MY MULTIPLE IDENTITIES
HOW WOULD I LIKE TO INTRODUCE MYSELF?

Name-Formal, Informal, nick name(s)
First Language, Language Preferred
Culture, Ethnicity, Family Origins
Gender, Sexual Orientation, Preferred Pronouns
Spiritual Affiliations, Wisdom Tradition
Family, Partnerships, Caregiving
Profession, Therapist, Practitioner, etc
Passion/Mission i.e., artist, climate change activist
What you do for fun

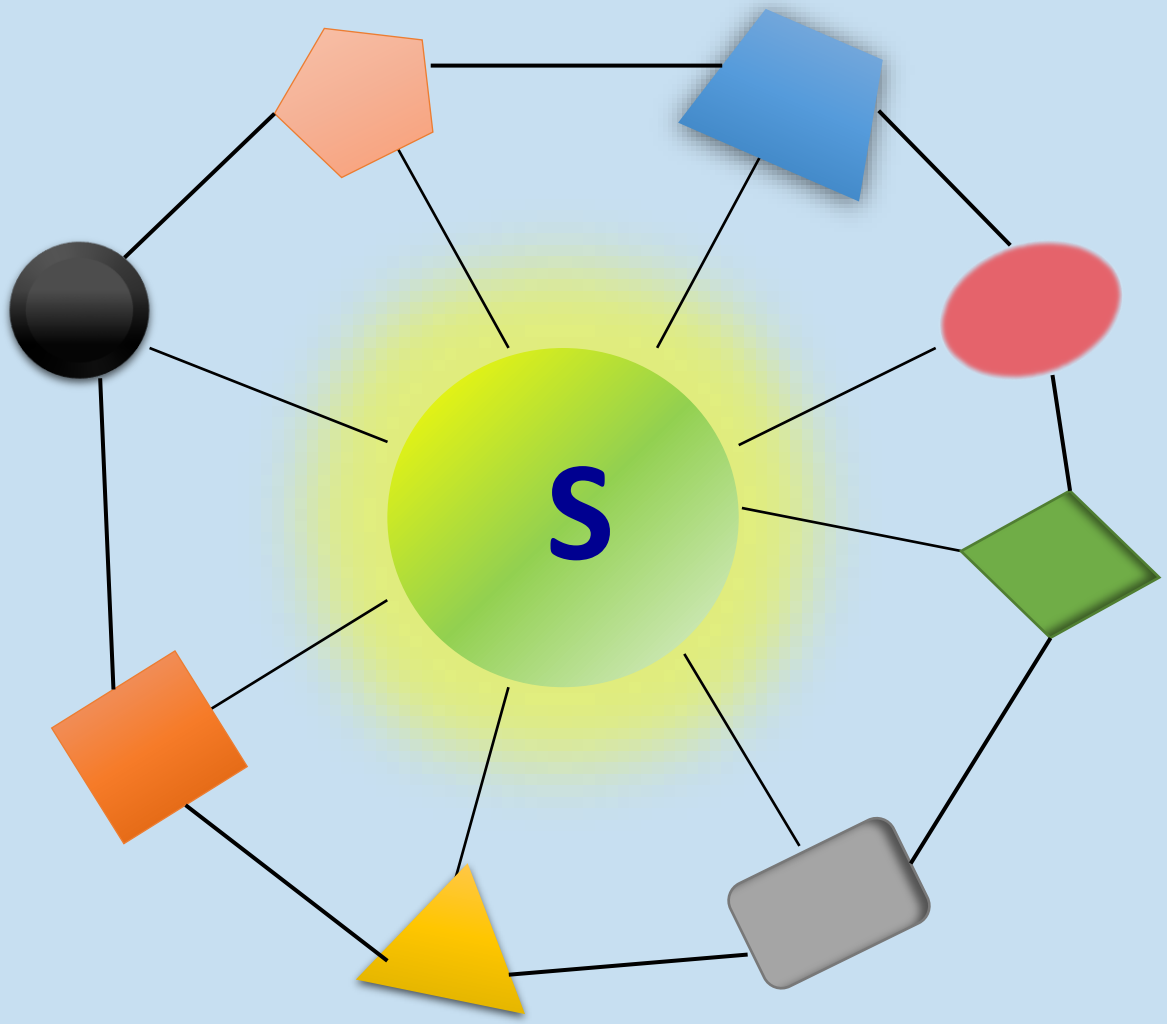
All Categories may not feel Significant for you. Please check with your parts for permission for your level of self disclosure. Your choice where to focus introducing yourself.

All parts are Welcome!

The Main Goals of IFS Therapy

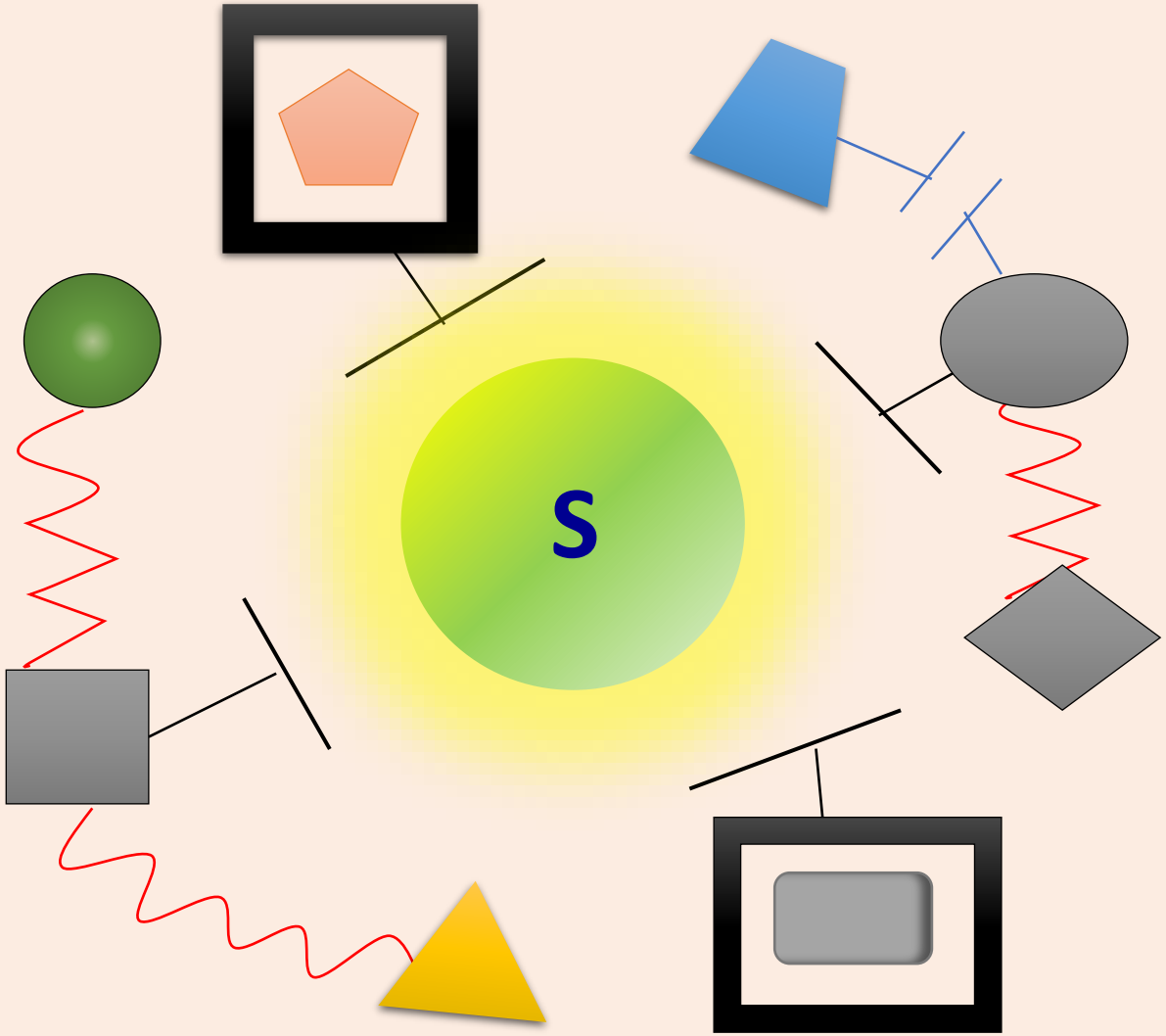
- To liberate parts from their extreme roles
- Restoration of trust in Self Leadership
- Systemic Harmonization/Reorganization
- To bring more Self energy to external systems

A Balanced, Harmonious System



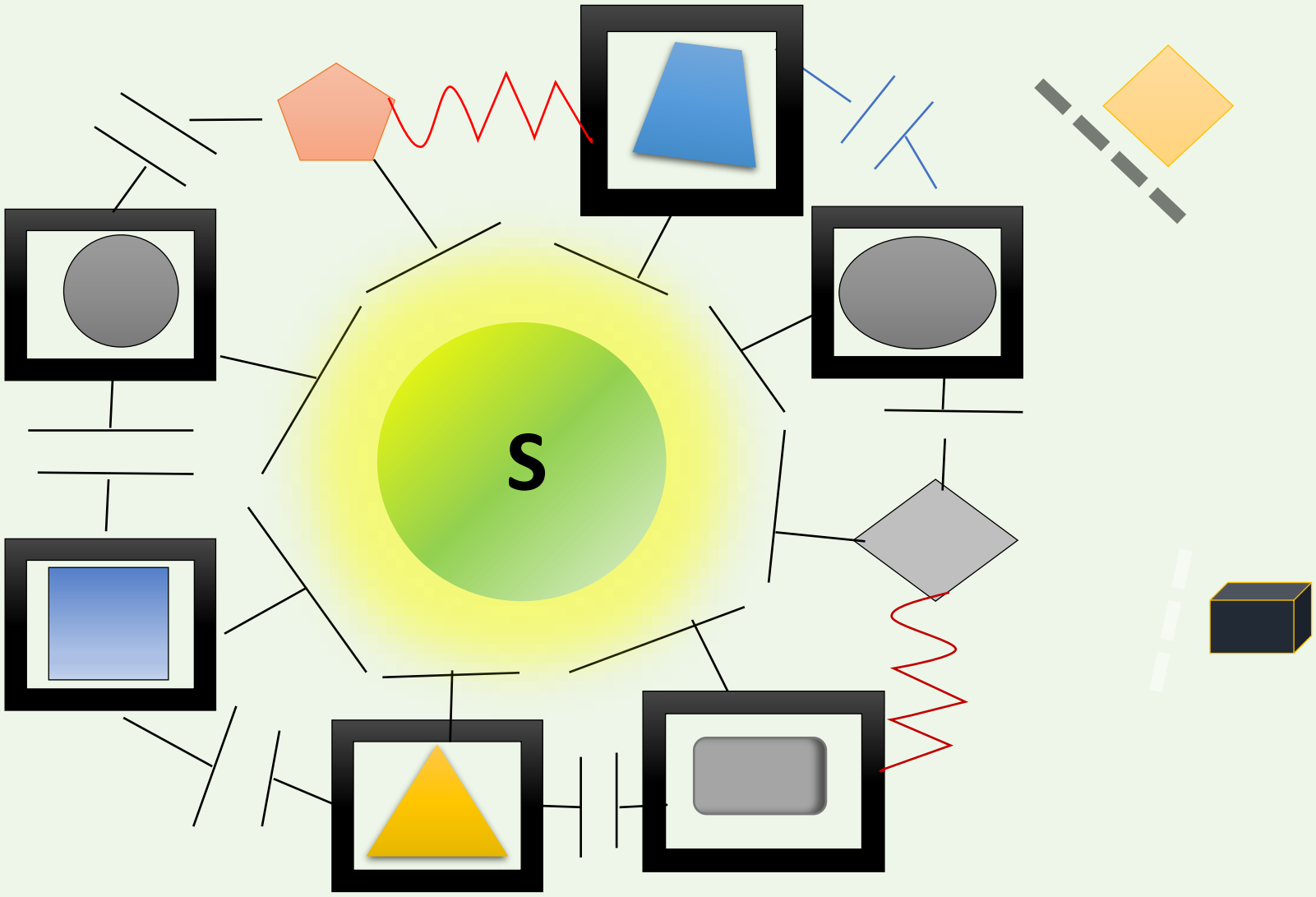
A. Sinko

An Unbalanced Internal System



A. Sinko

A Disconnected/Compartmentalized Internal System



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The Inner Ecology
3 Types of Parts Stuck in Extreme Roles

Manager

Seek Status Quo
Pre-emptive
Future Focused

Fire Fighter

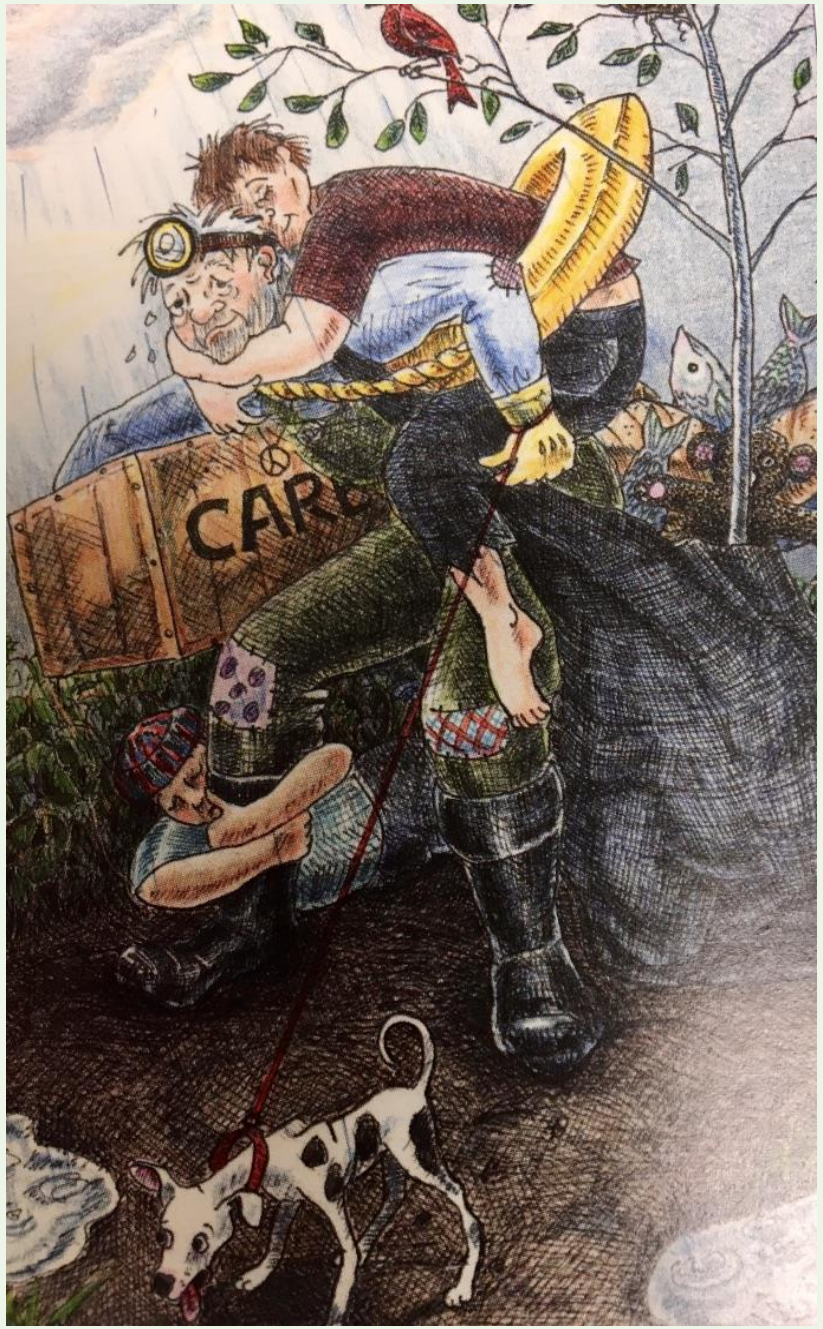
Seek Distraction
Reactive
Present Focused

Exile

Seek Redemption
Past Focused

Managers

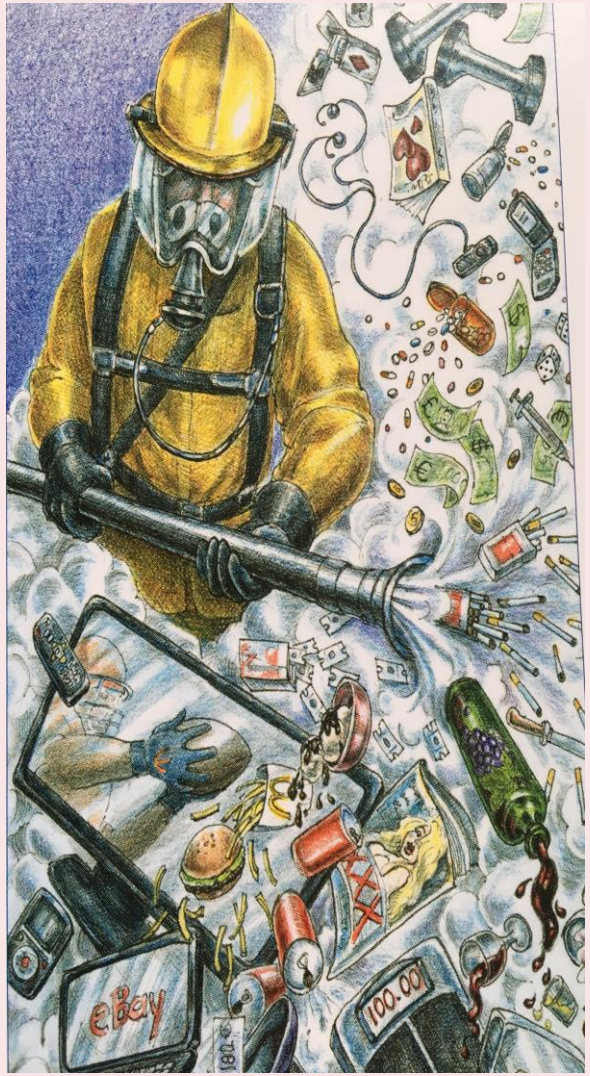
- Try to preempt the triggering of exiles
- Control internal and external worlds
- Carry huge burdens of responsibility
- Deserve appreciation & compassion
- Motto they live by: “Never Again”
- Are tired, isolated and frequently. disliked internally and externally



Goals for Working with Manager Parts

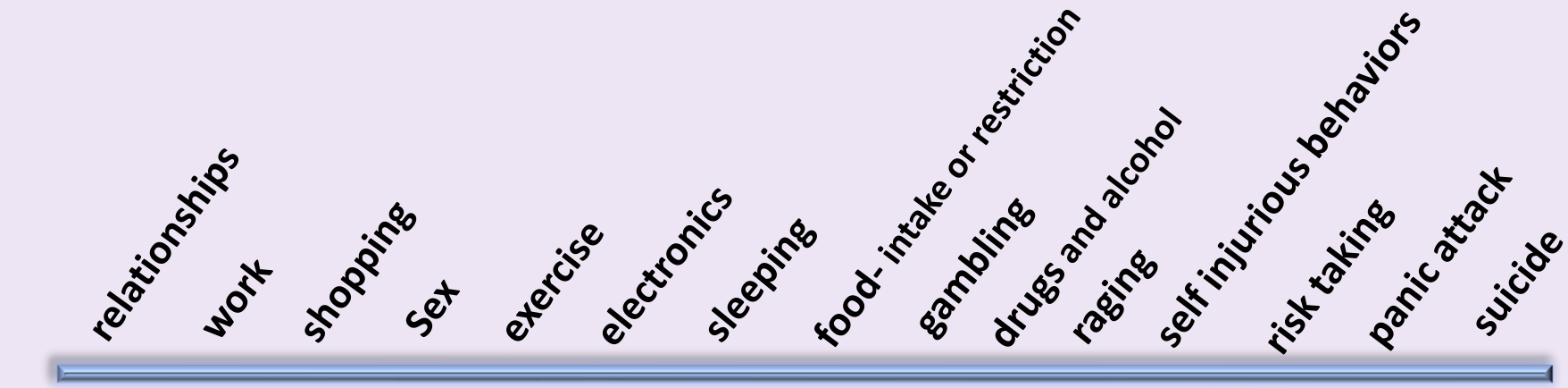
- **To be heard and not judged**
- **To be respected and considered**
- **To be included and appreciated**
- **To get a taste of what Self has to offer**

Firefighters



- Triggered into action when exiles get ignited
- Impulsive, destructive, rageful, heroic, vigilant
- Evident in an activated nervous system
  - Use fight, flight, freeze survival strategies
- Often polarized with Managers
- Condemned internally and externally

Continuum of Firefighter Behaviors



The more trauma, the more stifling the behaviors needed to douse the flames of the exiles

The more stifling the behaviors the more socially unacceptable. Therefore, the more stigma resulting in more shame and shaming internally and externally

Sinko

How to Work with Firefighters

- Build a Self to part relationship – they need an experience of Self energy
- Disarm them with curiosity, having no agenda or power struggle
- Acknowledge that their role isn't working as intended
- Be a hope merchant – "If we could do something about this would you still have to do…?"

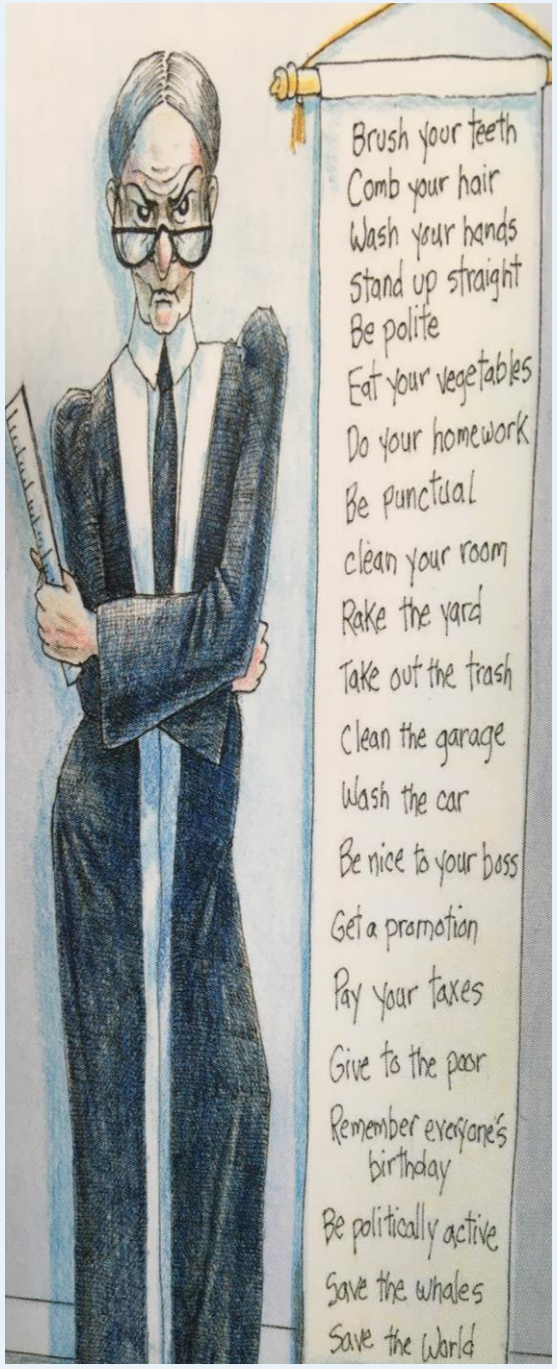
The Essence of Protector Fears

- Functioning crisis
- Identity crisis
- Getting hurt again
- Being eliminated
- Moral judgement

Protector's fears points us toward a polarized protector or the exile underneath.

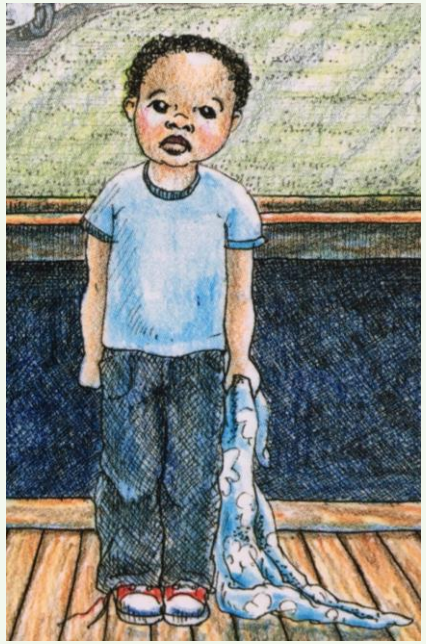
Reassurances for Protectors

1. **You're the boss and your contributions are important, your permission is required**
2. **We can proceed safely and will address all your concerns**
3. **This process will free you up to do something you would prefer**



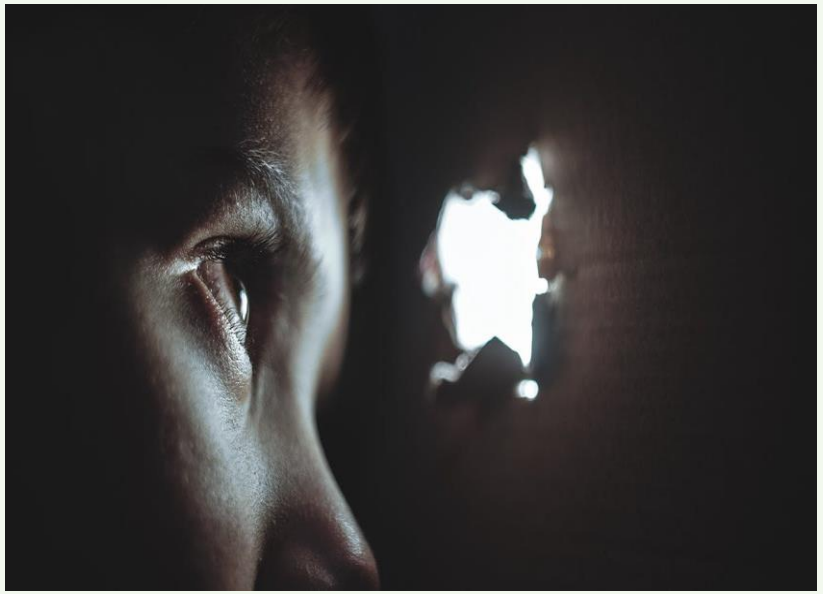
What We Are ”Selling” by being a Hope Merchant

- **Freedom**
- **Choice**
- **Discernment**
- **Companionship**
- **Belonging**

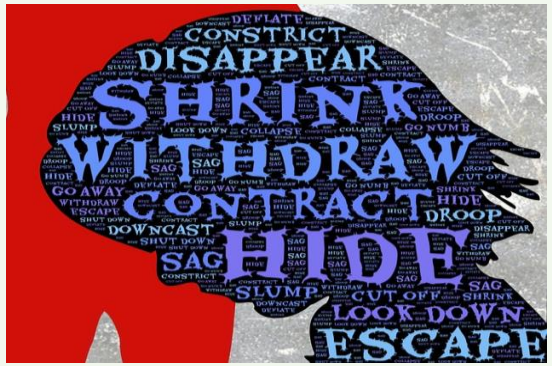


EXILES

- Young, child like parts
- Often stuck in the past



- Burdened by extreme ideas about themselves
- Carry the memories, sensations, emotions and energies from past trauma



Exile Parts – Threaten the System because:

- They are frequently frozen in time from trauma
- Carry burdens of despair, fear, shame, neediness
- Trigger firefighters
- Carry burdens of worthlessness/drive for redemption
- Make the system vulnerable

EXILES

- Can regulate their affect
- Can control the release of their feelings
- Maintain their boundaries
  - ❖ If they believe it's in their best interest to do so.

The Flow of the IFS Model

Contract = Target Part

Fears or concerns of going to Target part

Fears and concerns of going to the target part

6 F's

Making a part more concrete, more knowable

FIND

FOCUS

How is the part experienced?

("in or around your body")

FEEL Toward

Unblending, separating, checking for Self energy

Building relationship and Finding out about a parts' job and intention

BEFRIEND

FIND OUT

FEARS & CONCERNS

Addressing fears of going to the exile

HOPE MERCHANT

Relating hope and Proposing a different way

NEW CONTRACT/TARGET PART = EXILE

THE HEALING STEPS

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The 8 C’s of Self Leadership

SELF

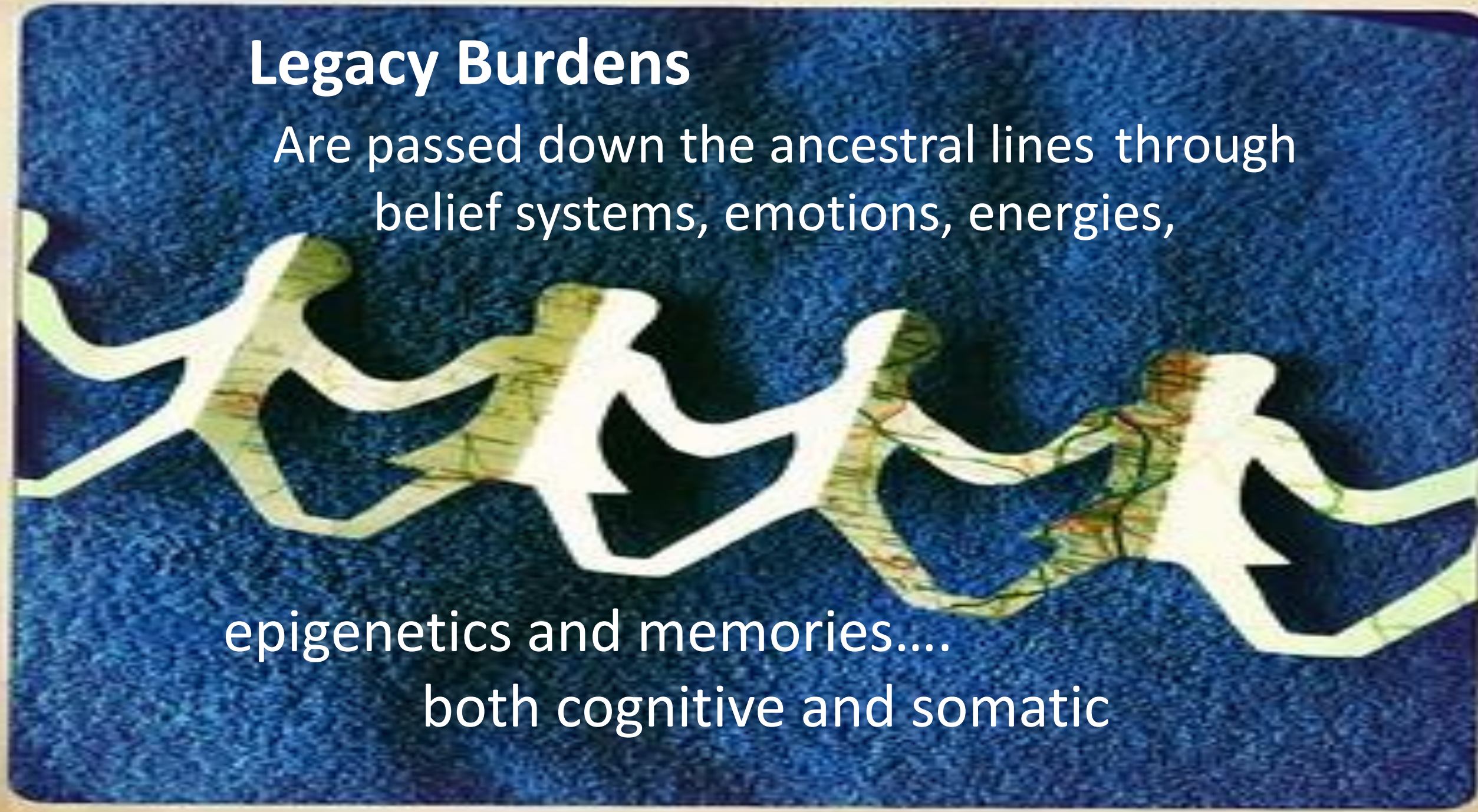
- Different level of entity than the parts
- Exists in everyone
- Knows we are all connected
- Can not be damaged
- Can often be accessed quickly
- Has no power that is not granted by the parts
- Must be embodied to be able to lead
- Knows how to heal
- Self energy is protective
- Both particle and wave
  - particle = an active, compassionate inner leader
  - wave = An expansive, transcendent state of mind

What the “C” Qualities Offer Parts

- Companionship
- Choice
- Caring
- Corrective Experience
- Cooperation
- Co-regulation

Burdens

The constraining meaning
our parts give their
experiences of trauma
and devaluing
the extreme ideas,
emotions, beliefs, sensations
and energies our
parts carry


Legacy Burdens
Are passed down the ancestral lines through
belief systems, emotions, energies,
epigenetics and memories....
both cognitive and somatic

Cultural Burdens

Are absorbed as parts of us take on the messages of dominate culture.

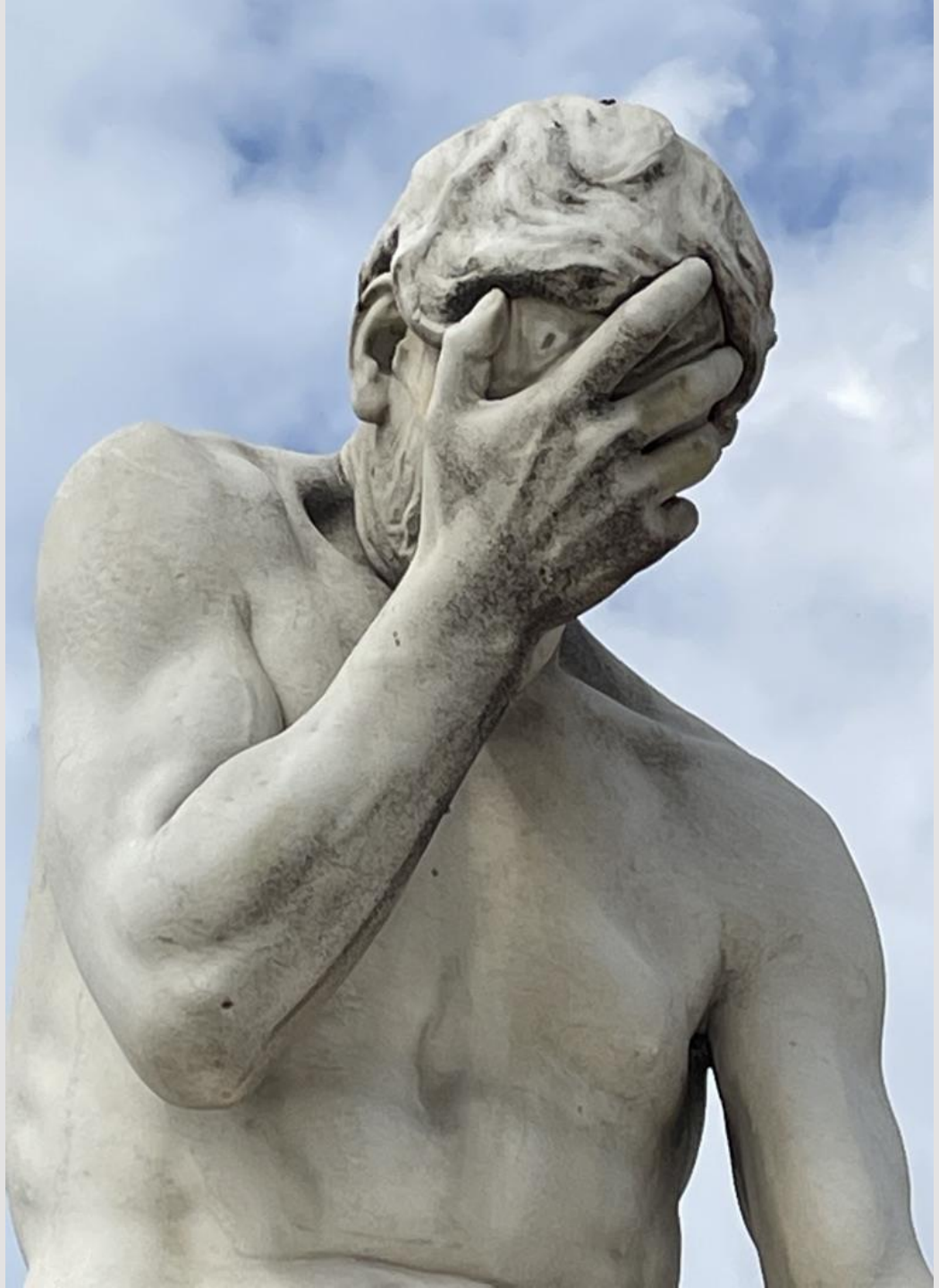
These burdens are systemically reinforced in our cultural values & institutions

Oppressed groups carry heavier burdens than the dominate culture

STOP YOUR CRUEL OPPRESSION OF THE JEWS.

ROOSEVELT (*to the czar*)—"Now that you have peace without, why not remove his burden and have peace within your borders?"

Shame



The Difference Between Guilt and Shame

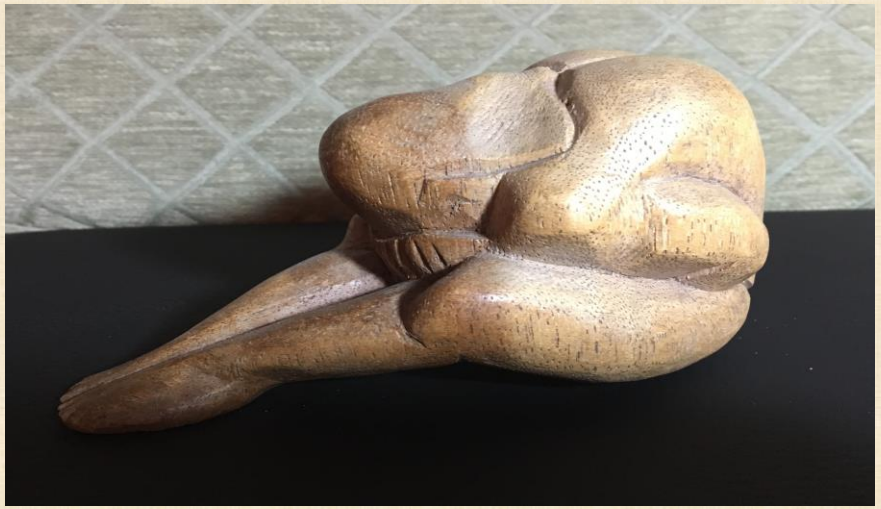
Both are emotions of self-blame

Guilt - " I did something bad or wrong" = a behavior

Shame - " I am bad or wrong" = my personhood, self worth

Shame

Shame is an unpleasant, intensely painful emotion and belief system

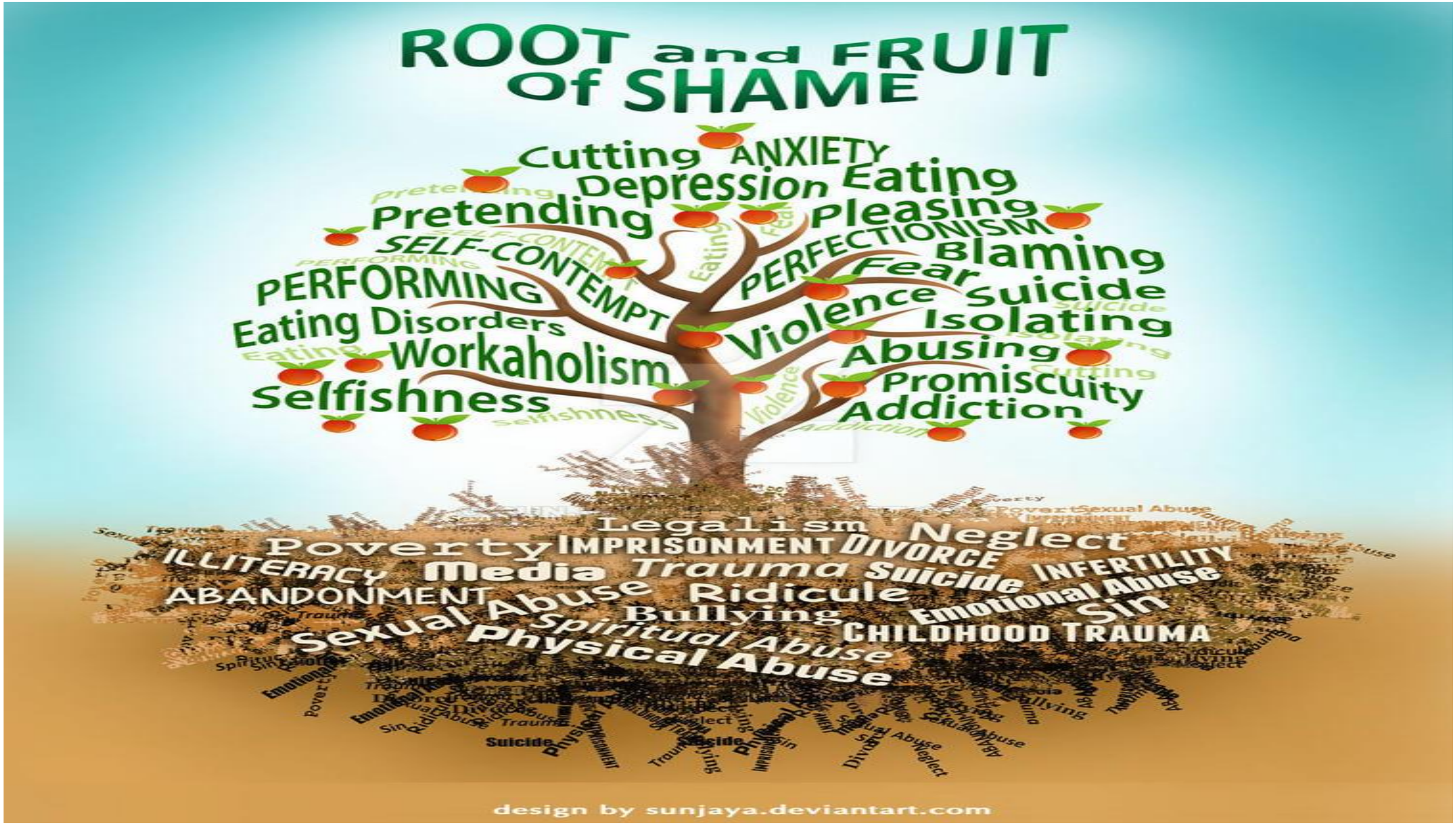


Feeling/Physical Expression of Shame

- **Evident in our physiology**
  - **blushing, increased heart rate, diverted eyes, slumped shoulders: an activated sympathetic nervous system that causes a fight/flight/freeze collapse reaction**
  - **a pulling in, an intense urge to hide, avoid, not be seen**

Thought/Belief Process of Shame

- **Belief system that tells us we are unworthy, unlovable, inadequate and flawed**
- **Involves a negative self-evaluation**
  - **Erodes self esteem**
  - **Is reinforce from legacy and cultural burdens**


ROOT and FRUIT
Of SHAME
Cutting
ANXIETY
Depression
Eating
Pretending
Pleasing
PERFECTIONISM
Blaming
SELF-CONTEMPT
Fear
PERFORMING
Suicide
Violence
Isolating
Eating Disorders
Abusing
Workaholism
Promiscuity
Selfishness
Addiction
Legalism
Neglect
Poverty
IMPRISONMENT
DIVORCE
ILLITERACY
Media
Trauma
Suicide
INFERTILITY
ABANDONMENT
Ridicule
Emotional Abuse
Bullying
Sin
Sexual Abuse
Spiritual Abuse
CHILDHOOD TRAUMA
Physical Abuse
design by sunjaya.deviantart.com

Shaming – The Relational Experience

SHAMING

- **A behavior (internally or externally focused) that uses judgements and criticism in an attempt to control or get a desired outcome**
- **A method of social control**
- **A moral judgement**
- **A way to push away that which feels or is seen as unacceptable**
- **A way to avoid one's own vulnerability (Blaming)**
- **A punishment**

The Rules of Shame – The Managers Creed
"Never Again"

1. Perfection
2. Control
3. Blame
4. Denial
5. Unreliability
6. Incompleteness
7. No Talk
8. Disqualification
9. Compare

Adapted from Evan Imber-Black's 8 Rules of Shame from Secrets in Families and Family Therapy (1993)

Shame: Major Source Events

- Sex and Sexuality
- Addictions and Compulsions
- Mental Illness
- Systemic Racism
- All “isms”

The Dynamics of Shame

- The more stigma associated with a behavior the potential for more shame
- The level of stigma is determined by cultural and family norms and beliefs
- The more stigma the more secrecy
- Secrecy engenders shame and shame engenders secrecy
- Secrets block and muddle communication
- Secrets lead to the creation of rigid boundaries
- Our stories get lost by the shame and secret keeping

Chronic Shame

- Develops with repetitive mis-attunements
- When repair is not made
- When injury become identity

Developmental Trauma = Shame

New Paradigm of Shame:

* Shame not a self-image problem but shame as the result of mis-attunement to a child's affect

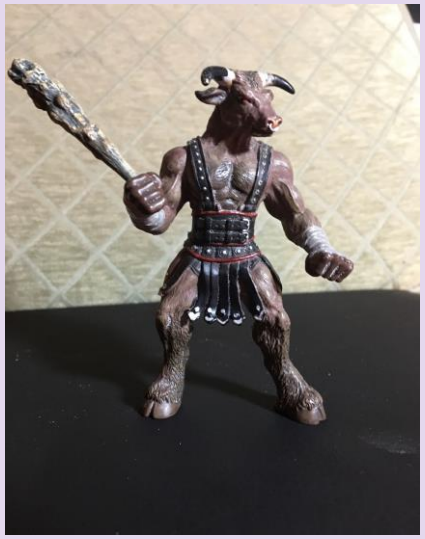
* Shame starts as a relational trauma of disconnection

* Can develop shame as a Protector
  - if it's my fault, it now makes sense

"Shame is the experience of one's felt sense of self disintegrating in relation to a dysregulating other"

Patricia DeYoung

Inner Critics



Manual p. 31-37

Inner Critics

There can be many different critics in an internal system, many with their own motivations and methods

7 Types of Inner Critics

- **The Perfectionist**
- **The Inner Controller**
- **The Taskmaster**
- **The Underminer**
- **The Destroyer**
- **The Guilt Tripper**
- **The Molder**

Jay Earley, Freedom from your Inner Critic

Common Critic Responses

- Protecting from judgement
- Getting approval
- Preventing damage
- Protecting from rejection
- Keeping you safe from attack (moral Judgement)
- Helping achieve and succeed
- Preventing vulnerability

Working with Inner Critics

- Tend to be fearful/resistant to change and losing control/power
- Will sabotage the process if their concern are not addressed
- Starting with Managers is in line with IFS principles
- Don’t assume silence is their permission or “buy in”
  - Can be pseudo-cooperative
- They need connection to Self to begin to trust
- Need to take extra time unblending parts that don’t like them

p. 27 SAD Manual

Working with Inner Critics

- Respect them in their protective role
- Appreciation from Self before asking them to step back
- Be direct and firm from a place of Self
- Stay curious about them and check back in
- Need to continually unblend as they are disliked and feared by client and therapists' parts

Self-Like Parts

- Managers
- Can look, act, sound like Self
- Often don’t realize they are not the Self

Self-Like Parts

- Common Self-like parts:
  - Therapist
  - Caretaking
  - Mothering/nurturing
  - Calm/meditative

Self-Energy vs. Self-Like Parts

Qualities of Self and Self-Like Parts

SELF	SELF-LIKE PARTS
Curiosity from the heart	Curiosity may be from the head
Calm	Calm
Compassion	Empathy
Connected to parts	Separate from, not connected to parts
Does not try to change a part	Often wants other parts to change
No agenda	Has an agenda
Open, receptive energy	Often a “moving toward” energy
Heart open	Heart covered or closed

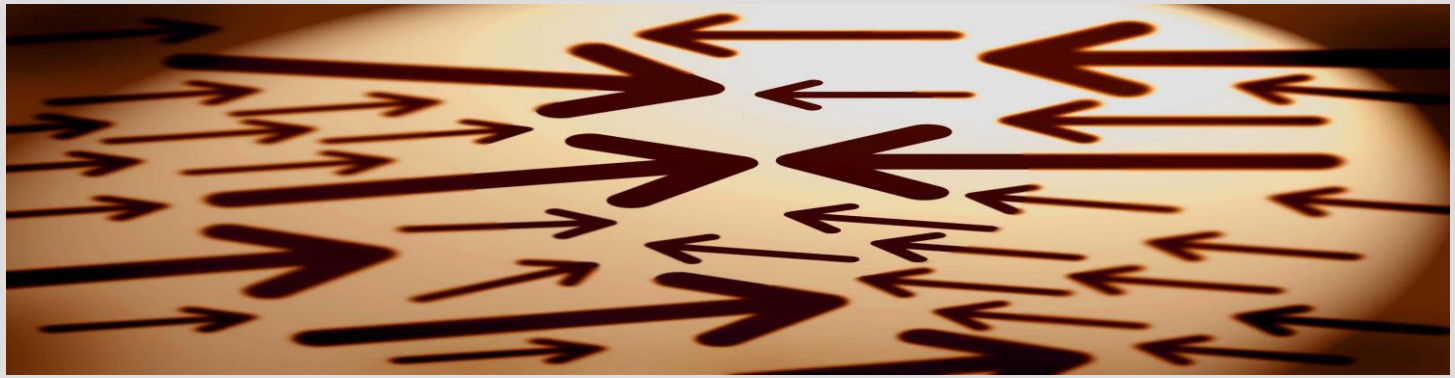
P. Krause

Polarizations

Defined:

A relationship between parts/people
(or group of parts/people)
that oppose or compete
holding counterbalancing views,
beliefs and behaviors
that activate and energize responses
in opposite directions

Polarizations



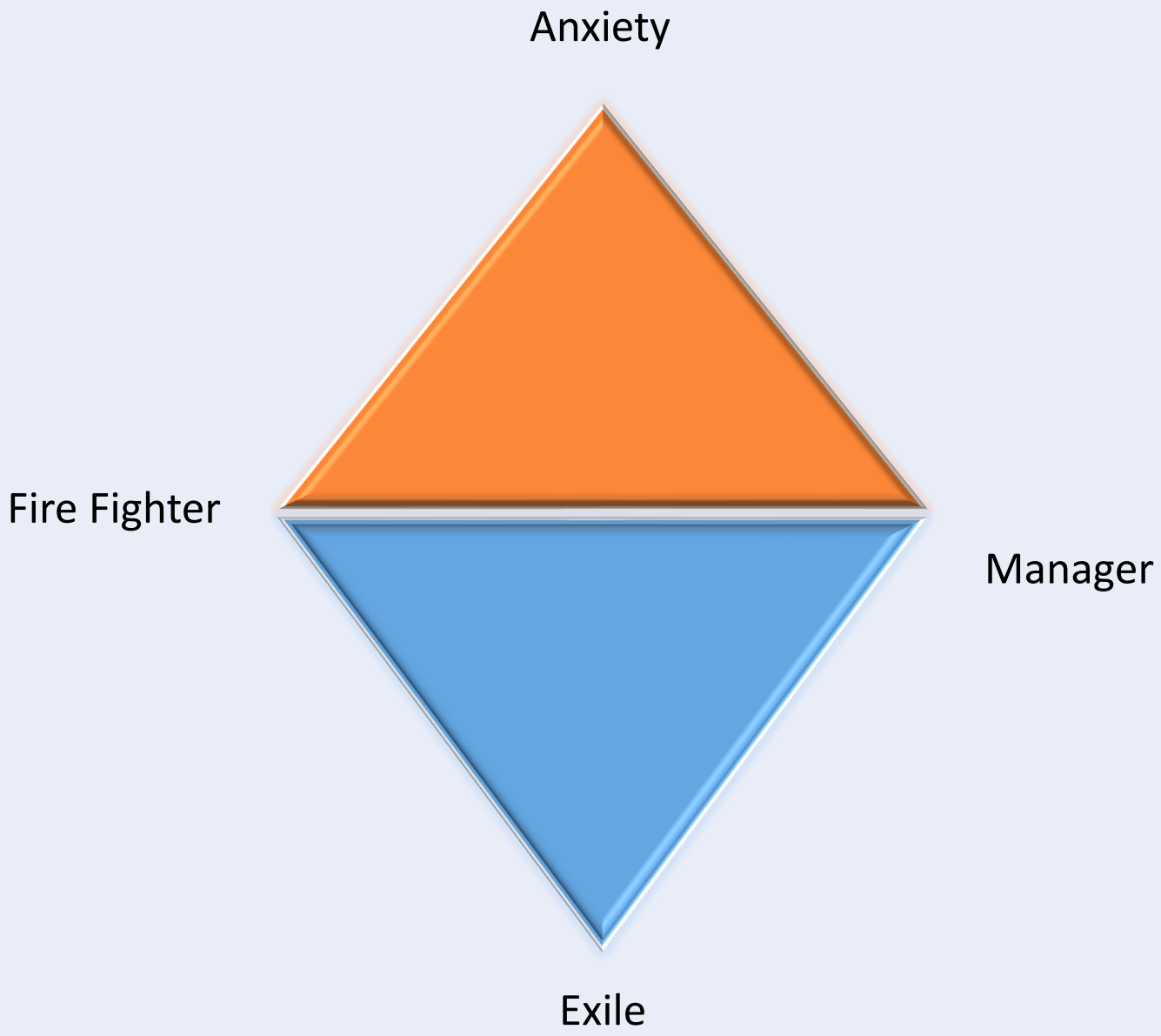
- ***Both sides fear the other side will win or take over***
- ***Creates a vicious feedback loop***
- ***Struggle can intensify without intervention***
- ***Constrains access to Self***
- ***Create Anxiety***

Function of Polarizations and Alliances

- Systems are constantly seek balance – polarizations are an attempt to regain balance - triangles
- Protection of exiles/protects system from exiles
- A distraction from going deeper into the system
- Projection – to get distance from shame and guilt

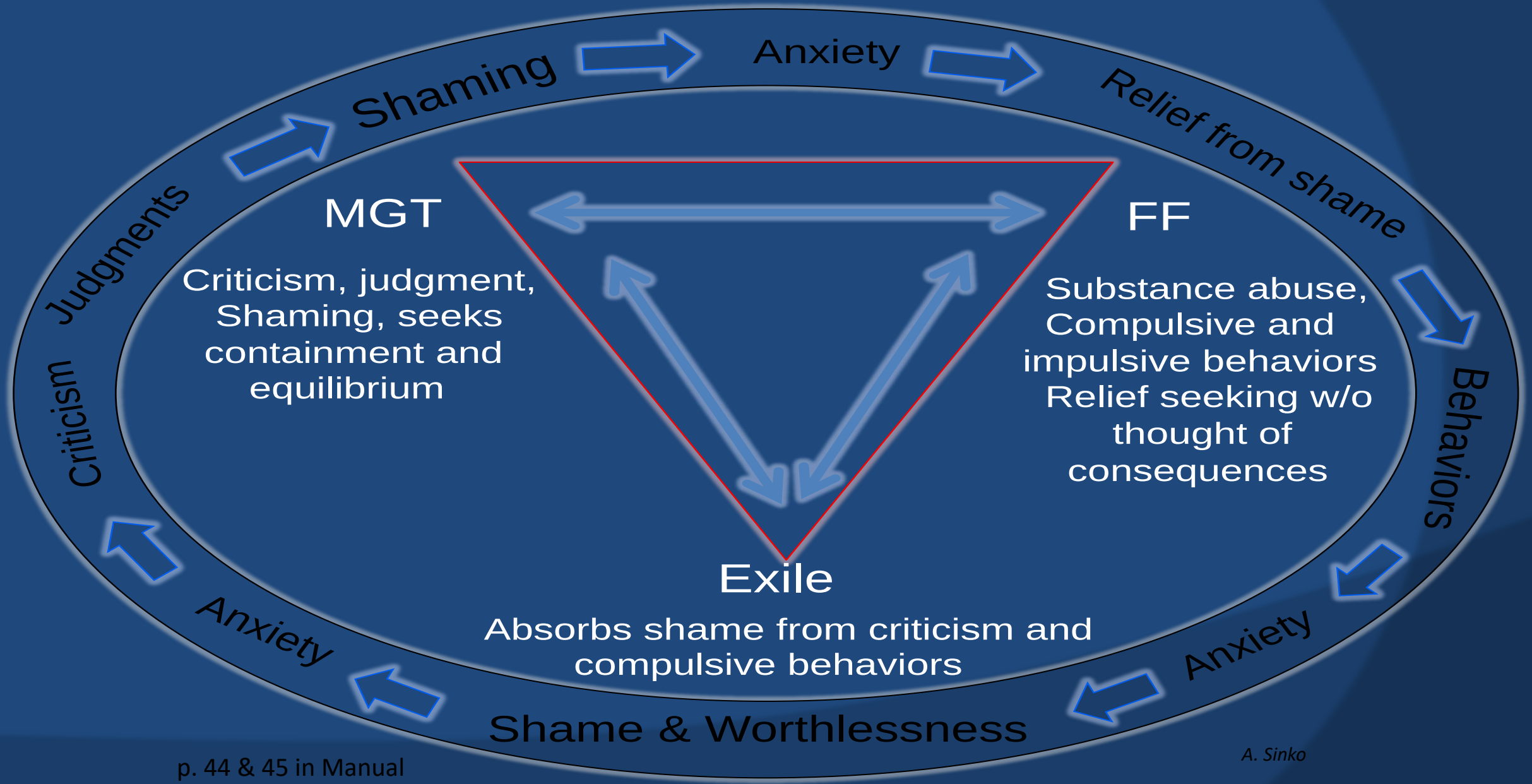
What We See when Polarizations are Present:

- Opposing/conflicting Ideas – can flooded the system and create a chronic stuckness
- Impulse in one direction creates an impulse in another direction
- Parts vying for power and control
- Lack of trust in leadership
- Parts won’t unblend
- Anxiety
- Addictions and compulsions


Anxiety
Fire Fighter
Manager
Exile

How to Work with Polarizations

The Inner Dynamics that Create Extreme Symptoms



p. 44 & 45 in Manual

A. Sinko