

Toni Herbine-Blank

THE SIX "Fs," UNBLENDING

In the last segment, I led you through a guided meditation where hopefully you got to have a little experience of getting to know a protected Part, and I look forward to, in our call this month, getting to hear some of those experiences, especially from some of those of you that might be new to this process. In this segment, I'm going to talk about how we enter the system of the clients safely, and I'm going to talk a little bit about it, the steps. We have a roadmap, we call that roadmap The Six Fs. I'm going to talk you through those six Fs, and then I'm going to demonstrate this with Pam in a similar way than she did with me last month, but I just want to reiterate a couple of things about Protectors, and we've said this over and over again, and I don't think that there's any harm in repeating this as often as we can, that Protector Parts need to feel honored, respected, appreciated, and known, and they need to feel welcomed and understood.

Sometimes, it can be a challenge for clients, or can be a challenge for me, as you saw, to embrace a Part that's overworking or in a role that is less than desirable, so we want to stay here with people for as long as necessary until these Parts begin to relax, they begin to trust that they're not alone, that the Self of the client can become a great resource to them, that they don't have to keep doing the same job and the same role in the same way for the same effect, that there is a way for them to relax, there is a way for them to let go, and there is a way for them to lean into Self, and to understand that the Self of the client can be a great resource to the Parts that they protect, so they also need to be negotiated with and befriended.

I'm hoping at this point in the training this is landing, making sense, that Protectors need lots and lots of relationship with you. Now I'm going to talk about entering the system safely, and again, we have a roadmap. We call it The Six Fs, and I'm going to go through each F and talk about how we do this with a client, and then I'm going to demonstrate it with Pam, and the guided meditation that I led you in is very, very similar to what we do externally, so you might recognize some of the questions, you might recognize some of the questions that we ask as the ones that I asked you in the last segment.

So here are the Six Fs. As Pam talked about, and I talked about it as well is, once the client establishes a target Part, once they're bringing some curiosity to a Part of themselves, in order to begin helping the client, the first thing is to begin the unblending process. The first three Fs address the unblending process.

If you remember when Pam was asking me about my target Part, it started one place, and as I began to breathe in and get a sense of what was going on inside of me, I realized that the Part of me that had a whole lot of energy was not the first Part that I started with, so we switched, and the target Part was the, were the Parts, more than one Part, in my belly, so we want to help people start to begin to know how they're experiencing the Parts. So the first question that we ask, once people have determined their target Part and they're settled on the target Part, the first F could be, "Can you **Find** that Part in or around your body?" Where are you noticing it? How are you experiencing it?

When we ask the question, "Can you find the Part in your body," some people don't really know what

Toni Herbine-Blank

THE SIX "Fs," UNBLENDING

that means, so in this model, if we're working with a client and they answer with, "I don't know what you mean," or "I don't find anything in my body," then we might ask, "Where or how are you experiencing the Part," but the most important thing is that they start to understand and get a sense of, maybe they're hearing it, maybe they're feeling it, maybe they're sensing it, but they do know, if they're curious about it, they are experiencing it in some way, so this is the beginning. The first F is, how do we find the Part, how do we help them find the Part? Once they do, like I did, I found my Parts in my belly, and then Pam asked me to just, if it was all right to just **Focus** on it, and I like to personally, I like to stay with this F for a while.

In other words, I don't want to rush through this phase right here, because part of what I'm trying to help my clients do is to get a sense of what it feels like to really be present to something that's starting to come up, either in their body, their mind, or their emotional system, so when I invite people to just begin to focus on it, I'm going to take a little bit of a pause here. *Can* you focus on it? I might ask, "Can you just notice anything that you want to notice about it? What's it like?" I might invite people to breathe and just stay, see if they can stay present with it, so where the second F is inviting people to begin to focus on a Part, to focus on their target Part.

My experience of asking people to focus and to just stay with whatever they're noticing for a little while, and being quiet on my side of things, not bringing in my agenda, not thinking about where I think the client should go, when we pause, in my experience, what I notice is that people will get more information. Sometimes in IFS we use the acronym WAIT, "Why Am I Talking," and this is a nice place to just take a pause and to see if, as your client and you are focusing on a Part, if more information begins to come up. This leads into the third F, which is **Fleshing** it out, which is staying with it and seeing if there is more information about it that's beginning to surface just naturally and organically with the client, so as we're being quiet, as we're asking people to focus, we're also asking them to notice what they notice about it. What more can you notice about it? Sometimes people need more help with that, sometimes less, but really just staying present to the Part.

Sometimes focusing in on it and fleshing out can sound very similar, and I think that it is, and the point that I'm trying to make is, we want to just invite your client to stay present with what's coming up and to begin to notice, just notice what they notice about it, and to begin to get information that way, before we start the next phase of Fs, which is the relationship building.

The second three Fs are really focusing on relationship building in order to make it safe for the client to go deeper in the system. The fourth F and the most important question that you can ask in this process is, "How do you **Feel** toward it?" Now, we ask "How do you feel toward it," instead of, "How do you feel about it," because in my experience, I think in our experience, the question, "How do you feel about it" leads to more analyzing, so we want to ask, "How do you feel toward it?"

We're looking for some opening to build a relationship with the Part, so if you go back to all those C words, we're listening for the client to show some genuine, unblended interest, kindness, curiosity,

Toni Herbine-Blank

THE SIX "Fs," UNBLENDING

compassion, toward the Part that they're focusing on. In order to continue the process, we really need to begin to hear some of the unblending language, which is, the client now has some differentiation, a little bit of perspective, some genuine curiosity in getting to know the Part, so we're going to ask that question, "How do you feel toward it," until we start to hear one of those C words, or something in that direction. In other words, for example, when Pam asked me, "How do you feel toward your Part or your Parts," I think I said, "I'm tired," and that is not a C word.

Tired is a T word, not a C word, so I was tired, so that was an indication to Pam that I wasn't really ready to go any further, so she wanted to see if the Part of me that feels tired of my overworking Parts would be willing to relax or soften or move back, unblend from me a little bit, so I could bring my genuine curiosity toward my Part, so we're going to ask how do we feel toward it, and when you begin to hear some of the language of self-energy, then we want to go to the next F, which is to Be-**friend** the Part, and what this means to me is that we invite the client, who now has a little bit of Self-energy, to extend some of the feeling that they're beginning to have toward the Part to it directly.

In other words, if I hear, and I might hear from the client, "I am starting to feel some compassion for it," and I would say, "Can you extend that compassion? Is there a way that you can let the Part know that you're beginning to feel compassion for it, you're beginning to understand it, or you're beginning to feel curious toward it, as well?" Befriending is another step in relationship-building which is to let the Part know that you're there, that you're listening, that you're open to it, and it almost becomes an invitation to the Part, and I think in the guided meditation, I asked the question, and if I didn't, then a question that we do ask is, "is the Part aware of you?" It's a relationship in both directions, so you are feeling open toward the Part, and we want to know if the Part is beginning to respond, and that's how we know if a relationship is being established.

We want the Part to begin to tell us more about itself, and if we're specifically working with a Protector, we want to start finding out what its role is, what its job is, what its intention is, and most importantly, what its fear about 'stopping doing what it's doing' is. Pam asked me that question, and I asked you that question to pose to your Protector. "What are you afraid would happen if you stopped responding and reacting in this way?" This is where we want to really stop and take note. The last and final F is, what are the **Fears**? What are all of the fears? Because we want to address all these fears before we begin to take the client even deeper, and it's at this point where, often, you begin to hear that the job of this Protector has to do with childhood trauma, big T, little T, early life experiences, shame, humiliation, and the beliefs about ...

The Parts that have negative beliefs about themselves, so you want to be listening very carefully, and this is a place where we can then certainly validate the role of a Protector. If a Protector really believes that by stopping doing what it's doing is going to land you in a swimming pool of shame and humiliation, that makes perfect sense why they wouldn't want to stop doing their job, and in my experience, if we believe this, if we believe the theory, what the theory says, which is that Protectors never run alone, these protective Parts never run by themselves, they're always protecting something, then anything

Toni Herbine-Blank

THE SIX "Fs," UNBLENDING

that they do can be validated.

Their feelings can be validated, their role, their job, and validation is not condoning, I just want to say, but anything they do can be validated in this model, because part of the theory is that all Parts have a positive intention for the system, and that these Parts are doing what they do because they don't believe that there is anything else that they can do. I hope this makes sense, and in the next segment, I'm going to be working with Pam and going through, with her, each one of these six Fs, so see you next time.