

The Whole is Greater

ALL TOGETHER YOU

CHAPTER 2



GETTING TO KNOW OUR PARTS

We ALL have multiple parts of ourselves with distinct personalities.

Dr. Richard Schwartz, founder of IFS and author of *“No Bad Parts”*, says the best way to understand why we do what we do is to have a conversation with our parts instead of judging, shaming, criticizing and rejecting them. This leads to integration and healing instead of temporary behavior modification.

These are the building blocks of the Internal Family Systems model.

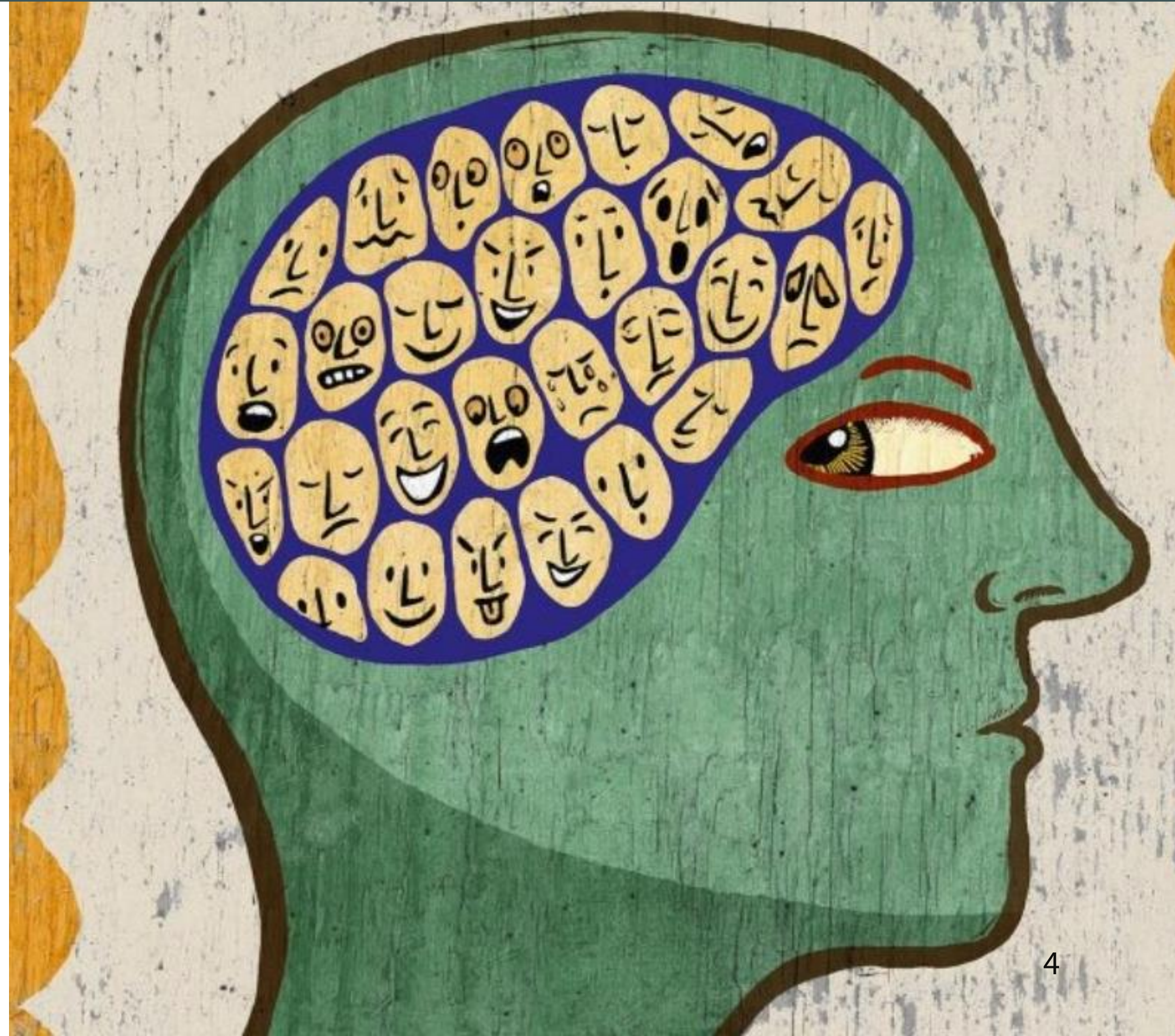
The Origin of IFS

- Family Systems is a model that teaches that individuals are shaped by the complex web of primary relationships in their world.
- For client's to make progress with their struggles, working with other members in the larger ecosystem or family is necessary.
- Dr. Richard Schwartz realized that systems or key relationships existed not only outside of clients (externally) (parents, uncles, competitive siblings, nasty neighbors), but inside (internally) of them as well. And those internal systems needed healing too.



The Origin of IFS

- Schwartz noticed that his clients regularly described their suffering as resulting from different parts of themselves that were in horrible conflict.
- That was how Internal Family Systems (IFS) as a therapeutic model was born.
- Your parts are your internal “family”.



The Self



THE SELF -THE GOD IMAGE

The core of a person that makes us who we are and is best equipped to lead our internal parts on a healing path. The God Image at our core is the seat of our authentic spirituality and a reflection of the divine within us. As a pure and undamaged reflection of the qualities of God, it is where wisdom, connection, and compassion reside.



Genesis 1:26 - “Then God said, ‘Let us make mankind in our image, in our likeness. So God created mankind in his own image, in the image of God he created them; male and female he created them.’”

1 Corinthians 12:12 - Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

CALM

CURIOUS

CONNECTEDNESS

CLARITY

**THE 8 C
QUALITIES
OF THE SELF**

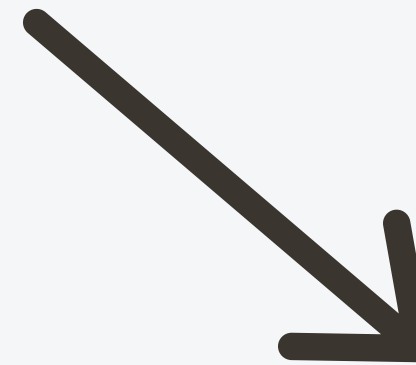
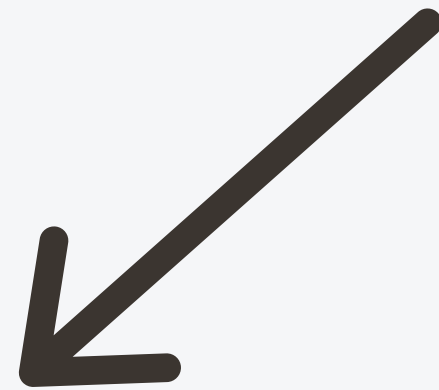
COMPASSIONATE

CONFIDENT

COURAGEOUS

CREATIVE





Unhindered Parts

- Innate, distinct personalities

Hindered Parts

- Wounded or traumatized parts of our personalities

Unhindered Parts

Unhindered parts are expressions of our unique personalities that are free to flow in the qualities of the core Self.



Examples of Unhindered Parts

Musical part

Studious part

Culinary part

Decorating part

Creative part

Comedian part

Leader part

Comforter part

Networking part

Intellectual part

Organizing part

Movement(dance) part

Hindered Parts

Hindered parts are parts that carry burdens or extreme feelings, beliefs, or behaviors as a result of negative life experiences such as hurts, injustices and lingering pain in the mind and body.



Examples of Hindered Parts

Rage part

Shame part

Paranoid part

Depressed part

Fear part

Dissociated part

Scared part

Addiction part

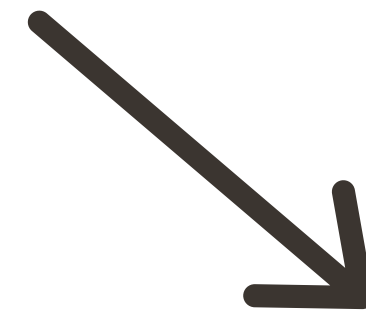
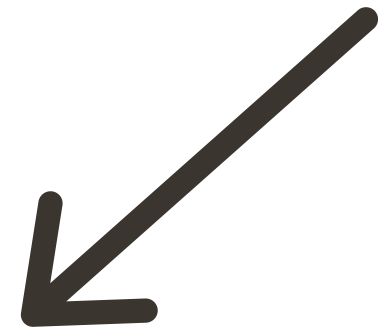
Isolating part

Aggressive part

Critical part

Entitled part

The Self



Unhindered Parts

- Innate, distinct personalities

Hindered Parts



- Exiles

- Protectors

Exiles



The Hidden Parts

- Exiles are the sensitive, hurting parts who carry the memory and the marks of pain from our past.
- The exile hides the rejected, wounded, burdened and traumatized parts.
- We all have experienced pain in one way or another, so we all have exiles.
- Exiles have experienced humiliation, disappointment, grief, terror, or abandonment, either from an event or from a person.
- We try to keep these vulnerable parts hidden away, pushed down, locked up, and sometimes entirely (we think) left behind.

Examples of Exiles



Abandoned Infant



Lonely Child



Angry Teenager



Terrified Toddler



Hungry Baby

Protectors

Protector parts are parts that try to prevent us from feeling our exiles' pain. One is proactive: parts that use these strategies are called managers. The other is reactive: parts that use these strategies are called firefighters.

Protector #1 - Managers



- Managers work in proactive ways to fend off pain, through performing at a high level.
- Managers work in proactive resistance, control, and judgement.
- They run daily life and are the most acceptable parts due to the similarities to the Self.
- Managers use self-sufficiency to prevent humiliation and abandonment.
- They create an illusion of safety through the inner critic that tries to keep the parts in check.
- Examples: People pleasing, perfectionism, self-sabotage, anxiety, procrastination, inner critic overachieving, and caretaking

Protector #2 - Firefighters



- Firefighters automatically react, attack, and create diversions.
- Firefighters are the first responders that are called into service when anything comes too close to the exile's pain.
- Firefighters rush in reactively to try to put out pain that is already there.
- They create an illusion of stability through numbing and distancing from exile's pain with distractions.
- Examples: Alcohol, drugs, dissociation, cutting, suicidality, rage, sexual acting out, or a variety of other impulsive options to make the pain go away.

Q & A

- How does the idea that your parts are not all of who you are help you access deeper self-compassion?
- What is one protector within you that you can see as trying to protect you from pain? Where did it learn to try to help you with pain in this way?