

THE KEY TO HELPING CLIENTS WITH SHAME

HANDOUT SPAIN SHAME WORKSHOP

Martha Sweezy

THE KEY TO HELPING CLIENTS WITH SHAME: THE BASICS OF IFS

1. PROTECTORS HAVE FEARS – MOST OF ALL, THEY BELIEVE THAT INJURED PARTS ARE SHAMEFUL
 - a. So, they exile them – this is a job.
2. WE ASK THEM TO STOP WORKING AT THIS JOB AND GET INTO RELATIONSHIP WITH THE SELF - WHO KNOWS THE EXILE IS FINE
 - a. We can't make protectors unblend, they have to be willing.
 - b. If they are willing, then unblending – or being in relationship with the Self – regulates the body and calms their fears.
3. **THE GOAL:** WE WANT THE CLIENT TO FEEL **COMPASSION** - COMPASSION IS THE OPPOSITE OF SHAMING
 - a. CLIENTS FEEL COMPASSION WHEN THEIR PARTS **UNBLEND**
 - i. So, we focus on persuading protectors to unblend enough to notice the Self.
4. ONCE PROTECTORS UNBLEND, THE CLIENT FEELS COMPASSION AND CAN HELP THE EXILE WITH THAT FALSE (LEARNED) NARRATIVE *SOMETHING IS WRONG WITH ME*
5. SO, IN IFS WE AIM FOR **UNBLENDING** AND **COMPASSION**

Three key basic elements of IFS:

- **Willingness** to unblend
- **Unblending**
- **Compassion**