

PARTS AND SELF IN IFS THERAPY

Parts

- we are born with them
- help us walk through life
- in their natural state: playful, creative, open, courageous, confident, curious, and helpful without always being overly exhausted



When parts get hurt and don't receive the comfort and care they need afterwards, they can become burdened with the beliefs about themselves they take from those hurts, and can then be sent into a sort of "exile", so they don't overwhelm you. In IFS, these hurt parts are called **exiles**.

In order to keep exiles hidden and safe, other parts become protectors that work to prevent bad things from happening that could trigger the exile, or to react to bad things that DO happen, so the exile is kept from overwhelming the whole person.

These protectors are **firefighters** and **managers**.

Exiles

- when hurt and not adequately comforted, these parts take on negative beliefs about themselves from the hurtful event(s)
- often (but not always) young
- Examples of common negative beliefs: "I am bad," "I am not good enough," "I am shameful"



Managers

- protectors that look ahead and/or plan to **prevent** bad things from happening that could trigger the exile to overwhelm the person
- **Examples** of manager behavior: criticizing, worrying, people pleasing, planning, caretaking, analyzing



Firefighters

- protectors that **react** when something has already happened that triggers the exile, to make it stop
- usually respond without thought of consequence
- **Examples** of firefighter behavior: rage, self-harm, dissociation, substance abuse, gambling, bingeing, scrolling



Self

When parts, especially protectors, learn that the true Self is available, they can allow self to help them, and to sometimes even help the exile so it doesn't have to carry its hurt (burden) anymore. Then, both the managers and firefighters can relax a little more and not have to work as hard as they have been.



Therapist:

helps client connect Self to parts and helps parts create room for Self to help parts



Use Of Self In Therapy

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Table of Contents Use Of Self In Therapy

1. Understanding the eBook Use Of Self In Therapy
 - The Rise of Digital Reading Use Of Self In Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Use Of Self In Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Use Of Self In Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Use Of Self In Therapy
 - Personalized Recommendations
 - Use Of Self In Therapy User Reviews and Ratings
 - Use Of Self In Therapy and Bestseller Lists
5. Accessing Use Of Self In Therapy Free and Paid eBooks

- Use Of Self In Therapy Public Domain eBooks
 - Use Of Self In Therapy eBook Subscription Services
 - Use Of Self In Therapy Budget-Friendly Options
6. Navigating Use Of Self In Therapy eBook Formats
 - ePub, PDF, MOBI, and More
 - Use Of Self In Therapy Compatibility with Devices
 - Use Of Self In Therapy Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Use Of Self In Therapy
 - Highlighting and Note-Taking Use Of Self In Therapy
 - Interactive Elements Use Of Self In Therapy
 8. Staying Engaged with Use Of Self In Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Use Of Self In Therapy
 9. Balancing eBooks and Physical Books Use Of Self In Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Use Of Self In Therapy
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Use Of Self In Therapy
 - Setting Reading Goals Use Of Self In Therapy
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Use Of Self In Therapy
 - Fact-Checking eBook Content of Use Of Self In Therapy
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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