

6 F's

GET TO KNOW A MANAGER-PART WITH IFS



1 Find
 Turn your attention inside and see, if any sensation, thought or feeling comes to your attention.
 You found a part - make this your target
 Maybe you notice where this part is located in or around your body.
Ask: "How and where do I feel this part in or around my body?"

2 Focus
 Bring your attention to the part that you just found.
 Take some time paying attention to the part and let the part show itself to you in whatever way it wants. Does it come with an image, sensation, thoughts, voices, sounds...?
Ask: "What am I aware of when I focus on this part?"



3 Feel Towards
 Notice your reactions towards this part while paying attention to it. Are you open and curious, or do you want it to go away?
 Are you allowing this part to be as it is, or do you want it to be different?
Ask: "How do I feel towards this part?"
 Really check if your heart is open to this part?

Check for Self-Energy

In case your answer to "Feel Towards" is any other than coming from an open heart wanting to get to know this part with compassion and curiosity, check for parts that are present and see if they need your attention before moving forward.

4 Flesh Out
 Really get to know the part better and find out its story, function and good intention for you.
Ask: "What is your role? What are you hoping to achieve? How, what and since when are you doing your job...?"



5 BeFriend
 Meet this part to create a relationship.
 Show it your compassion, curiosity or any other Self generated emotion you are feeling.
 Check if the part notices and feels your presence and offer to show gratitude and appreciation for the parts work and intention

6 Fears
 Find out about the fears and intentions of this part if it stopped doing its job.
Ask the part: "What are you afraid would happen if you didn't do your job? Are there other parts that are afraid to let us go further?"



The 8 C's of Self

Compassion

Curiosity

Creativity

Calm

Clarity

Courage

Confidence

Connectedness



The 5 P's of Self

Presence

Persistence

Patience

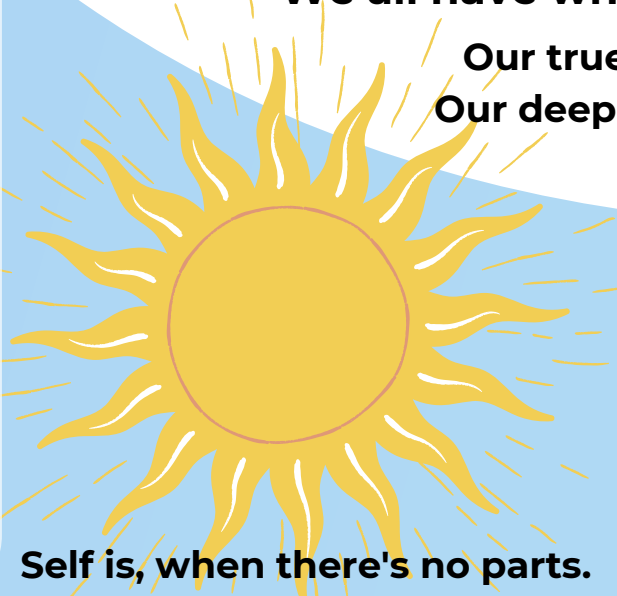
Perspective

Playfulness

Self in IFS

We all have what IFS calls the "Self"

Our true nature, our core and essence.
Our deep inner-knowing that possesses
inherent wisdom and healing.



Self is there, even when
parts take over.

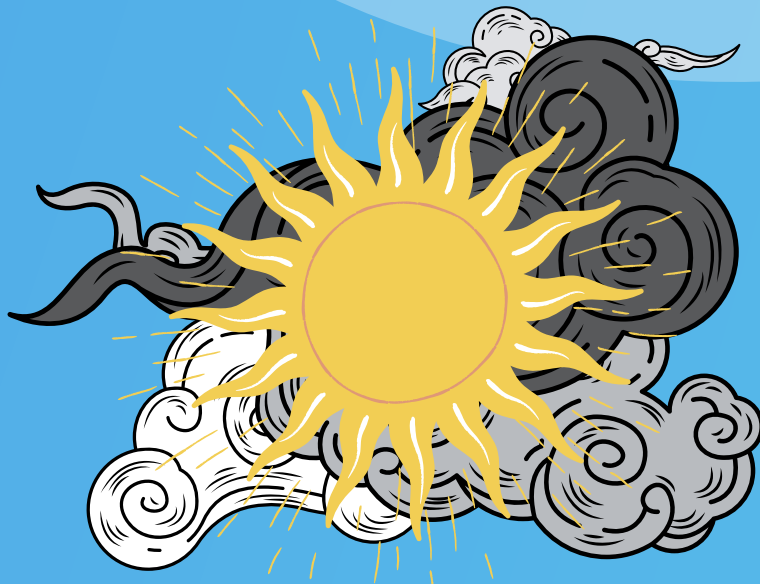


Self is, when there's no parts.
We are all born with a healthy Self.
It is always there and shines on all
our parts.

Sometimes life is tough and many
parts are present trying to protect. It
can be very hard to feel Self-Energy in
those moments.



We can communicate with our
parts and gain their trust. Self
makes no difference between right
and wrong, good or bad.



When our parts trust OurSelf it is
possible to be with what is present -
to be the 'I' in the storm, the
internal leader.
We can take care of our needs and
all that's happening inside.

OUR SYSTEM, WHEN PARTS CARRY BURDENS

MANAGERS

These protectors act preemptively to keep you feeling secure by controlling people, events, and other parts. They carry burdens of responsibility for keeping life together. Managers protect against anything that leads to vulnerability, pain, instability or overwhelm by triggered exiles.

Their motto: "Never again".

COMMON MANAGER BEHAVIORS AND TRAITS:

Controlling, Analyzing, Criticizing, Judging, Caretaking, Pessimism, Planning, Numbing

FIRE-FIGHTERS

These protectors are reactive and spring into action when a triggered exile erupts past a manager or threatens to overwhelm. They act strong and automatically to repress the emerging exiles and get out of danger fast. They can overpower managers' efforts to control the system.

Their motto: "When all else fails".

COMMON FIREFIGHTER BEHAVIORS AND TRAITS:

Abusing Substances, Attempting Suicide, Bingeing on Food, Over-Spending, Having Affairs, Dissociating, Distracting, Cutting

SELF

This is the deepest essence or center of every person. When differentiated, Self acts as a wise, compassionate leader able to heal and lead the system.

EXILES

Exiles have experienced traumatizing events, holding wounds and memories filled with terror, pain and shame. Young and childlike, often stuck in time and hiding for protection, they become increasingly eager to share their story often leaving the person feeling overwhelmed, exposed and vulnerable.

Their motto: "Don't forget me".

COMMON EXILE BEHAVIORS AND TRAITS:

Sensitivity, Anger, Dependency, Innocence, Spontaneity, Openness

©INNERRELATE

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Presence Persistence

Patience

Playfulness Perspective