self turns toward the avoidant manager.)

Self (speaking to the Avoidant/stoic manager): And you — I feel you pulling me away. Wanting to go somewhere else, do something, not be in this room. I see you too. You've been keeping things manageable for a long time.

Avoidant manager: Staying is dangerous. If I stay and feel it, something bad happens. It's always been safer to go quiet. To not need anything from anyone.
Self: You learned that when needing people meant being disappointed. I'm not going to ask you to need anyone right now. I'm just asking you to let me be here for a few minutes. You don't have to disappear to keep us safe.

C) PROGRESSIVELY INTIMATE ENCOUNTERS — THE ANGRY UNEMPHATIC TEENAGER

Self moves toward the dominant protector. This is the most charged encounter. Self approaches slowly, without agenda.

Self (speaking to the Angry unemphatic teenager): Hey. I know you don't want to be here. I can feel you wanting to shut everything down. I'm not here to lecture you or tell you you're wrong. I just want to understand what's happening for you right now.

Angry unemphatic teenager: You don't get it. Every time she gets sick it's like being 16 again. Standing in that hospital corridor in Montreal. I was supposed to be at the Olympics. I had a life. And then everything stops because she's sick. Again. It's always her.

Self: 1976. That summer was supposed to be yours. First love. The best job. The Olympics. And it got swallowed. I can see that. That's a real loss. You didn't get to feel it then — you just had to keep going.

Angry unemphatic teenager: No one cared that I lost it. So, I stopped caring too. It's the only thing that worked.

Self: I know. And that strategy protected you — and the younger boys inside — from being swallowed by grief and fear. You were carrying something enormous at 16. You still are. But this is my wife, not your mother. She's going to be okay. And you don't have to handle this alone anymore. I'm here.

Angry unemphatic teenager: ...I don't know if I believe you yet.

Self: That's okay. You don't have to. Just let me sit with you for a moment.

(A pause. The teenager doesn't leave. That's enough for now.)

(With the teenager's permission Self meets the exile boys)

Self (speaking to the Angry teenager): Is it okay if I go and spend some time with the younger boys? The ones you've been protecting all this time?

Angry unemphatic teenager: ...Fine. But don't make it worse for them.

Self (speaking to Marble/walking exile boys): Hey, little guys. I can see you. I know you've been here a long time, waiting for someone to notice. I see how scared you are right now. Scared that if she's sick, she might not come back. That the world will fall apart.

Marble/walking exile boys: It always goes wrong. Every time something good happens, something takes it away. We're always waiting for the bad thing.

Self: I know that's what it's always felt like. You learned that so young. But you're not alone in this anymore. I'm here. I'm not going anywhere. And this time — she has a cold. She is going to be okay. You don't have to carry this fear by yourselves.
Marble/walking exile boys: Can you stay?
Self: Yes. I'm staying.

WHAT IS SHIFTING

My angry teenager has not fully stood down — he remains watchful. But he allowed Self to sit with the exile boys. That is a meaningful step. My internal critic received acknowledgment rather than counter-attack, and softened. My avoidant manager was not forced to stay but was invited — and did not flee. The exile boys experienced, perhaps for the first time, someone staying. Trust is not built in one dialogue. But this encounter is a deposit in the account.

E) & F) THE EDITED, SELF-LED VERSION — SPLICED AND RE-VISUALIZED

I Imagine the same triggering event — my wife says she's unwell — but this time Self is present from the start.

THE EDITED VIDEO

My wife mentions she isn't feeling well. There is a familiar inner pull — the beginning of the old pattern. But this time, Self notices it immediately. Rather than blending with the teenager's shutdown or the avoidant manager's withdrawal, Self pauses. Takes a breath. Inwardly Self turns toward the parts: "I see you. I know what this is. We are okay." The exile boys feel the presence of Self and do not flood. The teenager stands back — watching, not leading. Self turns to my wife with genuine warmth, asks how she's feeling, brings her tea, sits nearby. Not from obligation or from the compliant child's old programming — but from a Self that is free to care because it is not overwhelmed. This version is visualized slowly, repeatedly — the pause, the inward turn, the gentleness outward. Spliced over the old video. Run again. And again.















Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

R0B

1. BECOME ACQUAINTED WITH YOUR INTERNAL FAMILY PART SELVES



ROB

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

- Consider the origin story of each of these parts. When and why did it arise in your life to protect you ? How did it protect you ?

2. USE THE INTERNAL FAMILY PART SELVES YOU HAVE IDENTIFIED AS ADVANCED TARGETS IN YOUR HOLES DIARY CARDS.



ROB

ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Notes:																															

3. FOLLOWING THE TEMPLATE PROVIDED DO A SELF LED CHAIN ANALYSIS



ROB

STEP 3 SELF LED CHAIN ANALYSIS TEMPLATE

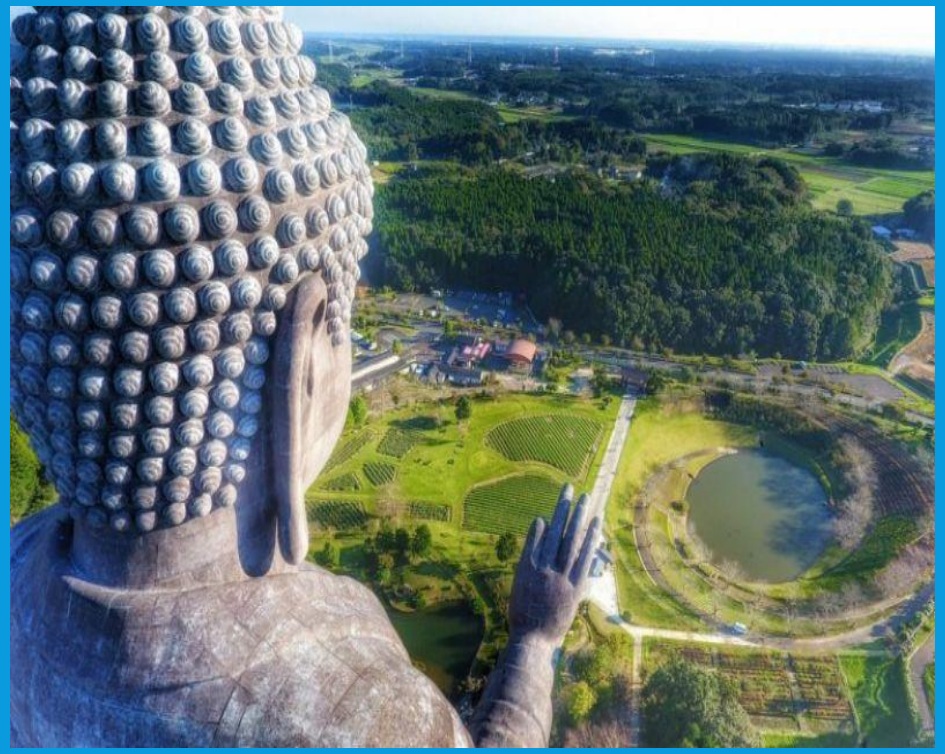
Event linked with activation	Estimate of % of response That was well-regulated vs. dysregulated	Parts that were activated- (consider changes with topography)	Feelings and arousal states of each part	Thoughts of each part, if any	Behavior or urges of each part	Conflicts between parts
		Part 1				
		2				
		3				
		4				
		5				

4. STRENGTHEN OR FOSTER YOUR ACCESS TO SELF



ROB

STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- Potentially everyone has access to Self but, in some people, its quiet presence is drowned out by the loud voices of the part selves. To better “hear” or have access to Self :
- 1. Think of someone or something that captures for you the spirit of understanding, empathy, equanimity, and generosity…(I think of that someone or something as the wise mind catcher, after the native North American “dream catcher”)
- That someone or something can be a fictional or historical character, a natural phenomenon or an animal, it can be a spirit such as a guardian angel, someone you know personally or have never met, someone imaginary or real.

STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



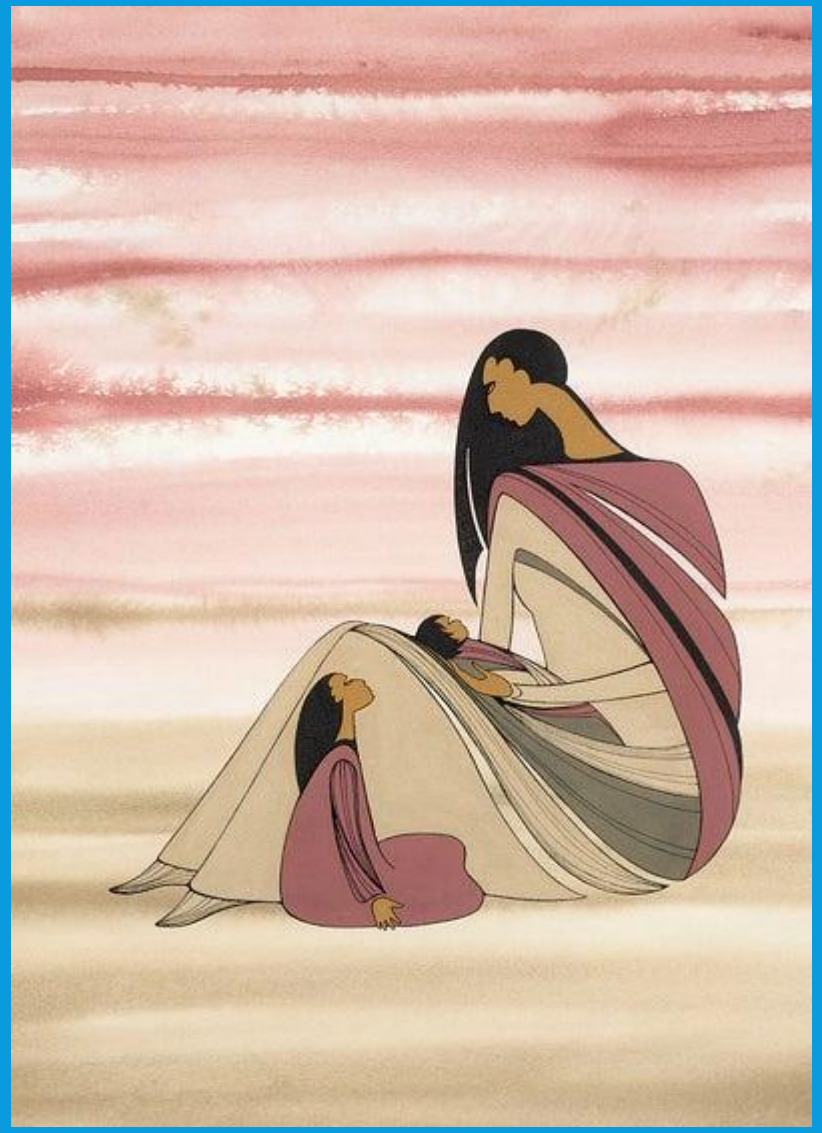
- 2. Picture that someone or something as vividly as possible in your mind. To help you visualize, you can draw, paint, or or find a drawing or picture of that something or someone. keep that picture or drawing somewhere you can readily access it.
- 3. Regularly practice visualizing the image you have chosen to associate with Self and pair that image with positive feelings and intentions. You can do this as a meditation practice. Schedule some time every week to do this. You can think of this as installing a Self “app” or resource in yourself.

5. ALLOW Self TO BECOME ACQUAINTED WITH THE MEMBERS OF YOUR INTERNAL FAMILY. Self WILL SEE, UNDERSTAND, AND SOOTHE YOUR INTERNAL FAMILY PARTS.



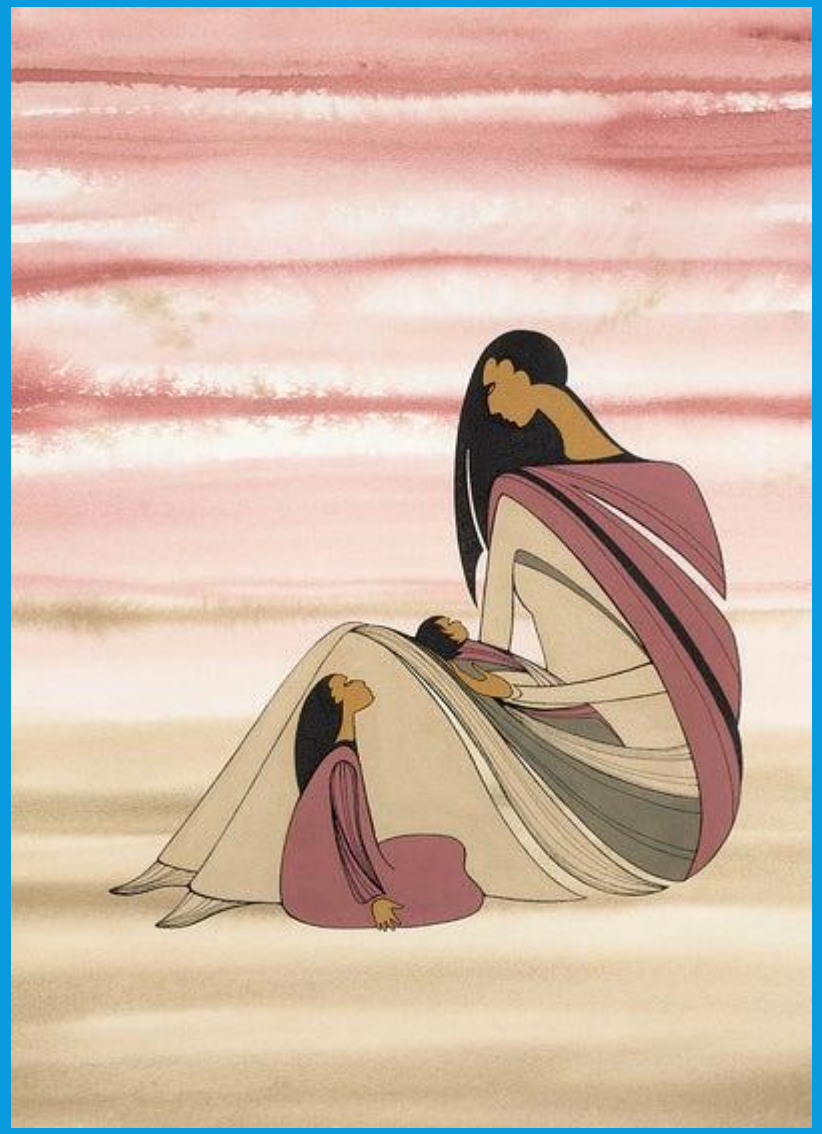
ROB

STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- After completing all the previous steps 1) becoming better acquainted with your part selves 2) starting to use advanced targets in your diary card 3) doing advanced chain analysis and 4) fostering your access to Self, Step 5) is Self parenting of your internal family parts:
- A) Recall in your imagination, the video of the event for which you did the Self led chain analysis.
- B) Make sure Self is present. (check for the 8 P's) Visualize Self and allow it to observe, understand, and feel empathy for each part of your internal family parts as they became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story. Do this one part at a time. Start with managers, then firefighters, work with exiles only if given permission.)
- C) Imagine progressively more intimate encounters, with or without dialogue, between your Self figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation.

STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- D) The goal of this practice is for the internal family system parts to learn to relate securely to and trust Self , so that they allow it to lead the self-system in situations that would previously have triggered those parts and resulted in them taking over the self-system.
- E) Imagine how the situation would have unfolded if Self had been allowed to lead the self.
- F) Use the editing, splicing and pasting strategy and visualize this edited Self led situation repeatedly in your imagination

A) Recall in your imagination, the video of the event for which you did the Self led chain analysis.

B) Allow Self to see, understand, and feel empathy for each part of your internal family parts that became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story)

C) Imagine progressively more intimate encounters, with or without dialogue, between your Self figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation. (Self maintains a non-judgemental, understanding stance and that helps the parts to feel understood and less upset.)

D) The goal of this practice is for the internal family members to learn to relate securely to or trust Self so that they allow it to lead the self-system in situations that would previously have triggered those parts and resulted in them taking over the self-system .

E) Imagine how the situation would have unfolded if Self had been allowed to lead the self.

F) Use the editing, splicing and pasting strategy and visualize this edited Wise mind led situation repeatedly in your imagination.

ROB — SESSION 29: SELF REMEDIATION

STEP 1 — Become Acquainted with Your Part Selves

Joan/Nicole: Context

Rob volunteered for a practice involving Simple's 6th and final tool: Self Remediation. A good place to start almost any Simple work is with the holes diary card. Rob offered three recent situations that he had found activating in a dysregulated way: 1) his degree of scepticism toward IFS itself, 2) the activation that arises when someone dominates a conversation, and 3) an incident with his wife involving weighing their dog.

Rob and I agreed to work from the third situation, as it had produced the most vivid and accessible activation.

The Index Situation

Rob stood on the bathroom scale with the dog twice, calling out a weight to his wife on each occasion. In a casual, offhand way she said she would get their son to weigh the dog. Rob's immediate response was significant, sudden anger. He used his DBT pause skill and did not act on it, but the intensity of the anger strongly suggested that parts were very much activated.

Session Dialogue — Identifying the Parts

The following reconstructs the therapeutic dialogue through which the parts emerged. As the session was not recorded this is not a verbatim account of what took place in the session but is meant to capture the relevant material that emerged from it.

Luis: So, you had a reaction, quite a strong one. Let's stay with that for a moment. When you picture yourself standing on that scale, calling out the number — twice — and then hearing her say she'd ask your son to do it, what shows up?

Rob: Anger. Immediate, intense anger, even rage. Which is completely out of proportion. She was just being casual. But my anger was real.

Luis: Good. Let's treat that anger as information. Not as something to push away, but as a part that just showed up very loudly. We're going to get curious about it rather than try to manage it away. What's the flavour of the anger? Is there something underneath it?

Rob: Yeah. Something like… I didn't count. Like the thing I'd done just… didn't matter.

Luis: That's important. So, the anger is protecting something — it sounds like it's protecting a hurt part that feels unseen, that feels like what it does or who it is doesn't count. Can you feel into that hurt part?

Rob: Yes. It's a kid. Quite young. There's… a kind of worthlessness. Like no matter what I do it's never right, never enough.

Luis: That's an exile. That part has been carrying a heavy burden for a long time. Before we go further with him, let's understand where that wound comes from. Can you say something about your early life?

Rob: My mother was extremely high achieving. A professional, a workaholic. She had incredibly high standards, for herself and for all of us. The message I absorbed was that I didn't meet her standards. I was somehow… broken, a disappointment. There was something fundamentally wrong with me.

Luis: And was there recognition available from her? Warmth, being seen?

Rob: Not really. Not for me. I have three younger sisters, and two of them would likely say they experienced something similar to what I did with Mum. She seemed most interested in supporting the middle sister — who may genuinely have needed more academic help, and with whom Mum felt she could relate, perhaps because of a similar birth order. With me, the dynamic was different. Mum had higher expectations. So, I received a kind of semi-approval — but always with a strong undercurrent: you should be able to do better. I think it's a very common ADHD experience. When you find something fascinating, you can do remarkably well. When you don't, the results are inconsistent. To my mother, that inconsistency looked like a character flaw — like I just wasn't applying myself.

Luis: So, the child part absorbed the message: 'I'm broken, I'm not enough — and even when I do well, it's never quite right.' That's the exile. Now, the anger that came up when your wife spoke — that's protecting that exile. It's a firefighter. Anger is a normal reaction to being hurt. It's saying 'This is not fair' — but the conditional semi-approval from your mother didn't just happen once; it was continuous. So that constant, unresolvable standard created an angry protector that's always on alert. Did you notice any other parts coming up around that incident?

Rob: There's a voice that sounds like my mother. Very critical. It's like… 'See? This is what's wrong with you. Getting worked up over nothing. That's so typical. It's proof you're broken.'

Luis: That's an internal critic. It probably sounded like it was keeping you in line when you were small, trying to shape you to meet your mother's standards. Painful as it was, it also had a protective function. What about toward others? How does the system protect against the threat of rejection from outside?

Rob: I don't think I outright reject people. It's more that I find a way to feel superior to them — academically, morally, athletically, something. A kind of internal devaluing. If I can establish that I'm better in some way, the threat of their rejection matters less.

Luis: So, there's a devaluing part — an outer critic of a particular kind. It doesn't push people away directly; it creates an internal hierarchy that insulates the exile from the pain of feeling less-than. And I'm also hearing the competitive strand in that — the need to establish superiority is connected to the same drive to outperform.

Rob: Yes, exactly. There's a part that devalues and a part that wants to out-compete. They're connected. Underneath both of them is the same thing: I'm trying to earn and justify my value. To earn the love my mother never quite gave freely.

Luis: That's a very precise and important insight. The Competitive Perfectionist tries to win love through achievement; the Devaluing Part protects against humiliation by establishing superiority. Both are in service of the same exile — the child who was told, in effect, that his worth was always conditional. And I'm also hearing something about the sibling dynamic.

Rob: Definitely. When others get the attention or recognition and I don't, there's resentment. A jealous part.

Luis: The jealous part holds the grief of the exile who watched a sibling receive something he never did. That makes complete sense. And is there anything else that surfaced — anything you've noticed in yourself that doesn't quite fit yet?

Rob: There's a procrastinator too, though I'm not sure where it fits yet.

Luis: We'll hold that one lightly for now and come back to it. We have a good map of the parts that emerged. Let's carry it forward.

STEP 2 — Advanced Targets in the Holes Diary Card

Joan/Nicole: Now that we have identified Rob's parts, each part becomes an advanced target in the holes diary card. These parts/advanced targets replace Rob's intermediate targets. Rob can use this card daily or at minimum when he notices that his overall activation is elevated. Tracking part activation over time reveals patterns, builds self-knowledge, and creates a daily touchpoint with IFS practice.

Instructions: Rate each part's activation on a scale of 0 to 10 for the day or week. Note what trailhead (situation, emotion, sensation, thought) seemed to activate it. Add new parts as you discover them.

Luis:

ROB'S ADVANCED HOLES DIARY CARD

Part Self	Type / Role	Typical Feelings	Typical Thoughts	Typical Behaviours / Urges	Activation This Week (0–10)
Overall Activation	Top-level check-in	Varies — note any spike	"Something is activated — what is it?"	Pause; observe	
Angry Firefighter	Firefighter (Protector)	Intense anger, outrage, humiliation	"I don't count. She doesn't trust me."	Urge to argue; demand acknowledgment	
Abandoned / Unseen Exile	Exile	Unseen, unworthy, unloved, abandoned	"I'm broken. Not good enough."	Collapse inward; withdraw	
Internal Critic (Mother's Voice)	Protector (inner critic)	Contempt, cold disappointment	"This proves how flawed you are."	Self-attack; shame spiralling	
Devaluing Part	Protector (outer critic, linked to Competitive Perfectionist)	Defensive superiority, contempt	"I'm better than them — academically, morally, athletically."	Finding ways to feel superior; quiet dismissal of others	

Luis:

Competitive Perfectionist	**Manager**	**Anxious striving**	**"Outperform to be seen. Earn the love."**	**Over-preparing; seeking recognition**	
Jealous Part	Firefighter / Exile-adjacent	Resentment, longing, bitterness	"Others get what I never did."	Comparison; quiet withdrawal	
Rational Manager	Manager	Grounded, analytic, steadying	"This is past. My wife loves me."	Pause skill; self-observation	

Luis: STEP 3 — Self-Led Chain Analysis

Index Event

Rob's wife, in a casual and friendly tone, mentioned she would ask their son to weigh the dog — moments after Rob had already done so twice.

Rob estimated his response was approximately 20% well-regulated and 80% dysregulated.

Luis: PARTS ACTIVATED — SELF-LED CHAIN ANALYSIS TABLE

Part Self	Feelings / Arousal State	Dominant Thoughts	Behaviours / Urges	Conflicts Between Parts
Angry Firefighter	Intense anger, outrage, humiliation	"She doesn't trust me. I don't count."	Urge to argue, raise voice, demand acknowledgment	Conflicts with Rational Manager (which knows the anger is disproportionate) and with the Procrastinator
Abandoned / Unseen Exile	Unseen, unworthy, unloved, abandoned; intense sadness and despair	"I'm not good enough. I'm broken."	Withdraws, collapses inward	The exile's pain drives the firefighter; the Internal Critic attacks it further

Internal Critic (Mother's Voice)	Contempt, disappointment, cold distance	"This reaction proves how broken you are."	Self-attack, shame spiralling	Attacks the exile while ostensibly "motivating" Rob; conflicts with Self
Devaluing Part	Defensive superiority, contempt	"I'm better than them — I can find a way to feel superior."	Quietly dismisses or devalues others rather than openly rejecting them; feeling of superiority across domains	Works against genuine connection; linked to and often operates alongside the Competitive Perfectionist
Competitive Perfectionist (Manager)	Anxious striving, restless urgency	"If I outperform, I'll be seen and valued. Earn the love."	Over-preparing, over-explaining, seeking recognition	Exhausts Rob; competes with the exile's need to simply be loved, not earned
Jealous Part	Resentment, longing, bitterness	"Others get the recognition I never did."	Comparison, quiet withdrawal from those seen as more favoured	Re-enacts mother–sibling dynamic; conflicts with Rational Manager
Rational Manager	Grounded, analytical, steadying	"This is a past wound. My wife does love me."	Pause skill, self-observation, conflict de-escalation	Often overwhelmed by the firefighter and exile; tries to lead but is crowded out

Session Dialogue — Chain Analysis Narration

Luis: Let's trace the chain of events, feelings, thoughts and behaviours carefully. Your wife speaks. What's the very first thing that happens?

Rob: It's instantaneous. Something in me just… drops. And then the anger floods in almost immediately.

Luis: That drop — that's the exile being hit. The anger is the firefighter coming up to cover it. What does the anger say, inside?

Rob: Something like: 'I don't count. My effort doesn't matter. She doesn't trust me.'

Luis: And does your rational manager step in at all?

Rob: Yes, that's actually what saved the moment. The rational part knows this has nothing to do with my wife. It knows she's just being practical. But the other parts are much louder.

Luis: And the internal critic?

Rob: It piles on. It's almost like it's embarrassed by the anger. 'Look at you, getting activated over weighing a dog. What's wrong with you?'

Luis: The critic attacks the exile for being upset, so the exile gets hurt from two sides. That's a very common internal dynamic. The firefighter is trying to protect the exile; the critic attacks the exile for needing protection. Completely exhausting.

Rob: Yes. Exactly that.

STEP 4 — STRENGTHEN OR FOSTER ACCESS TO S-SELF

Joan/Nicole: The Self Visualisation Practice

Step 4 invites Rob to develop a vivid, embodied image of what his S-Self feels like — a stable anchor that he can return to when parts become loud. The goal is to install Self as a resource, something that can be accessed intentionally through repeated practice.

Session Dialogue — Finding an Image of Self

Luis: When you are at your most grounded, most open, most calm, most genuinely yourself — what does that look like? Is there a place? A way you're dressed? A posture?

Rob: Yes, actually. There's a version of me that comes to mind. Relaxed. Wearing clothes I like. I'm in a particular setting, outdoors, I think. There's ease. I'm not performing for anyone.

Luis: That's it. That's the image. That relaxed, unperforming Rob — not earning love, not proving anything, not protecting anything. Just present. That's Self. I'd encourage you to make that image as vivid as possible. You can draw it, find a photograph that captures it, hold it somewhere accessible.

Rob: I can do that.

Luis: And then the practice is to return to that image regularly. Like installing an app. You're not waiting until you're in crisis — you're building the pathway to Self in the quiet moments, so it's available when the parts are loud. Picture that image, feel the ease, check in with the 8 C's — curiosity, calm, compassion, confidence, courage, creativity, connectedness, clarity. Which ones feel present?

Rob: Mostly calm and compassion, when I'm in that place. The others... they come and go.

Luis: That's enough. Those are your anchor points. The others will deepen as your practice does.

J/N: Rob's Self image: Rob, relaxed and at ease, dressed in clothes he likes, in an outdoor setting, not performing for anyone. Rob is encouraged to find or create a visual representation of this image and use it as the centrepiece of a regular brief mindfulness practice, imbuing it with the 8 C's.

STEP 5 — SELF PARENTING: SELF BECOMES ACQUAINTED WITH THE PARTS

Joan/Nicole: The Process

Step 5 is the heart of Self Remediation. Rob's S-Self, embodying the 8 C's, makes contact with each activated part in turn, following Daniel P. Brown's Ideal Parent protocol. Self observes, understands, and soothes each part. The goal is not immediate resolution but the beginning of a trust relationship between Self and the parts.

Parts do not respond primarily to logical argument but to tone, presence, and embodied attunement. Self holds a consistently non-judgmental, compassionate stance.

J/N: Session Dialogue — Self Meets the Angry Firefighter

Luis: Bring to mind that image of your Self — relaxed Rob, at ease, present. Check that the 8 C's are available, at least partially… Good. Now invite the angry firefighter into view, not to merge with it, but so Self can see it. What does that part look like?

Rob: It's older than I expected. An adult, or almost. Jaw set. Ready to fight. Wound up.

Luis: Let Self look at it with real curiosity. No judgment. This part has been working hard for a very long time. What does Self want to say to it?

Rob [as Self]: I see you. I know you're trying to protect the kid — the little one who felt invisible and broken. You've been doing that job for decades. You've been jumping in every time something feels like rejection. You think you're keeping him safe. And in a way, you were. But you're frozen in the past — you see my wife's words through the lens of my mother's conditional approval, the message that I should always be able to do better. She's not her. I'm not that child anymore, even though part of me still is. I'd like, over time, to earn your trust enough that you can step back and let me be the one to take care of him.

Luis: How does the firefighter respond?

Rob: Sceptical. Not convinced. But… it listened. It didn't leave.

Luis: That's enough. You don't need it to surrender. You just need it to hear you. That's the beginning of trust.

J/N: Session Dialogue — Self Meets the Abandoned / Unseen Exile

Luis: Now, with Self present, invite the exile into view. The unseen, unworthy child. What does he look like?

Rob: Young. Maybe seven or eight. He's just… very still. Like he's learned not to hope for too much.

Luis: Self approaches him. No rushing. Let Self find the right distance — close enough to be present, not so close it overwhelms him. What does Self want him to know?

Rob [as Self]: I see you. I know you weren't seen. What you did was never quite enough, never quite right. That had nothing to do with you — it had everything to do with her inability to meet you where you were. What was very likely your ADHD — the way your brain works, lighting up brilliantly for what fascinated you and going quiet elsewhere — she experienced as a character flaw, as proof you weren't applying yourself. You weren't broken. You were different, and she didn't know how to meet that. I'm here. I know you don't trust that yet. I'm not asking you to. I'm just… here. And I'm going to keep showing up.

Luis: Stay with that for a moment. Let Self be with him.

Rob: (Pause.) There's something… I don't know if it's relief, exactly. But something in him… shifts slightly.

Luis: That's real. That matters. Let's hold it.

J/N: Session Dialogue — Self Meets the Internal Critic

Luis: The internal critic — your mother's voice. It's a protector too, even though it hurts the exile. Self can approach it with curiosity. What does that part want?

Rob: It wants me to be better. To meet the standard. It genuinely believes that if I can just be good enough, everything will be okay.

Luis: It learned that from the same place the exile did. It internalised the standard in order to give you a way to survive. It thought, 'If I hold him to this, maybe someone will finally approve.' It's been trying to protect you by criticizing you before your mother did.

Rob [as Self]: I understand your job. You were trying to give me a path — if I met the standard, maybe I'd be safe, maybe I'd be loved. But the standard was never reachable. And every time you use her voice on me, the child suffers again. I'm not asking you to stop caring about quality — I'm asking you to find a different way to help me. A kinder way. I think you can do that.

J/N: Session Dialogue — Self Meets the Devaluing Part

Luis: The part that finds ways to feel superior — academically, morally, athletically. What does Self want it to know?

Rob [as Self]: You've been my buffer. When I'm at risk of feeling less-than, you find a way to tip the scale the other way — to establish that I'm better in some domain. And I understand why. Feeling superior is less painful than feeling invisible. But it keeps me at a distance from people I might actually want to be close to. And it's tied to the same exhausting logic as the competitive part: I have to earn my place, justify my worth, prove my value. I'd like to work with you on finding a way to feel secure that doesn't require that hierarchy.

J/N: STEP 5 (Cont.) — The Edited, Self-Led Version of the Index Situation

Creating the New Video: Self Leads

Having allowed Self to become acquainted with each part in turn, Rob now uses the editing, splicing, and pasting technique to reimagine the index situation as it would have unfolded if Self — rather than parts — had been in the lead.

Session Dialogue — Reimagining the Moment

Luis: Play the scene again in your imagination, but this time, Self is present from the start. Self recognises, even as your wife speaks, what is happening in the system. What's different?

Rob: I notice the activation. I feel the drop, I feel the firefighter starting to rise, but I don't become it. There's some distance. Self is watching.

Luis: And Self knows what this activation is about. What does it say to the system, internally?

Rob [as Self, internally]: This is the exile. He just felt invisible again — he'd done the thing twice, and it still didn't land. The firefighter wants to protect him. That makes sense. But this isn't my mother. This is my wife, who I trust. She's not dismissing me; she just wants a second data point. Let me come back.

Luis: And what happens in the interaction with your wife?

Rob: Nothing heated. Actually… I think I might even have laughed. Because from Self's perspective I can see how ordinary the moment was. She was just being practical.

Luis: And what might you eventually want to share with her about what you've learned?

Rob: I've been thinking about that. I'd like to say something like: 'I want to share something with you — not because you did anything wrong, you didn't, but because I want us to be closer, and because I understand myself better now.'

Luis: And if you feel comfortable with it, you could even let her read this script.

Rob's Script for His Wife

Rob: "As I'm learning more about myself, I realize some things I'd love to share with you. This is not meant to suggest you did anything wrong at all — you didn't. It's meant to bring us closer and to share with you my increased understanding of myself. When I weighed the dog — twice — and you mentioned our son would weigh him again, something in me became quite activated. That reaction had nothing to do with you. It had to do with my past and the parts I'm learning about in IFS. Let me try to explain what happened inside me… [Rob describes the parts in accessible language: the child who felt unseen, the angry protector, the inner critic.] I really appreciate you hearing this. Being able to share this with you makes me feel seen. And it helps us become even closer."

Luis: How do you imagine she'll receive that?

Rob: Well, I think. She's been open to this kind of conversation. And it helps that I'm not coming to her with blame — I'm coming to her with self-knowledge.

Luis: That's the difference Self makes. Parts come with blame or withdrawal. Self comes with curiosity and openness. And that's also what is gradually moving you both toward more secure attachment.

J/N: SUMMARY OF PARTS IDENTIFIED/INTERNAL FAMILY MAP — ROB

EXILES

Abandoned / Unseen / Unworthy Child

A young child, perhaps 7–8 years old, quiet and very still. Carries the burden of feeling fundamentally not good enough, broken, and invisible. The exile's wound originates in Rob's relationship with a high-achieving, emotionally unavailable mother who held impossibly high standards and whose recognition was conditional on performance. What was very likely ADHD — a neurological difference — was read by the mother as a character flaw and a failure to apply himself, compounding the shame burden. This pattern was particularly acute with Rob; the middle sister was granted more latitude and warmth, in part because his mother felt she could relate to her and understood her needs.

FIREFIGHTERS

Angry Firefighter

An older, wound-up, jaw-set protector. Emerges rapidly when the exile is triggered by any perceived dismissal, oversight, or lack of trust. Historically would express as arguments and emotional escalation. Rob's pause skill and growing Self-access have allowed this part to activate without necessarily taking over behaviour. The firefighter is deeply loyal to the exile — it is frozen in the dynamic of Rob's early family system and reads present-day casual dismissals through the lens of his mother's conditional semi-approval.


Why can't you do better?
You're so disappointing.
Be the BEST
Make me PROUD
D

MANAGERS

Internal Critic (Mother's Voice)

An internalised version of the mother's impossibly high standards. Believes that if Rob can just meet the standard, he will finally be safe and perhaps loved. Functions simultaneously as a protector (trying to save Rob from the shame of falling short by getting there first) and as a source of further harm to the exile (attacking the exile for its emotional responses). Speaks with cold disappointment and contempt.

Devaluing Part

Rather than overtly rejecting others, this part protects against the pain of anticipated rejection or inferiority by finding ways to feel superior — academically, morally, athletically, or in some other domain. The internal hierarchy it creates insulates the exile from the full impact of feeling less-than. It operates in close conjunction with the Competitive Perfectionist, both being expressions of the same underlying drive: to earn and justify one's value, and to secure what was never freely given.

Competitive Perfectionist

A striving, achieving manager that attempts to earn through performance what the exile never received through simply being loved. Driven by the logic that enough achievement will eventually produce recognition and acceptance. Works tirelessly and may exhaust the system. Closely linked to the Devaluing Part — both are expressions of the same need to justify and earn Rob's place.

Jealous Part

Carries the resentment of the exile who watched siblings receive the love and recognition it was much harder for him to get. Activated when others are seen, praised, or preferred. Re-enacts the mother–sibling dynamic in current relational contexts.

Rational Manager

Rob's grounding, reality-testing part. Knows that his wife loves him, that present-day dismissals are rarely what they seem, and that activation is often about the past. Uses the pause skill. Is often overwhelmed by the louder protectors but has been strengthened through the course.

Procrastinator

Identified but not yet fully explored. To be developed in ongoing self-remediation work.

Summary of Psychodynamics Explored

Core Wound

Rob's internal family system organises around a central wound of not being seen, valued, or loved for who he is. His mother's high standards, workaholic unavailability, and a particular conditional dynamic with Rob — a semi-approval always inflected with 'you should be able to do better' — generated an exile who carries the belief that he is fundamentally broken and unworthy of love. A probable ADHD presentation produced inconsistent academic results that were misread as a failure of character and effort, compounding the shame burden. Of his three younger sisters, the middle sister was treated with more warmth and latitude; his mother identified with her birth order and challenges and felt able to help her. Two of his sisters would likely report an experience similar to Rob's.

Protector Architecture

The exile is protected by an elaborate system of managers and firefighters that reflect the coping strategies Rob developed in his family of origin. The angry firefighter guards the exile from any perceived replication of the original dismissal. The internal critic tries to pre-empt external judgment by anticipating and attacking the exile internally. The devaluing part protects against the pain of anticipated rejection or inferiority by establishing internal superiority across domains — it does not push people away directly but insulates the exile by tipping the psychological hierarchy in Rob's favour. The competitive perfectionist attempts to earn through achievement what was never given freely. Both the devaluing part and the competitive perfectionist serve the same underlying need: to justify and earn Rob's value, and to secure the love his mother never offered unconditionally. The jealous part holds the grief of watching others receive what was denied.

Anxious Attachment

Rob identifies as having anxious attachment, shaped by an early relational environment in which love was conditional on performance. His wife is more avoidant. The interaction between these attachment styles means that moments of apparent dismissal or mild withdrawal can rapidly activate the exile and trigger firefighter responses — even when the external situation is entirely benign.

Multigenerational Transmission

Rob noted that both his mother and father carried multigenerational trauma. The internal critic's voice, the impossible standard, and the emotional unavailability are themselves legacies of trauma passed down through the family system — a legacy burden in IFS terms, though one that is now available for conscious work.

Movement Toward Secure Attachment

A significant feature of Rob's current developmental moment is his conscious awareness of and active work on the anxious/avoidant dynamic with his wife. He is moving toward secure attachment in his primary relationship — and this work is both supported by and expressed through his growing access to S-Self. The reimagined script Rob drafted for his wife exemplifies Self-led relational functioning: non-blaming, vulnerable, oriented toward connection.

The Role of S-Self

Rob's Self — embodied as relaxed Rob, at ease, in an outdoor setting, not performing — is increasingly available to him. Through the session, Self was able to offer compassionate, non-judgmental acknowledgment to each part in turn. The firefighter and exile both responded to Self's presence, not with full surrender but with the beginning of trust. This trust relationship — between Self and parts — is the mechanism through which the self-system eventually allows Self to lead, rather than defaulting to firefighter and manager responses shaped by the past.

Rob was encouraged to use the Holes Diary Card weekly, return to the Self-led chain analysis template when activation spikes, practise the Self visualisation daily, and continue the Self–parts dialogue as new situations arise.

THANKS, ROB

Questions & Comments



Take a moment to reflect...

- What stood out to you in this example?
- What made sense?
- What felt unclear or confusing?
- Did anything resonate with your own experience?

Questions or comments before we move on?

IN CONCLUSION

BRIEF GUIDE TO CONTINUING IFS SELF WORK

- The following is a brief guide for how you can continue the work you've begun doing the simple course on your own once the course has ended.
- 1) Continue doing the holes diary card using part selves as advanced targets. At the top of the target list add "overall activation"
- 2) When your "overall activation" is high, do a Self-led chain analysis. 1) Start by making sure Self-energy's 8 C's are available to you. (is there an image that captures Self for you?)
- This chain analysis will help you determine if your high activation was due to the activation of parts you are already familiar with or to that of parts you are not yet acquainted with.
- 3) If the activation arises from a part you are not familiar with use the getting acquainted with your parts template below to explore it. Add that part to your target list.

BRIEF GUIDE TO CONTINUING IFS SELF WORK

- 4) Take time for Self to interact with the parts that were activated by the situation. Self understands they had good intentions and were trying to be helpful. If you've done the work with your parts suggested in the workbook and your parts trust Self, ask them to imagine the original situation while allowing Self to lead the system. Consider how the situation you lived through might have unfolded if Self had been in charge of the system.(use the editing splicing and pasting technique)
- 5) In your imagination repeatedly envisage the situation unfolding with Self leading the system.

- For an example of how to do this see "Jennifer" on pages 300 to 306 of the "It's simple" manual.

ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Overall activation																															
Other advanced targets																															

Notes:

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

- Consider the origin story of each of these parts. When and why did it arise in your life to protect you ? How did it protect you ?

STEP 3 SELF LED CHAIN ANALYSIS TEMPLATE

Event linked with activation	Estimate of % of response That was well-regulated vs. dysregulated	Parts that were activated- (consider changes with topography)	Feelings and arousal states of each part	Thoughts of each part, if any	Behavior or urges of each part	Conflicts between parts
		Part 1				
		2				
		3				
		4				
		5				

NOW YOU

1. BECOME ACQUAINTED WITH YOUR INTERNAL FAMILY PART SELVES



NOW YOU

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

- Consider the origin story of each of these parts. When and why did it arise in your life to protect you ? How did it protect you ?

2. USE THE INTERNAL FAMILY PART SELVES YOU HAVE IDENTIFIED AS ADVANCED TARGETS IN YOUR HOLES DIARY CARDS.



NOW YOU

ADVANCED TARGETS IN DIARY CARDS-PART SELVES

Diary Card - Hole Targets **Month: January**

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
Notes:																															

3. FOLLOWING THE TEMPLATE PROVIDED DO A SELF LED CHAIN ANALYSIS



NOW YOU

STEP 3 SELF LED CHAIN ANALYSIS TEMPLATE

Event linked with activation	Estimate of % of response That was well-regulated vs. dysregulated	Parts that were activated- (consider changes with topography)	Feelings and arousal states of each part	Thoughts of each part, if any	Behavior or urges of each part	Conflicts between parts
		Part 1				
		2				
		3				
		4				
		5				

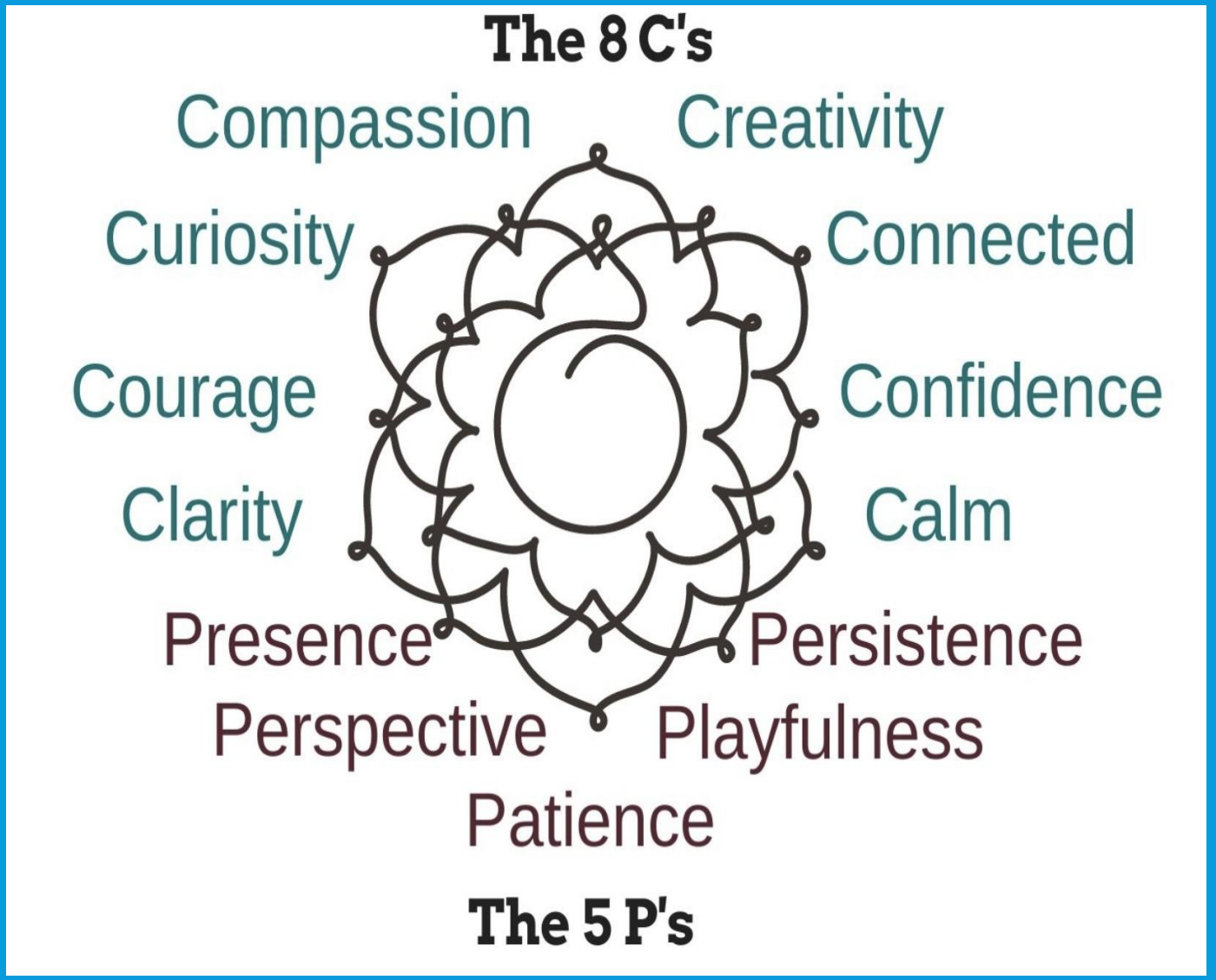
4. STRENGTHEN OR FOSTER YOUR ACCESS TO SELF



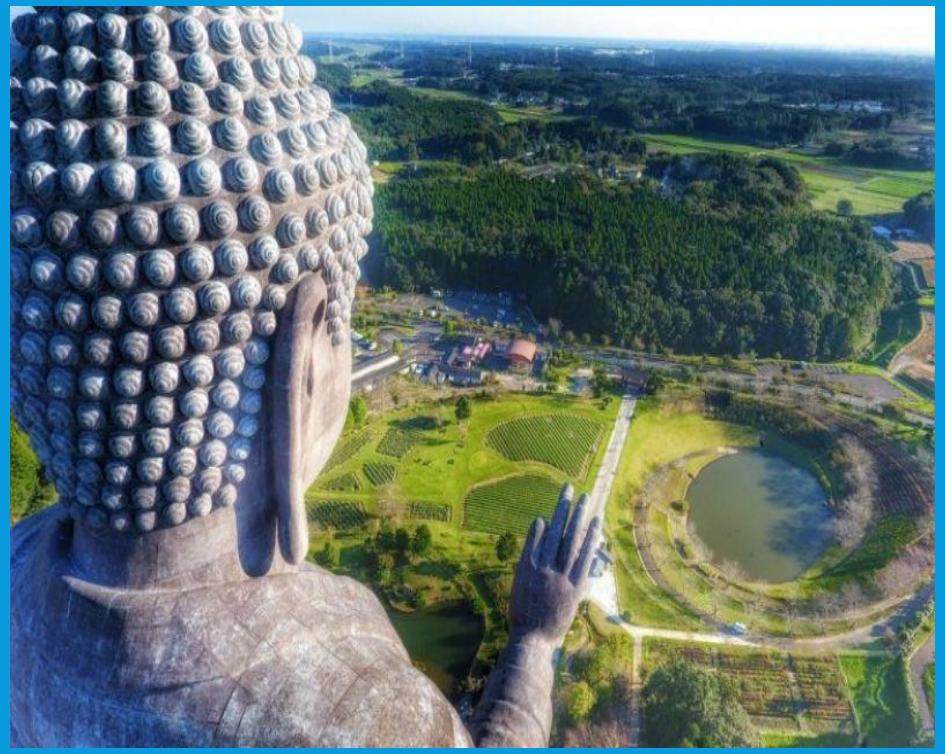
NOW YOU

THE 8 C's AND 5 P's OF SELF





STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- Potentially everyone has access to Self but, in some people, its quiet presence is drowned out by the loud voices of the part selves. To better “hear” or have access to Self :
- 1. Think of someone or something that captures for you the spirit of understanding, empathy, equanimity, and generosity…(I think of that someone or something as the wise mind catcher, after the native North American “dream catcher”)
- That someone or something can be a fictional or historical character, a natural phenomenon or an animal, it can be a spirit such as a guardian angel, someone you know personally or have never met, someone imaginary or real.

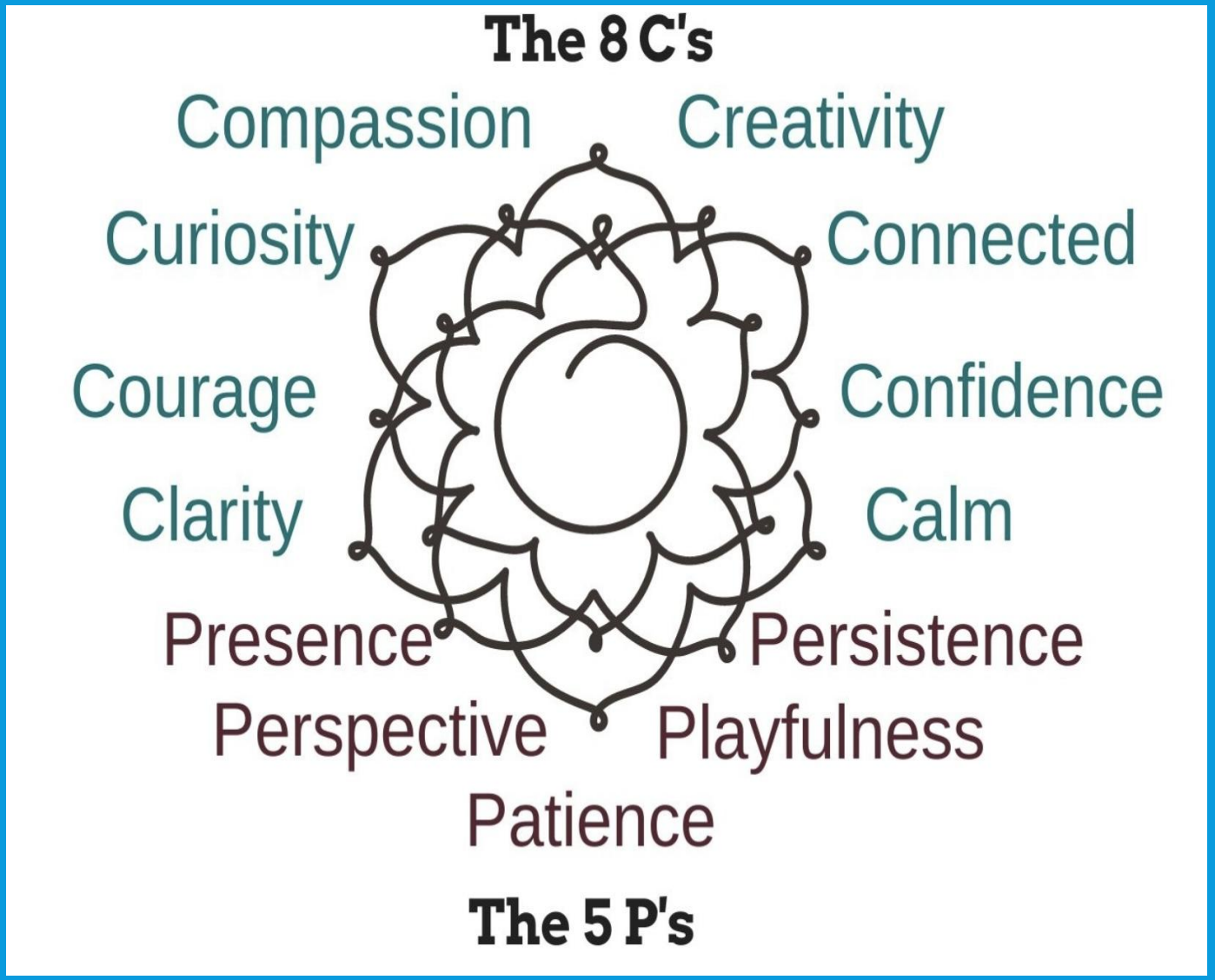
STEP 4 STRENGTHEN ACCESS TO SELF THROUGH VISUALIZATION ALGORITHM



- 2. Picture that someone or something as vividly as possible in your mind. To help you visualize, you can draw, paint, or or find a drawing or picture of that something or someone. keep that picture or drawing somewhere you can readily access it.
- 3. Regularly practice visualizing the image you have chosen to associate with Self and pair that image with positive feelings and intentions. You can do this as a meditation practice. Schedule some time every week to do this. You can think of this as installing a Self “app” or resource in yourself.

THE 8 C's AND 5 P's OF SELF



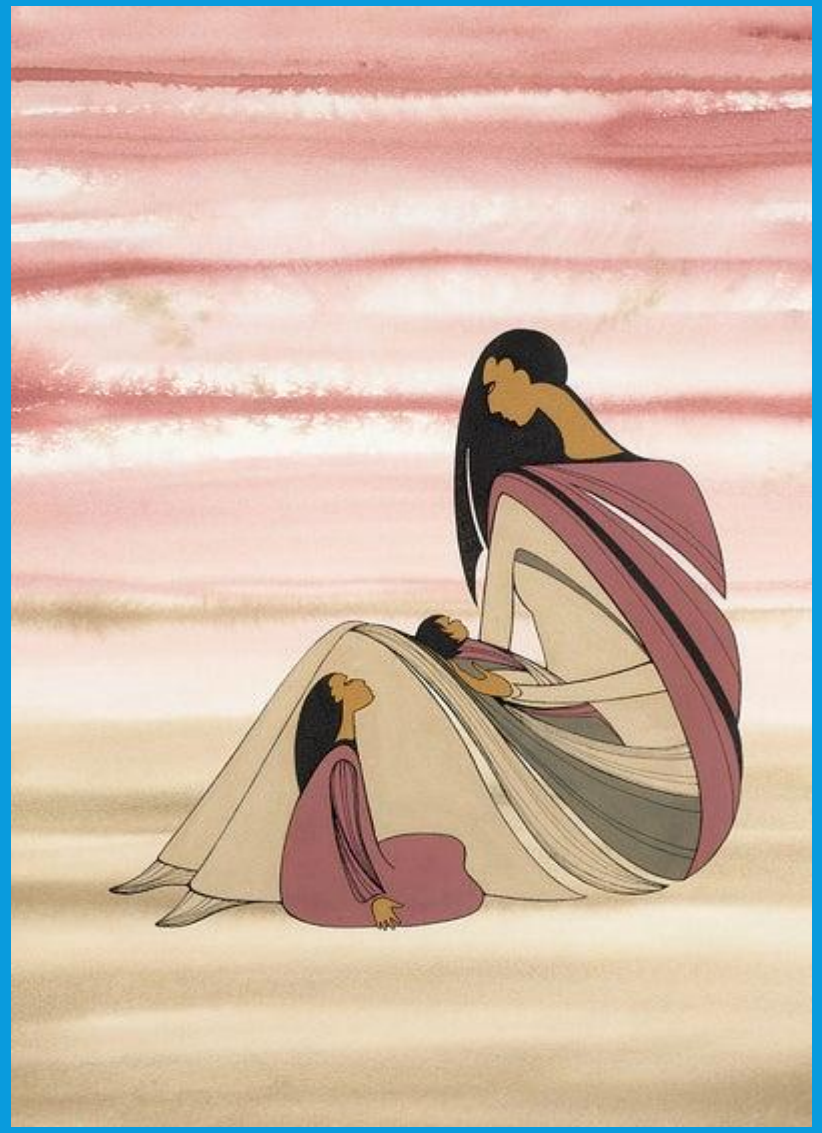


5. ALLOW Self TO BECOME ACQUAINTED WITH THE MEMBERS OF YOUR INTERNAL FAMILY. Self WILL SEE, UNDERSTAND, AND SOOTHE YOUR INTERNAL FAMILY PARTS.



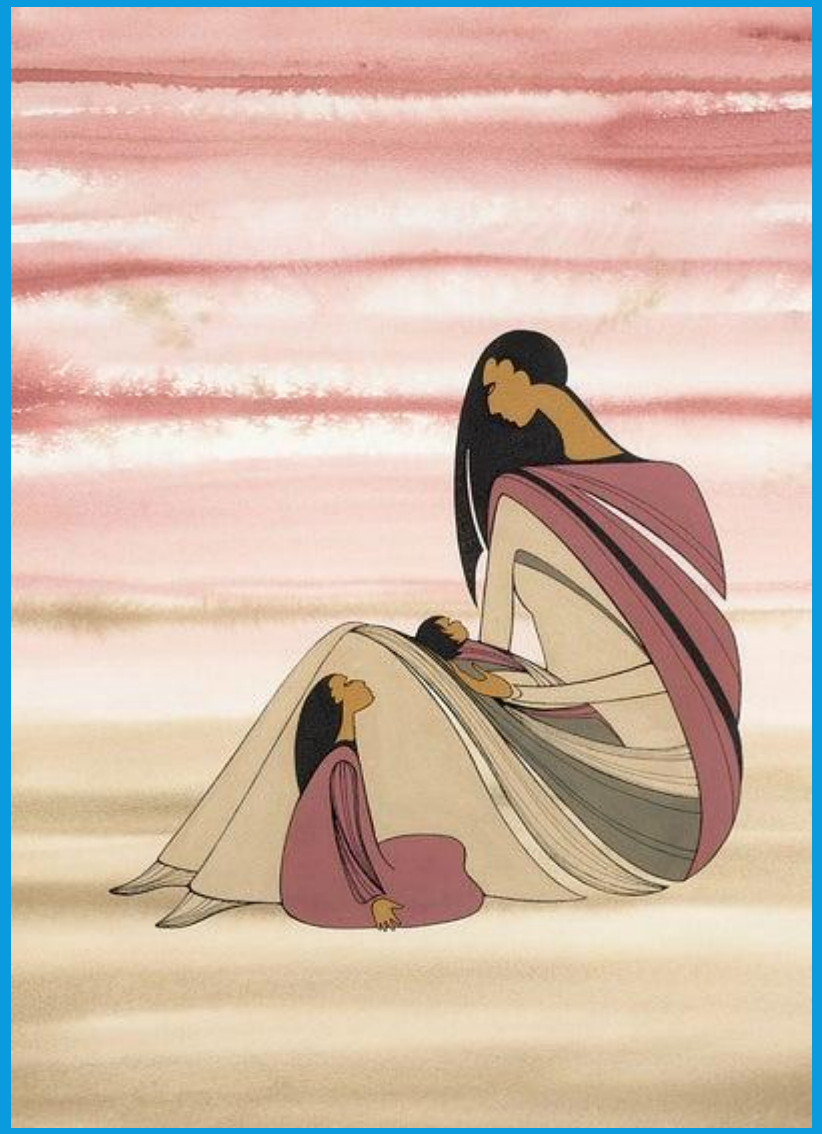
NOW YOU

STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- After completing all the previous steps 1) becoming better acquainted with your part selves 2) starting to use advanced targets in your diary card 3) doing advanced chain analysis and 4) fostering your access to Self, Step 5) is Self parenting of your internal family parts:
- A) Recall in your imagination, the video of the event for which you did the Self led chain analysis.
- B) Make sure Self is present. (check for the 8 P's) Visualize Self and allow it to observe, understand, and feel empathy for each part of your internal family parts as they became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story. Do this one part at a time. Start with managers, then firefighters, work with exiles only if given permission.)
- C) Imagine progressively more intimate encounters, with or without dialogue, between your Self figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation.

STEP 5 SELF PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- D) The goal of this practice is for the internal family system parts to learn to relate securely to and trust Self , so that they allow it to lead the self-system in situations that would previously have triggered those parts and resulted in them taking over the self-system.
- E) Imagine how the situation would have unfolded if Self had been allowed to lead the self.
- F) Use the editing, splicing and pasting strategy and visualize this edited Self led situation repeatedly in your imagination

A) Recall in your imagination, the video of the event for which you did the Self led chain analysis.

B) Allow Self to see, understand, and feel empathy for each part of your internal family parts that became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story)

C) Imagine progressively more intimate encounters, with or without dialogue, between your Self figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation. (Self maintains a non-judgemental, understanding stance and that helps the parts to feel understood and less upset.)

D) The goal of this practice is for the internal family members to learn to relate securely to or trust Self so that they allow it to lead the self-system in situations that would previously have triggered those parts and resulted in them taking over the self-system .

E) Imagine how the situation would have unfolded if Self had been allowed to lead the self.

F) Use the editing, splicing and pasting strategy and visualize this edited Wise mind led situation repeatedly in your imagination.

END OF WEEK 29