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.**

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."

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.**

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, binging, 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

Ying Liu

Use Of Self In Therapy:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Use Of Self In Therapy**

In some sort of inundated with screens and the cacophony of quick interaction, the profound power and psychological resonance of verbal art frequently diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, nestled within the musical pages of **Use Of Self In Therapy**, a interesting perform of fictional splendor that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus courses viewers on an emotional odyssey, gently revealing the latent potential and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect their charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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