

Toni Herbine-Blank

DEMO AND DEBRIEF WITH PAM

Toni: Hi, Pam.

Pam: Hey, Toni!

Toni: The tables are a bit turned.

Pam: I know.

Toni: Thank you for doing this. Welcome back, everybody. In the last two segments, you heard me talking about building a relationship with Protectors, the importance of that, the different kinds of Protectors. We did a guided meditation where you had an opportunity to get to know a Protector of your own, what its role was, what some of its fears were. Then I took you step by step through the beginning roadmap in IFS which we call the 6 F's. Now, I'm going to demonstrate it with Pam. You might even take out the PowerPoint that has the 6 F's on it so you can follow along and listen for the Fs as they come up while I'm working with Pam.

Pam: We're not even going to pretend this is a role play, right?

Toni: That's right. As you saw a few segments ago, a role play is never a role play. Pam is bringing something to the table here as it were, and I'm going to begin to help her start to get to know it, and develop a relationship with it. Do you want to just say a little bit about what's coming up?

Pam: No, but yeah, I mean this has been a really interesting process for me, creating this program. As we've been going along, I've really gotten aware of a Part of me that's very quick to think I'm doing it wrong, it's very quick to think that I way I do things are not the right way, the way I say things are not the right way. I also feel I have the sense that I'm not sure, but it's like looking for other people's reactions. It feels somehow like that's a piece of it all. It's been quite active in the last few weeks.

Toni: You're noticing just in this process that we're doing here together that there's a Part of you that can very quickly react to the question, "am I doing this right?" or "am I doing it wrong." Is that right?

Pam: Yeah. No, it doesn't ever really say, "am I doing this right?" It goes, "you're doing it wrong."

Toni: That you're doing it wrong.

Pam: This is not the right way to do it.

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Toni: This is not the right way to do it, okay.

Pam: You should say it this way. You should do it this way. That kind of stuff, yeah.

Toni: It sounds a little critical.

Pam: It doesn't feel intensely critical. It feels more worried or concerned rather than critical, but there is an edge of criticism to it.

Toni: That was my word and you're saying it feels more worried, more concerned. I noticed when you started to talk about it, you put your hand here. I'm just wondering about that. Are you feeling it right now? Can you get a sense of it right now?

Pam: Yeah. It's definitely right around here, although I feel it going out into the rest of my body, but it's not frantic.

Toni: There's some energy to it.

Pam: There is some energy to it, yeah, like a vibrating electric energy that starts here, but goes out into the rest of my body.

Toni: Is this the Part you want to focus on?

Pam: Do I want to focus on it? Probably not, but it's right there, yes.

Toni: Okay.

Pam: Yeah, I definitely, it's what's most present with me. I always have Parts that go um, um.

Toni: I'm wondering if we could just stay with the Parts that you say you always have that are ah, ah, ah, and just see if they'd be willing to trust us, just see if there's a way for them to soften and just to trust you with whatever this is that's happening in your chest, this Part that can be worried.

Pam: I mean they're apprehensive. It's like there's a lot more to do here. Anyway, you can't turn into a total mess. I feel like they're trusting enough that they can give us a little space here.

Toni: Okay, all right. I want you to really check that out because I did hear something like you can't be a total mess. That sounds like they're on high alert or alert anyway.

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Pam: Right. They're on alert, but they're really okay.

Toni: All right, okay.

Pam: Yeah.

Toni: It sounds like you already know, you've already found it in your body. I'm wondering if it would be right just to go back there to focus your attention right here on your chest, and you're also describing you've got energy going out, but it's starting right here. Would that be a good place to start right here in your chest?

Pam: Absolutely. Okay, so just focus on that?

Toni: Yeah, just start by focusing and taking deep breaths if that helps you, and just focus right there, and just notice what you're noticing about it.

Pam: It's really scared and kind of sad.

Toni: Is it okay to be feeling what's coming up right now?

Pam: Yeah, it is, it is.

Toni: Do you think that these are feelings of the Part itself that you're feeling right now?

Pam: Yeah.

Toni: Okay. Is it all right just to stay with it? Okay, all right.

Pam: Just really, really wants to get it right. Really, really wants to get it right.

Toni: That's what you're hearing. Is that right?

Pam: Yeah.

Toni: Pam, how are you feeling toward it?

Pam: I'm actually just feeling a lot of warmth toward it. I didn't realize how scared it was.

Toni: That's great.

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Pam: Oops, well laid plans.

Toni: You okay continuing right now?

Pam: I am, I am. It actually feels really good. It feels like a relief in some ways for it to be known and for me just to listen to it.

Toni: Great. It sounds like you're feeling some of its feelings, and you're also feeling really warm toward it.

Pam: Yeah.

Toni: Can you let it know that you're feeling warm toward it?

Pam: Yeah.

Toni: Just make some contact.

Pam: It's buzzing around. It actually looks a little bit like a mouse. It's just scurrying all around trying to just get the right thing, and it does.

Toni: It does what?

Pam: It's happy to be noticed.

Toni: Is it? Oh, great.

Pam: Yeah, it is.

Toni: Okay. Is it all right just to keep noticing it, just keep staying with it, and letting that little mouse know that you're right there with it?

Pam: I do have another Part coming in now that's just saying that's enough.

Toni: That's enough.

Pam: Yeah.

Toni: Okay. I think we want to honor that.

Pam: We will not or we will.

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Toni: I think we do want to.

Pam: I was going to say, "Wait, what?"

Toni: I think we want to just listen in to that a little bit. If you can just let that mouse know that you're not leaving, but we just need to listen to this voice that's saying, "I think this is enough," but just to let this Part in your chest know that you're not leaving. You're just turning your attention right now.

Pam: I want to really create this huge wall there.

Toni: I'm just curious and you'd make the call, would it be all right just to stay with that Part that is saying, "We got to stop now," just for a minute or two?

Pam: Yeah.

Toni: Okay. You're putting your hand like this as that's how you're experiencing it —a little bit outside of yourself?

Pam: Yeah, it is, yeah.

Toni: Okay, all right. I'm just going to ask you, we're just going to go right back, and I'm going to ask you the same questions. Can you just focus on it? Just focus on it. What are you noticing?

Pam: So interesting because I'm noticing that it just wants me to get it right too like that little mouse looks a little too messy. It's just like slow down, keep it all together.

Toni: That's interesting isn't it? It's another Part that wants you to get it right and it's worried about that mouse looking too messy. That's what I'm hearing. Can you stay with it still? You get to call it, Pam, anytime you get to say enough is enough. Just let's see if this Part would stay with you right now. Just going to ask some questions.

Pam: It feels like it can step back, I think, right now. I don't know. Let me just see because I feel like I'm going aware of one then the other...

Toni: What are you noticing?

Pam: Yeah...Now, I'm noticing all these thoughts about wanting to do it the right way.

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Toni: Is it coming from this?

Pam: No.

Toni: It's another Part?

Pam: Yeah.

Toni: Okay.

Pam: This is somewhat disturbing.

Toni: What? That you have multiplicity of mind?

Pam: No, that I have so many Parts, I want to get it right. Oh my lord.

Toni: I'm feeling really compassionate here and it makes a lot of sense to me, and especially given this context and all of this. If I could just say we've been talking to these guys about working with honoring Protectors, and this is so perfect. If we could just name them.

Pam: Yeah.

Toni: There's the little mouse that's running around in your chest that's frantic about not getting it wrong that there's the this (gestures). I don't know if you said a wall.

Pam: Yeah, it's like a wall.

Toni: That's also worried about the mouse because maybe the mouse isn't looking so good, and there's even another Part that's really talking to you about getting it right.

Pam: Make this a good demo, don't be difficult, make sure you're...

Toni: That's right.

Pam: Yeah, I think that's more like a teaching Part that wants to make sure... yikes.

Toni: Yeah, that you get it right.

Pam: That I get it right.

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Toni: On behalf of me too by the way. That I get it right too?. So thank you. Oh, here we are in all our humanness. Would it be okay just to go back just to acknowledge there are three different Parts of you here right now today with a concern about not getting it wrong and getting it right? Is that right?

Pam: Yeah.

Toni: Yeah, okay. Breathe.

Pam: What?

Toni: Breathe.

Pam: I am, I am, I am. I mean they're all pretty terrified of being shamed. I mean it's pretty clear that's what they're all trying to...

Toni: Right, that this is really protection against shame. Would it be all right just to go back in and let them know that you really get this? You really, really get, that this is all in service of you not feeling shamed. Are they able to hear this from you? What's that like?

Pam: I mean I think the tears are from all of them. There's some huge relief in that and to not be seen as—well, it's what you were talking about earlier. They can be shamed for what they do and to not be seen as being obstructionist, that they really appreciate the compassion, my compassion, your compassion. They're very touched by that.

Toni: Good. They're appreciating being seen as more than just resistance. Is that right?

Pam: Yeah.

Toni: Yeah. Receiving compassion from inside and out.

Pam: Yes.

Toni: Yeah, that's great. It's making sense to you their role. Is that right?

Pam: Yes.

Toni: Yeah.

Pam: It's nice. Yeah, it's really nice.

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Toni: We're going to stop in a minute.

Pam: Not right now....?

Toni: Just before you come all the way out, just to go back in and to just see if there's anything they need from you or you want to say to them before we stop for today.

Pam: They're good. I just thank them. I mean I really thank them for showing up. It's nice. It feels different now, even just that feels different.

Toni: Thank you. Thanks.

Pam: Thank you, I think.

Toni: Shame is the bottom line isn't it, I mean there it is...shamed and shaming Parts.

Pam: Thank you, honey.

Toni: Yeah. All right, thank you again for that Pam. That was actually a really beautiful illustration of what we've been trying, I think what we've been trying to teach here. Just to recap a little bit, Pam came in with an idea of something that she wanted to work with, which is something that's been coming up in relationship to this whole process that we've been in. She already knew that it was in her chest. She put her hand right here which, when someone does that, when someone puts their hand on their body somewhere, I hold lightly that potentially, that's where the Part is. She had already found it. She's already done the first F by herself, but then, what I encouraged her to do was to just focus on it and to stay with it and to get as much information as she could about it.

Then also, she began to feel some affect. At this point, this is a point where I want to go quickly to the question, "how are you feeling toward it," because what I want to understand is, "were you feeling the feelings of the Part," or, "was this another Part," and, "what was actually happening?" It became clear that you were feeling the feelings of the Part. I think the essence of this is, how we have to go at a pace, go at the client's pace, and make sure that we give them all of the opportunity to notice if there are other Parts. What Pam was able to do is to articulate that there was another Part that wanted to shut the system down. It wasn't really going to move unless we spent some time with it.

Even as hard as it might be when you're working in this model, sometimes you have to change a target Part. Interestingly, you had to change it with me. Then again, we had to

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change the target Part with Pam and we just start over. This is where patience and persistence is so important. Instead of me having a reaction too, that there was another Part, I'm just going to stay curious. There's another Part and we're going to start over with, "can you focus on it," and "how do you feel toward it." As you're paying attention to it, what begins to happen and you reported another Part with the same concerns. Basically, you were fleshing out three different Parts with a similar concern. As we began to find out more about it, then what you learned is that these are Protectors against shame and humiliation, right?

Pam: Yeah.

Toni: Does that sounds right?

Pam: Yeah, totally.

Toni: Do you want to say anything about this?

Pam: First of all, thank you.

Toni: Very welcome.

Pam: I really appreciate it. There's lots of things bouncing around of my head right now. Hang on for a second. I think for me, it was a really good reminder like I had felt this one on my chest this morning and it just felt anxious, right? I could very quickly get to the place where it just felt like anxiety to me. What I really loved about you helping me connect with it was that I got so clear about how it's not just anxious, it's afraid, and it's working real hard. I'm still kind of in it so it's hard for me to talk about it.

Toni: I can appreciate that.

Pam: I don't know. Is there anything else?

Toni: I think I just want to say that having a great interest in working with shamed and shaming Parts, it's scary I think for shame Protectors to reveal themselves, and to reveal how it's almost like—it wasn't really an army, it was three Parts. Those Protectors against shame and humiliation get really strong because it's one of those "never again" situations like, "I'm going to make sure that you don't go there again." So here you are in front of a camera, we're not just alone in our hotel room and you're revealing this to me. You're *revealing* it. It just makes sense that there'd be a force.

Pam: Right. It's so interesting to me to see the different strategies that each one of them

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picked up. This is when I'm always in awe. It's just like you could never figure this out. You just...when it unfolds, there's something just awesome about it.

Toni: Such loyal soldiers, such loyal Parts that really want to prevent a terrible thing from happening to you. I hope they can hear that from me too.

Pam: Yeah, absolutely.

Toni: Yeah, thanks.

Pam: Thank you.

Toni: Thanks, Pam.

Pam: Yeah.

Toni: Next month, Pam's going to be talking to you about what happens as you begin to negotiate with the Protectors and help them understand that it's actually safe for them to lay down their weapons to relax and step back—that there is help for their shamed and shaming Parts.

Pam: Great.