

# Chapter Two Review

ALL TOGETHER YOU

CHAPTER 2





## AWARENESS AND PRECAUTIONS

As with any form of therapy, coaching, counseling or book about experiences in childhood, this information may bring up things that are hard to sit with. Pastor acknowledges and wants you to be aware of that reality. Please be kind to yourself and if you need support, reach out to a mental health professional. Please also feel free to put the book down and come back to the material at a later time.

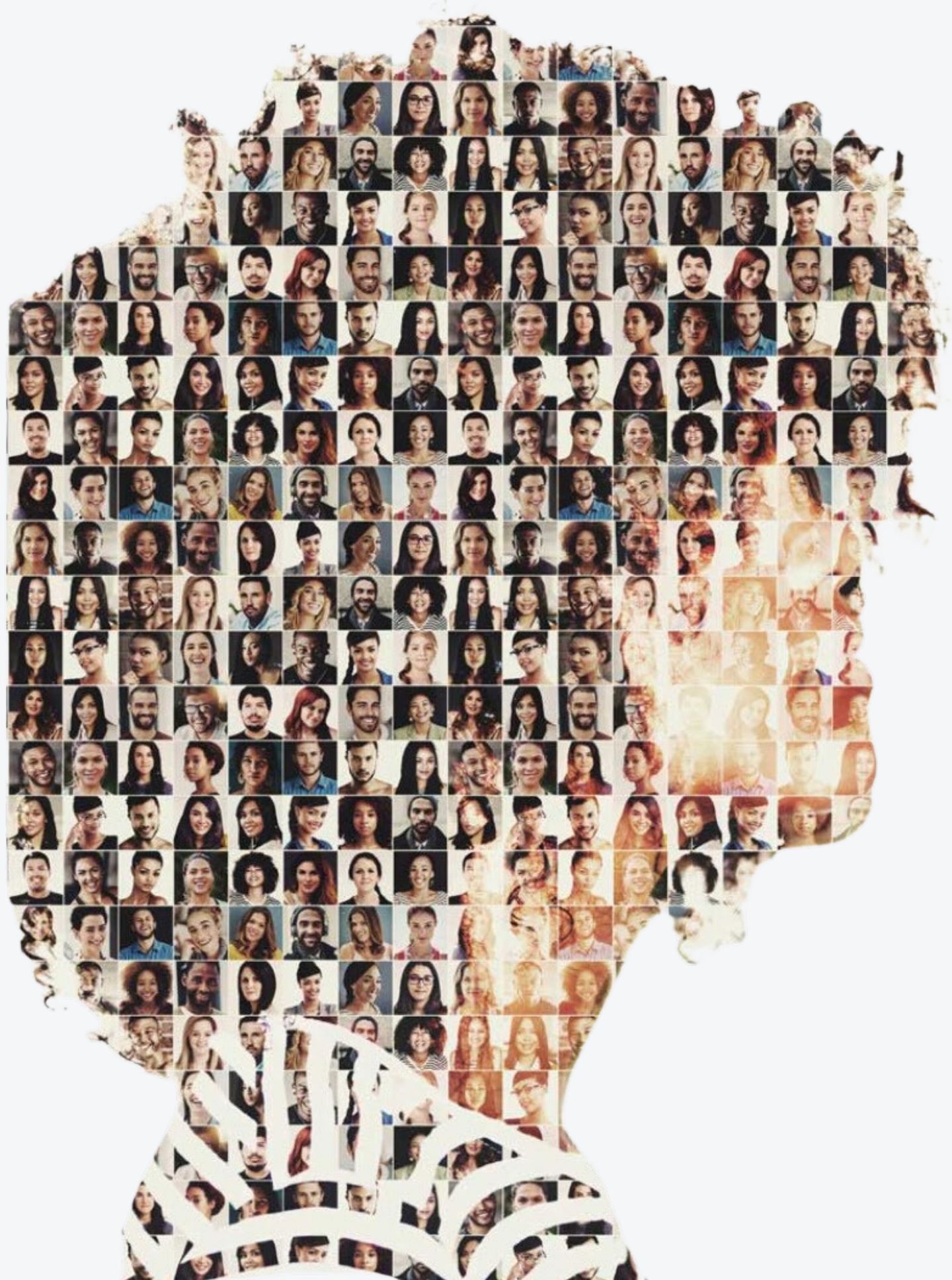




## Internal Family System

A model of therapy developed by Dr. Richard Schwartz that understands human beings to be comprised of a core Self (referred to in this book as God Image or Imago Dei) and many different parts of their personality.





## Part

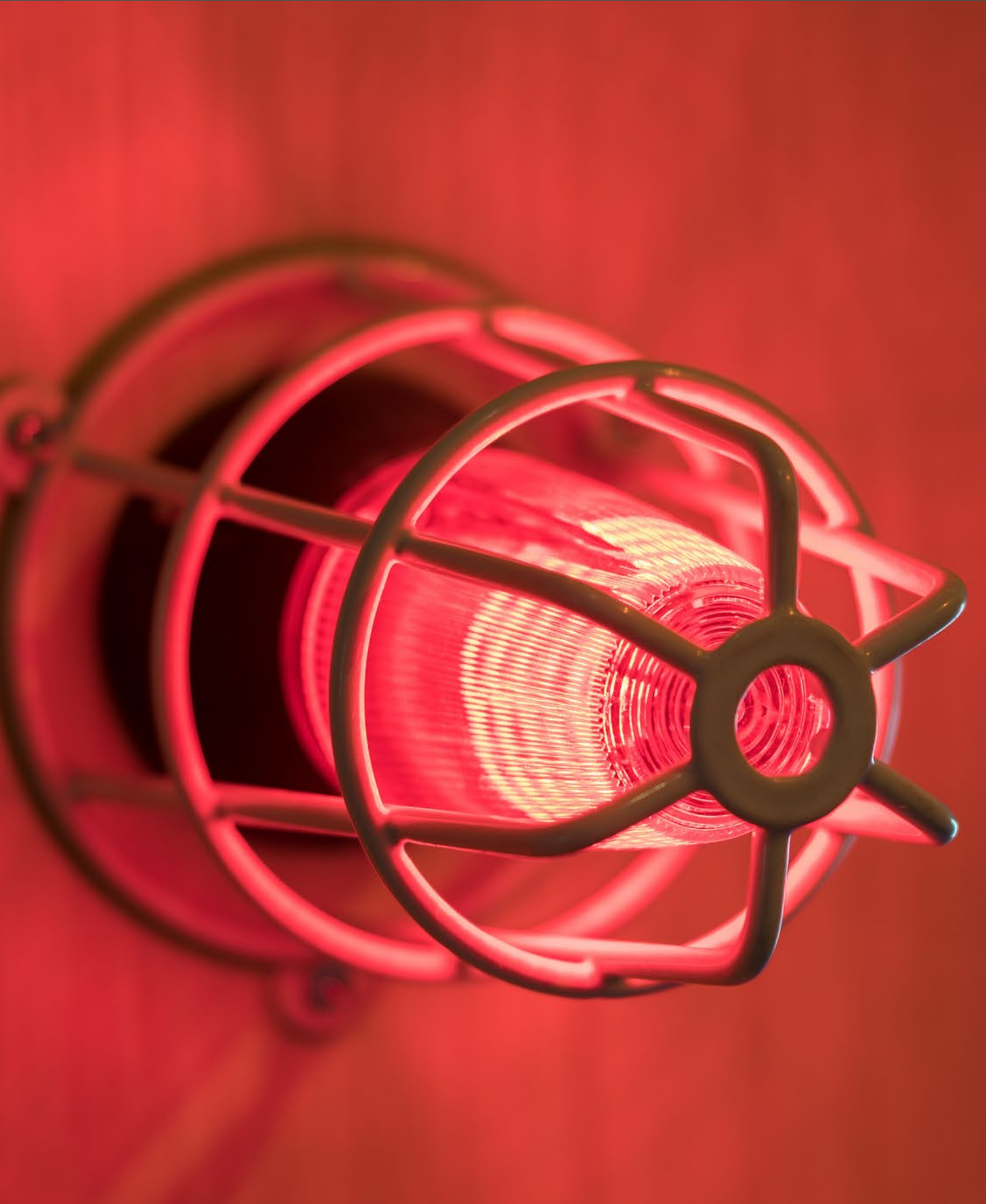
Unique aspects of our personalities (subpersonalities) that have their own thoughts, feelings, sensations, and agendas. All people are born with many unburdened parts that together comprise their unique personality. All parts want something positive for the individual. Some parts become burdened with pain (or strategies for coping with pain) from negative life experiences.





## Burden

Extreme feelings, beliefs, or behaviors that attach to parts as a result of negative life experiences. A burden is like a shackled weight that attaches to a part (thus, transforming it into an exile or a protector), causing the part to lose access to its naturally created positive essence.



## Activated

When a part feels threatened (either by experiencing something that reminds it of a past hurt, or by the activity of a polarized part) and begins to flood, or take over, an individual's internal system.





## Self (God Image or Imago Dei)

Our central core that is who we truly are. The Self is the seat of our authentic spiritual connection to the divine. The Self reflects the Christian understanding that humans are made in the image of God (Genesis 1:27). The God Image is undamaged in all people and reflects qualities of the divine such as the fruit of the Spirit or the Eight C qualities. The goal of IFS therapy, and of Christian living, is to lead our internal parts from this core.





## Exile - Vulnerable Part

A part that has become burdened by negative life experiences and has therefore lost access to its naturally positive qualities. Exiles carry negative emotions like fear, shame, loneliness, anxiety, and sadness, as well as negative beliefs such as “I’m all alone,” “My feelings and needs don’t matter,” and “Something is wrong with me.”

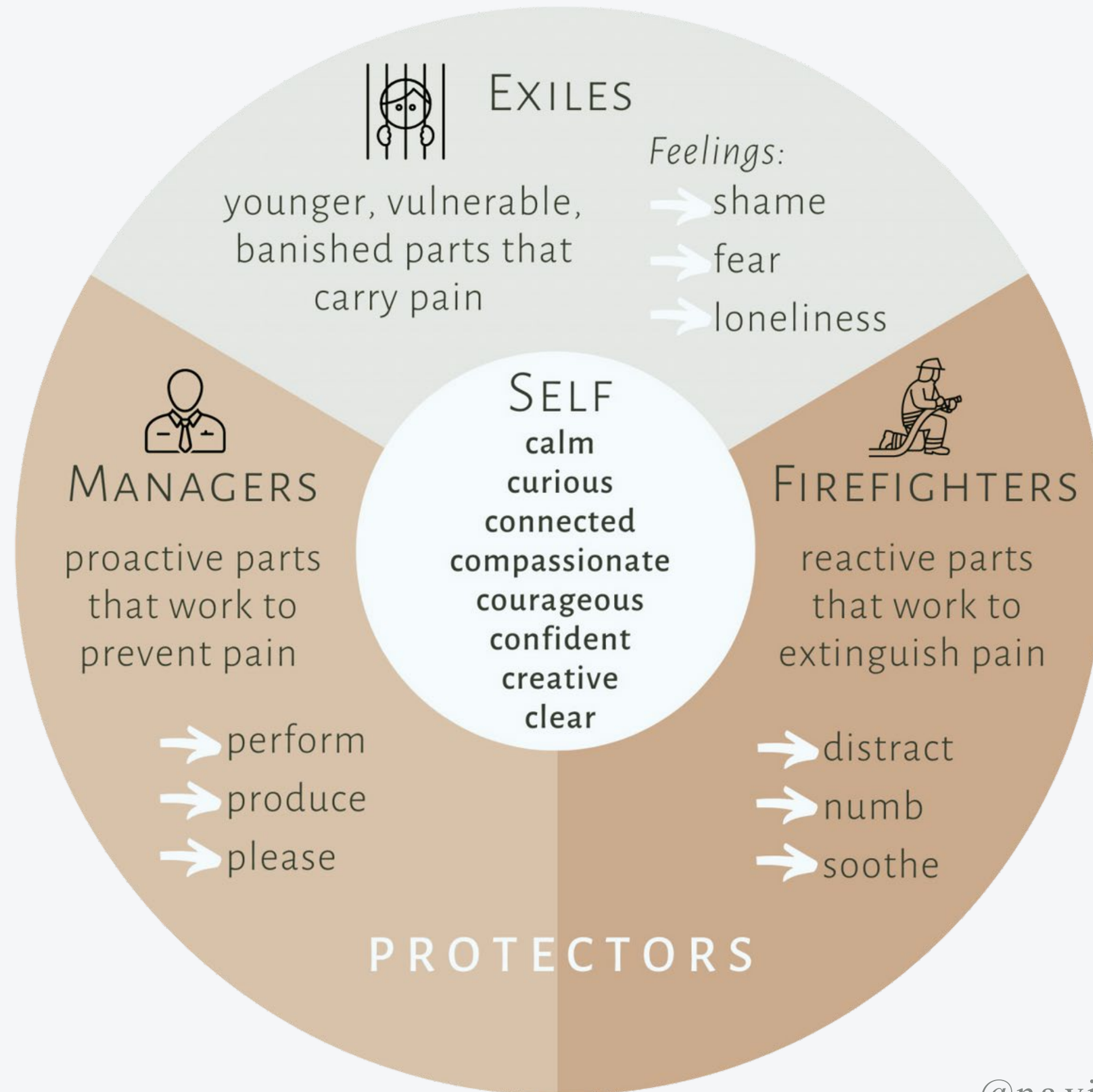




## Protector

Parts in a system that have become burdened with extreme roles in an attempt to eliminate exile pain. There are two types of protectors: managers, that try to proactively prevent exile pain from becoming activated, and firefighters, that try to reactively extinguish exile pain once it has been triggered.









Our “internal family members” or parts have unique identities and personalities.

They have jobs that they are doing, burdens that keep them stuck in unhelpful ways of behaving, and ways they can be healed and freed up to do more helpful things.

Our parts have good intentions. They are trying to do their job to keep pain from the family system. The parts are not bad, but their behavior may be.





- The traditional approach to dealing with unwanted behaviors in the church has been a shame and/or performance based approach.
- Pray it away, get in the word, work on controlling your reactions through some form of behavior modification.
- The lens has been to view outbursts or reactions as SIN that needs to be cleansed and corrected through external accountability.
- These patterns of reacting have been viewed through condemnation, a need to suppress or get rid of that part of you completely.







# WHAT IF I TOLD YOU...

JESUS LOVES THAT PART OF YOU?





- IFS offers a different way to look at what's going on inside of you and a different way to understand who you are
- In place of holding an identity around bad behaviors, we can now see ourselves from the God Image as the core of our identity.
- In place of shutting down, condemning or shaming a part of your personality and hating the behaviors that part does, we can instead welcome, invite, embrace and become curious about why that part is showing up and what it needs from the God Image in us.





# Jesus wants us to experience healing for our hindered and burdened parts

He came to love *ALL OF US*...All of who we are (parts and all). And to help those hindered parts heal and live in harmony with the rest of the family both inside and out.





# GETTING TO KNOW YOUR PARTS







## THE FELT SENSE OF THE SELF - THE GOD IMAGE

When we are operating from **Self** energy or from the Core Self, an abundance of **Calm, Courage, Compassion, Curiosity, Clarity, Connection, Creativity, and Confidence** flow out of us.

If what comes up for us or out of us in our behavior is not rooted in these qualities, we are most likely operating from a Part of our subpersonality.



# Notice



- What happens in your body when this part shows up? Where do you feel it?
- Are there specific situations, people, or places that bring this part out?
- What are the part's characteristics? i.e tone, voice volume, intensity, movement, etc.



# Name



*My name is*

- Identify (name) that a part of you is present. As you get to know that part of your personality, you can give that part an actual name that helps humanize it for your “family system”. It can be a nickname, a pet name, an actual name or a name that reminds you of its emotion or function in the family.



# Welcome



- Evaluate what you really think of and feel about that part of your personality inside of you. Be honest with yourself.
- Welcome the part of your personality that is showing up.
- Communicate to that part that you are interested in what it has to say and what it needs.



# Nurture



- Imagine bringing the part of you that is hurting, hindered, and burdened close to you.
- Let that part know you see them and you want to hear what they have to say.
- Let the part know you are glad they are in your “family” and a part of what makes up who you are.





## LEARN FROM YOUR PARTS

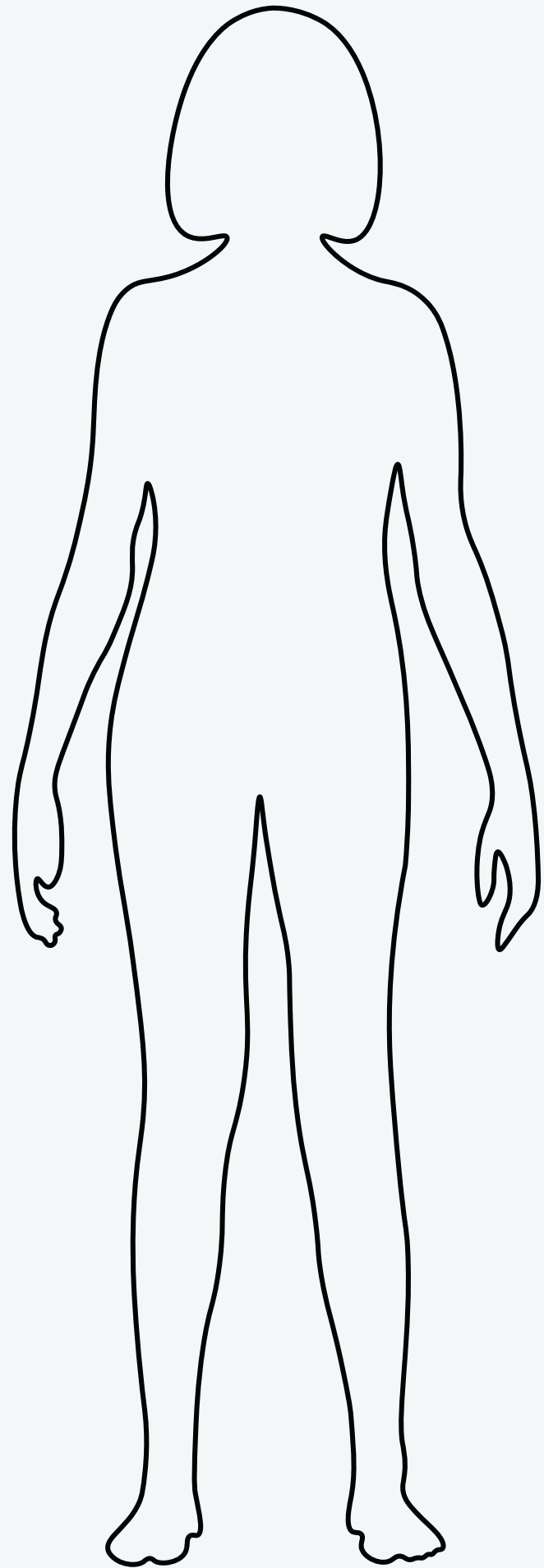
- Ask the part or parts that are showing up:
  - 1) What they feel
  - 2) What they have to say
  - 3) What they believe is happening











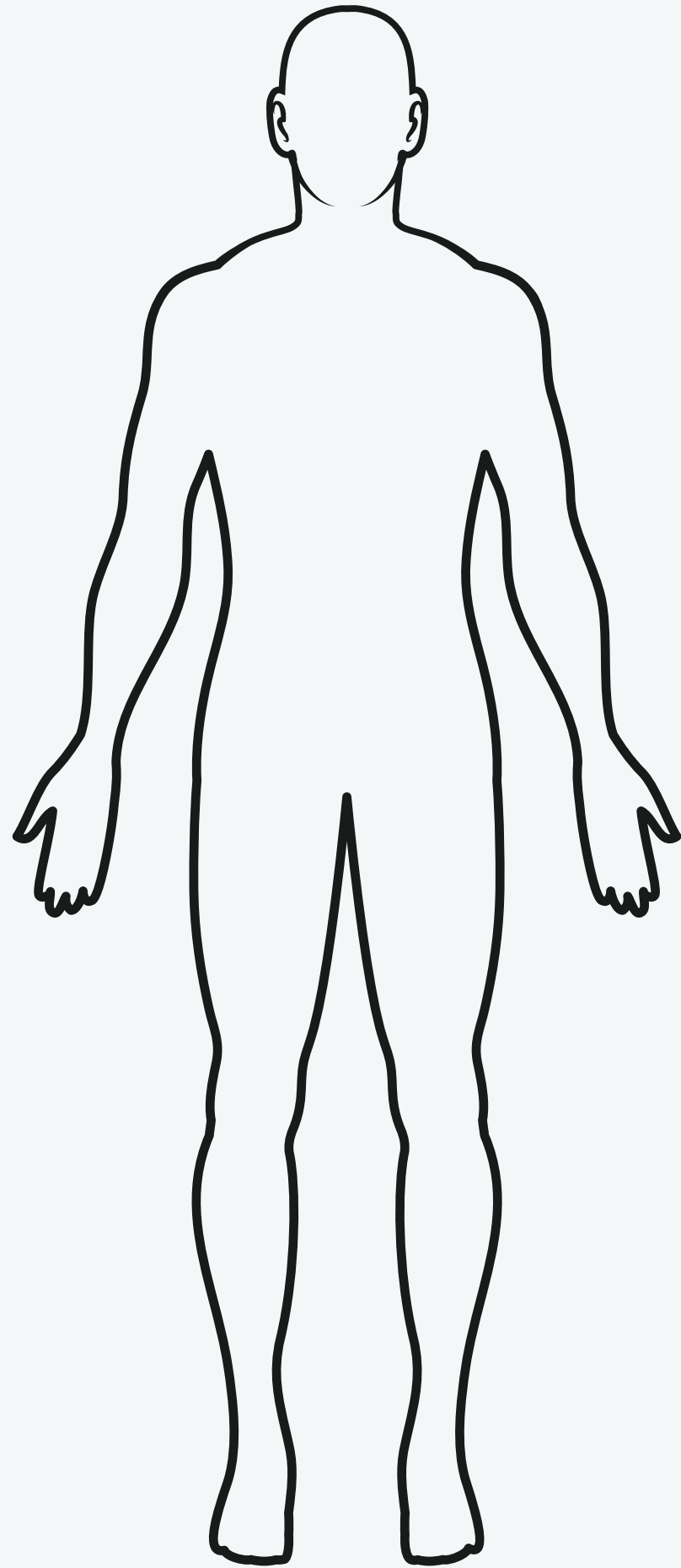
# PART PROFILE

Name:

- Tone of Voice - prosody
- Voice Volume
- Facial expressions
- Mannerisms & Gestures
- Movements
- Beliefs
- Messages
- Needs







# PART PROFILE

Name:

- Tone of Voice - prosody
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# Q & A

How does the idea that your parts are not all of who you are help you access deeper self-compassion?

What is it like for you to consider that there are no bad parts, only good parts stuck in bad roles?

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?