



IFS Steps to Healing

Self-Led Healing

- Coach Self to assist parts in unblending
- Parts know how to unblend!
- Self as witness to parts
 - Bring parts to present time
 - Unburden parts
 - listen to their stories
 - Understand their functions
 - Give them compassion, support, & space
- Invite in positive qualities
- Allow part to find a new role

IFS Process

- Identify negative situation, feelings, and reactions (trailheads)
- What fears or concerns come with it?
- Focus on where you feel it, ask this part to relax back
 - What makes you afraid to relax back?
- Check the level of Self-energy - how do you feel towards this part?
 - If other than compassion, curiosity or C quality, another part is blended
 - Go back to having the part(s) relax back, or learning more about this part using the 6 F's (Direct Work)
- Self to part (Indirect Work)
 - What do you want me to know about? (Witnessing)
 - What are you carrying from the past?
 - Are you willing to unload some of that?
 - If not, explore what concerns
 - Are there any other parts with concerns?



Working With Protectors

Learning of Protectors

- What is the protector's role in your life?
- How does part relate to others?
- How does part protect you from pain?
- What is positive intent
- What is part trying to protect you from?

Learning of Exiles

- What emotions does it feel?
- What pain does it carry?
- What is it afraid of?
- What negative beliefs does it have?
- What situation or relationship is it stuck in from childhood?
- What current situations tend to trigger it?
- What protectors come up when that happens?