

A photograph of two elephants in a savanna setting. The elephant on the left is facing right, and the elephant on the right is facing left. They are touching their trunks in a social interaction. The background is a blurred landscape with trees and a bright sky. A light blue vertical bar is on the left side of the image.

INTIMACY FROM THE INSIDE OUT

ANGER AND NEEDS,
TRANSITIONS FROM ONE
PROTOCOL TO ANOTHER

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BASIC TRAINING: MODULE 7





Anger and Needs

When Angry or Frustrated we Respond from:

EXILES who wish things were different
(the primary need for love and connection)

OR

PROTECTORS who are trying in vain to get those needs met by demanding, bullying, manipulating, etc. (secondary emotion, anger)

**Is anyone
listening?**



A Choice in Every Moment

Access the angry or frustrated Part(s)

Listen to the dilemma

Find out the childhood history

Understand the need of the vulnerable Exile, provide an attuned inner experience

Practice courageously speaking for the exile

Learn to ask to have a need met from self

Listen for the Core Need

- **Love**
- **Connection**
- **To be seen and known**
- **Empathy or compassion**
- **Attunement**
- **To know I'm not alone**





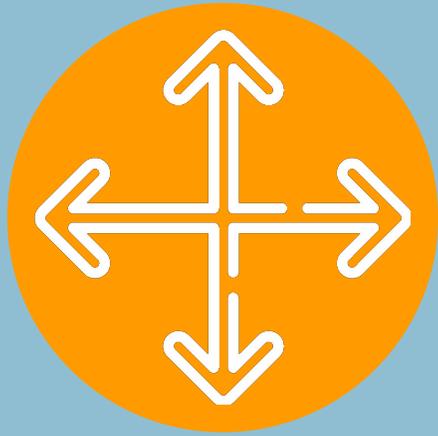
No One Person Can Meet All Your Needs

How in the World Shall
I Ever SURVIVE?

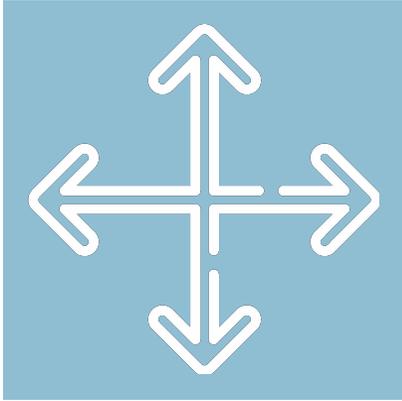
How do we Help a Couple be with “No”?

- 1 Unblend
- 2 Explore trailheads
- 3 Learn about gentle, malleable boundaries





Transitions



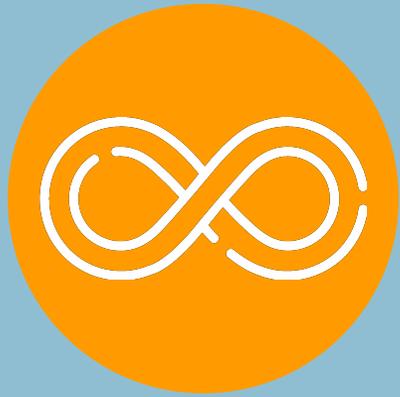
Transitions

The IFIO therapist must cultivate the ability to be flexible enough to move easily between non-linear protocols



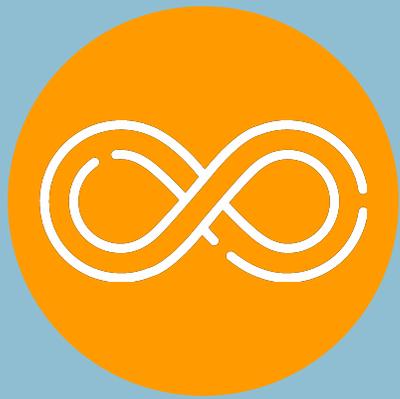
Sometimes it's as simple as asking:

- > We offer alternatives
- > “We could do this, or that? Or how about this?”
- > “I have a suggestion...”



When moving from tracking to courageous communication we pay attention to the following signals:

- > How un-blended are protectors?
- > Is there willingness for individuals to listen?
- > Can you sense warmth and good will?
- > Is genuine curiosity between people evident?
- > Is there less impulse to blame and shame within the system?



When moving from tracking to individual work we look for the following:

- > All parties recognize that there is enough safety in the system for one person to work vertically
- > The therapist is able to maintain safety
 - Safe triangle (if working with a dyad)
 - The therapist is able to stay connected to both people while one person does exile work (when working with a couple)
 - Protectors are unblended
 - The witnessing person(s) are available and able to remain present



If things go askew...

- > Change directions. Sometimes we do this many times in any one session
- > Do not become attached to your brilliant ideas
- > If you are stuck, ask your client(s) what they think, feel, sense, want
- > Trust the process, circle back to the beginning



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