IFS POLARIZATION EXERCISES

PURPOSE: To help clients unblend from polarized parts, understand their roles and discover the parts they are protecting.

BEGIN BY: Asking if any parts are up, or are they having any reaction to doing the exercise. Address and negotiate as appropriate. Therapist should be aware of their own parts as well.

1. Drawing Exercise: May be done with individual, family or group

Ask to envision, embody and fully experience a firefighter. And then without words to draw on paper. Ask them to look at drawing and add any words or anything else that they feel is important. Have them place the paper in relationship to them.

Ask to envision, embody and fully experience and manager that is polarized with that part. And then without words to draw on paper. Ask them to look at drawing and add any words or anything else that they feel is important. Have them place the paper in relationship to them and to the other part.

Check for any other parts which may be blended with clients and have them ask them to unblend.

Have client ask each part(speak to each one at a time):
* To tell a little about themselves and their role.
* To share about the part(s) they are protecting.
* How do they feel towards the part they are polarized with?
* What would they need from that part to move a little closer, be less conflicted?
* What would need to happen for it to be ok to speak to the part(s) they are protecting?
* Thank the parts for their cooperation.
* Ask if anything else to happen before ending.

Process experience.

Note: Please don't discard papers. Save for clients or have them bring them home.

2. Prop Exercise: May be done with individual or family

Client may choose anything in the room to represent parts, such as pillows, chairs,

puppets, figures, or whatever else strikes their fancy.

Proceed as above with placement of parts (props) in relationship to client and each other.

Follow series of questions above.

3. **Sculpt Exercise:** Excellent for group or family

Ask client to choose someone to play each part (ff & mgr). Sculpt one part at a time.

Check chosen person for any parts that are up and unblend.

Have client demo placement and position of that part. They may also add words. Person should then assume role. Check with client that they got it right. Make adjustments as needed.

Do the same with the next part.

Check with client for any parts that are up and unblend.

Follow questions and integration format from exercise #1.

Another note: Critical mass of self energy, curiosity, and flexibility are important.

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