

IFS Online Circle Month 2

Live call with Pam Kruase

Pam Krause: Hey everyone, my name is Pam Krause and I'd like to welcome you to the month four Webinar for the IFS circle program. Glad to see you all today. I'm going to be talking with you about some about protectors and then we'll start talking about exiles too. So I'm specifically going to be covering today, common fears that protectors have about letting anyone near the exiles and then, introduce exiles to you in a fuller way because next month Tony's going to be talking with you about how to actually witness and unburden exiles. So the format today is, I'll start talking about protectors and there's seven common fears. If you watch the materials, you'll know that there are seven common fears that managers and firefighters have. And we'll go through those. Then I'll take a break and answer some questions that you all have about that and then we'll talk about exiles and I'll leave some time at the end to answer questions about that.

So if you have any questions, please send them in. I noticed we didn't have any, no one sent any in advance. So if you have any questions, please feel free to send them in. Cause I'm really happy to answer whatever I can about this topic for you guys. So let's, it's really funny because I, I did a level one training over the weekend and it was the weekend on protectors. So I'm, all, this material is fresh off the presses from two days ago. So, you know, I want to just talk briefly about protectors so that we're all on the same page so that there are two different categories of protectors. One category is managers and the other is firefighters. The only difference between these two categories is that managers are proactive. They have this never again philosophy. I'm sure you heard about this in the, on the material, but we get hurt and managers say never again.

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I'm never going to let myself be hurt in that way again. And so they organize themselves around finding ways to keep bad things from happening. So they might say things like, if I'm just smart enough or if I'm just loving enough or if I just work hard enough or if I'm just perfect enough, right? I won't end up feeling those terrible feelings like shame or humiliation or being unlovable. All those things that we really are so uncomfortable to feel. Managers are proactive in trying to keep that from happening. Unfortunately, or in reality, they can't do that. There's no possible way for us to be able to foresee any possible thing that could wound us. And so, you know, and, and regular stuff happens too. Like recently I had a friend whose mother passed away, right. That will land very hard on our exiles, trigger our exiles.

And you know, it's something that can't be avoided. It's a natural part of life. So some, some things that we can't control and some things that are just normal things in our lives will trigger our exiles. And so we need to have a way to not let that feeling overwhelm our system. And that's what firefighters do. They are, they react once the exile gets triggered and they try to put out the flame of emotion. That's why we call them firefighters cause they're putting out the flame of emotion. So they're reactive. And we need both in our systems, you know, firefighters fight fires off and get categorized by the rest of the world as being sort of addicts, right? Like, like firefighters because they react, right? They're not really planning what they do. They just react. And so they may use substances. You know, anger, rage can be a firefighter.

Anything that sort of wants to push away whatever is hurting us or push down or numb those emotions, food, alcohol, drugs, gambling,

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sex, all sorts of things, right? And so sometimes, especially as I was trained as a therapist, you know, I was trained that those are the kinds of behaviors that we should try to minimize or get rid of. Right? And managers like being organized and thoughtful and like planning things, not reacting was a much better way to be. But the truth is that we need both those things in our systems, right? So we both need proactive, help protection for our exiles and we need reactive protection for our exiles. So in IFS, we don't see managers being better than firefighters, right? We know that they both have a place in the system and it's our job to get to know them remember from what we talked about in month two when we're connecting with protectors, we want them to get connected to the client's Self.

Number one, find out that they're not alone. Remember, these parts all feel like they're totally alone and doing what they do. So once they know the Self is there, that helps a little. We want to understand, well, help the client understand what this part is doing and also its intention. What's really important is the intention of any of these protectors because often, there's a different result than what they intend to happen. So we find out what the intention of the part is. And remember, we also find out any of these protectors, we want to find out what they're afraid would happen if they didn't do what they do, right? Because that helps us know what exile they're protecting. And once we know what that exile is, we can offer our client the possibility of change, right? We can tell this, have our client tell this protector that let's say, let's say there's a protector that fears that if I don't do what I do, you're going to feel unlovable, right?

And so remember we do that hope merchant piece where we have our client tell the protector, right? That what if we could go to that place that feels unlovable and heal it, right? Would you have to stay

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stuck in this role that you're in? Right? So we're offering change because you know these protectors, they're not resisting change. They're not in the way. They're not blocking. They're just super dedicated to what they do, right? And they won't, they won't give up their posts, or they're scared to give up their posts because they're protecting something really, really vulnerable. So it's not just enough to know them and understand what they're doing. It's really important to offer them the possibility that something can change, right? So we get to that place where we find out what this protector's afraid of. I'm afraid that if I don't do this, you'll feel unlovable.

We, okay, we do that hope merchant piece where we say to our client, let that protector know that we can go to that exile and heal it. Know we can help it so it doesn't have to feel unlovable any longer. And then the next thing we do is ask these parts to step back. Not change. Not stop doing what they're doing, but just step back, right? Which means, which means sort of leaving the field of internal awareness so that we can either connect with the next protector or maybe the exile will come up next. Right? And so what will happen is these protectors, which is what we're going to talk about now, these seven fears there are, these parts are often need more reassurance. Any protector might need more reassurance before it would be willing to step back. Okay. And so, okay, when you ask them, you know, you do that hope merchant and then you have your client ask the part if it would step back, if it doesn't step back, that means it doesn't trust the client's Self enough or doesn't trust you as the practitioner enough and it needs more reassurance.

Right? And so there are seven common concerns or fears that these protectors have about stepping back. And this is one of those things that you sorta need to memorize how to answer these or how to

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help your client answer these fears. Because there are some, there are some points that you can make about each one of these fears. And that's what we're going to go through right now. So, Sara, if you would put it, well, hang on one second. Let me do one quick thing before we start with the slides. And that's, I'm going to ask each of you, we're just going to do a really quick little meditation. I mean, it's like a minute long. Okay. It's so if you want, just go ahead and close your eyes and just think about one of your exiles or some vulnerable feeling that you don't want to feel. And I'm not saying don't feel it, but just think about one of those. Okay. And then just notice if I ask you, just notice what comes up if I say, how about, if we go to that exile? How about a few? Let us go to whoever feels that way, right? So if it's unlovable or worthless or shame, what if I ask you to let us go there? See what kind of internal reaction you have.

Okay. And then, you know, you may have noticed the reaction that we'll as we're going through the seven common fears, you may, you may begin to say resonate with one of these, right? And one of these may sound familiar, like, oh yeah, that's kind of what it felt like to me. Like, no thank you, I don't want to do that. Right? So you may find that one of these sounds or maybe more, one of these is something that you can relate to. Okay? All right, Sara, if you want to put up the first slide now.

Okay, there we go. Okay. Now these fears that we're listing are these concerns. These are in the order of the most frequent to the least frequent. Okay? So one of the things you're going to hear right off the bat, if I ask a protector, would you be willing to step back? Right? And it's all of a sudden it's like, nope. Right? I'm not going to do that. What we do is ask that same question again. Then we have our clients ask this part. What are you afraid would happen if you did

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back? Okay. And the most common thing that these parts will say is some version of the exile will overwhelm me or it's going to take over my system and I'm going to get stuck there. Okay? So, that can sound like, I know if I let myself go to this feeling, I'm going to get trapped there. I'm afraid if I go there, I'll start crying and I'll never stop. Those are some of the things that you might hear that would be indicative of this first fear.

So we have ways in IFS to answer this fear and the first thing always I think when we're answering these fears is the first thing we want our client to let their part know. Okay. So, so these fears can be answered through insight or through direct access. Okay. So through insight would mean you would have your client's part or your clients Self reassure the part about it. If we were doing direct access remember that would be my Self to my client. I would reassure the part about these things. There's not a right way to do this or wrong way to do this. Sometimes parts want to be reassured by the practitioner. Sometimes they want to be, want to be reassured by the self. And so, just experiment and you'll see, you'll start to know when it needs to be come from you and when it needs, when it needs to come from the client's Self.

Okay. But the first thing, whether you're doing it through the client's Self or directly from you, the first thing with all these fears is to reassure the part that we're not gonna let that happen. And this is going to be tough for you all. Just starting out. You know, it requires some confidence and some courage to be able to say, we're not going to let that happen. So I want to state that up front because this, this is gonna feel. I don't know. I have parts in me gone that's like, it's not just so easy to do that. Right? And it won't, this won't feel that easy to you guys, but the more you do this, and also the

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more you explore your own internal systems, the more courage you'll have about this, the more you'll be able to say this in a way that's confident and can reassure your clients.

So this is all stuff that you're going to have to grow into here. But, the first thing to do is to let the part know we're not gonna let that happen. And then here's how we're not going to let that happen. And with this thing about exiles overwhelming, it's really true that, we're gonna talk more about this in a little bit, but exiles want to be healed. They long to be heard, they longed to be connected with. And as your helping your client know their exiles and witness them and heal them, you can say to an exile, I'm going to ask you not to flood the system with your feelings, right? Because if you do, protectors are going to shut everything down and you won't, we won't be able to listen to you. And so you can reassure your client like we have ways to help the exile not flood you.

Okay? So we won't let you get stuck there, right? It's in their own best interests to not do this. Right. And then the other thing you can reassure them about that's not on the slide, but that before you leave, we're going to make sure who ever that is in a place that feels safe enough for it. And we're going to bring all your protectors back in so that you can go back out into the world without this being raw and exposed. Okay? So that's, that's how you would answer the first year. And again, this is the most common. I'm going to get stuck there. I'm going to get overwhelmed. And you know, this is a very realistic fear because this is what happens in the outside world for many people. If that exile gets triggered, it just, it takes over, right? So it pushes everybody else out of the way and it's, it takes over.

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And so your client is in the middle of it, right? And that's another, that's another thing that you can say about this fear is that, well, what we're doing in this therapy session is different from what happens to you out in the real world. What happens there is the part just takes you over. What happens here is that we're going to let you be in relationship with that young part, right? So that you will be with it rather than in the middle of it, right? So that's another concept that can help with, with this particular fear. Okay. Okay. Let's go to fear number two, Sarah.

And that is that exiles, what's done is done. You can't change anything. What's the point? Why should I go back there? Right? So, okay. Yeah, makes a lot of sense, right? What's done is done. You can't go back and change anything. Again, either your clients Self can let the part know this or you can let it know that that's true. Okay. Right. That we can't change what happened. We can however go back not to relive the pain, but to heal it. That even though what's done is done, we can help the part, let go of any pain that it picked up because of what happened to it. And, that's huge. You know, I will often say to people, you know, that's a really big thing. If we can take away the pain, right? Your life will feel really different than if that part is stuck in the past and overwhelmed with all that pain.

So that's the way that you can answer this particular fear and you know, you can even use, the thing you'll see here will be with the part, not in the part, which is another thing that can help with this. So before we go on, I want to say that these are things that you can say to the part where your client can say to the part and still they may not be reassured, right? They still like you. Can say these things and they might not just go, great, I'll just step back. Right. It may be

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that they still need more reassurance and if that's the case, just, you know, I was saying this a lot over the weekend, it's about the relationship. This is a very relational model. It's about the relationship between the client's Self and their parts. And so if your client lets it's protector or whatever, protectors there know this stuff and it's still reluctant to step back, it still means this part doesn't trust the Self enough, the Self of the client enough.

And so there's more relationship building that needs to happen there. And so if the part says no, you can make sure your client is still feeling one of the eight C's or the five ps, if they're still open to this protector and just allow that relationship to deepen so that the protector can begin to trust the self enough, right? So these things are sort of on a, we're doing a parallel path kind of thing here with the parts, right? Answering their concerns and also deepening the relationship with the client's Self. Okay, let's go to fear number three, which is if I go back there, it's going to trigger all these dangerous firefighters. Right? And you'll hear this, you know, I especially like who have been - you know, 12 step folks who have been sober for a long time or people who have been whatever that sort of addictive kind of energy to the firefighter is, they're worried that it's going to come back.

If they go to the exile and they're actually right, it will come back, right? It doesn't mean that they have to start drinking again or start using drugs again. But because firefighters are reactive, remember so if we help our client get in connection with an exile until that exile is unburdened, which sometimes can happen in one session with an exile and sometimes takes many sessions, right? Until it's unburdened, that firefighters going to want to come in and douse that flame of emotion, right? So you know, Dick will always say

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firefighter activity increases as you approached the exiles. So this is a very real fear as are all these, right? They're not made up. They're very real fears. Okay? So the first thing to do is like acknowledge that fear. Yep. This could happen, right? And so the first thing you can help your client do is get curious with whatever protectors there, right?

Like what's the history of, what's your fear? What has this firefighter done? Right? And then you can reassure, usually it's a manager that's concerned about triggering a firefighter. Reassure the manager that we're going to be really careful that we're not, you know, we're going to go at whatever pace we need to not let these firefighters totally take over the system. And then before we actually go to the exile, we're going to help our client develop a relationship with that firefighter. So you can tell all - have your client tell all this to the manager that's concerned, right? We're going to help you develop a relationship with that firefighter because remember everyone that the more relationship the part has with the Self, the less likely it is to have to take over. They take over when they feel like they're alone or misunderstood or that if they know they're the only ones around, that can help.

Right? So if we can, if we can help our client develop a relationship with a firefighter as it starts to get activated, even if it's between sessions, right? The client then can be in relationship with a part reminding it like if it's somebody who, who drinks, okay, there's a part that drinks and, and it says, I got to have a drink. If it's in relationship with the Self, they can have a, have a conversation about it and the Self can reassure this firefighter that what's happening is not too much. And so it's okay. These feelings are not overwhelming to the system that everything's all right and that can help these more

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extreme or dangerous firefighters relax back a little bit. Okay. And again, this is one of those ones that may take a lot of relationship building between the client Self and the manager part that's afraid of these scary firefighters. Okay, let's go to number four. Okay.

And you know how I've said, most of you know, up to this point, you can either direct - you can either have the client Self, you can do this with insight or with direct access. This fourth fear has to come between. It has to be done with direct access between me, myself, and whatever part in the client is saying this. Because the fear is of the client's parts that I won't be able to handle what's happening, that I'll be repulsed or overwhelmed or that I won't like my client any longer, that I will reject them. And again, this is a real fear because if any time probably in this person's life that they revealed what's in this either firefighter or exile, people have pushed them away. People have been repulsed by it. So if you try to have the client answer this question, the clients Self, the part will feel it will make the part more scared. They often react in a way like how come like to me, like how come you're not answering this?

It almost verifies what their fear is. So when someone says this to me, I have to help all my parts step back as the truth is, some of my parts may be scared, right? Or, may react. So I need to help those parts step back so that I can be open with my client and say, I me myself, I will not be repulsed and this is not going to change the way I feel about you. Right? This is the tough one. You know, this is a tough one without some experience and without some knowing of your own part. It's your own parts that might be repulsive, right? We all have parts that are repulsive to other people, to other people's parts, right? So without some of that, it's difficult to be able to answer this. So that's why I encourage you to continue to explore

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your own parts because I know, you know, I, after all these years, I can say to my clients, I've been with a lot of really, really parts that people would think are repulsive, right? But to me they're not. And that's a, and again, this, sometimes this fear with some people, you know, I've had to linger in this place, reassuring them about this for awhile.

Okay, let's go on to number five.

Okay. So just between you and me, I get this one actually more often, I get this one a lot, so I don't know if it's just me or whatever, but this one comes up a lot also. And that is that the protector, and this is especially true of managers, that they're going to lose their jobs and they're going to be eliminated. Okay. And you know, I think about, I think about some of these manager parts at work so hard, you know, and they've done the best they can do. I mean they've all done way more than they ever should have been asked to do and, and they've failed, right? Because no matter what, remember, no matter how hard they work, something's going to trigger that exile. That's just life. So there's often the sense in some of these managers, like, somewhere inside them they sort of know they failed.

Right? They've never been able to stop this the whole time. And it feels to me like that's what sort of spurs this a little bit like, like the, the manager may be afraid that if you go there that not only will I lose my job, I will be eliminated because I have no worth. I have no value. I've never really been able to do this anyway. So, so the answer to this, again, this can be through the client Self from you is that nobody's job is going to be eliminated. And one of the things that I often say at this point also is even right now, we're not asking you to stop doing what you do. We want you to do that. We're just

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asking you to step back, and give us a little space here, right? And then as we heal this, whoever it is you're protecting, you may decide that this isn't something that you want to do any longer.

And if that's the case, it will be up to you to what you want to do in the system, right? You will, you know, you won't be eliminated. You will be able to shift into whatever kind of position you'd like to have. Right? And sometimes parts want to brainstorm about this. Often, sometimes they do and sometimes they don't. So you just need to follow the lead of the manager here. But you know just the overall message here is we don't want you to stop, you know, as things change, you may choose to do something different. And if that happens, we can help you figure out what that is. Okay. All right, let's go on to number six.

Okay. Okay. Okay. Okay. So this is a, hmm. This is the one that you'll get. How do I want to say this - early on as a practitioner, because we can only, we can only go as far in our client's system as we feel comfortable going in our own systems, right? And this is, so those first five fears that we went through are pretty common right there. Common as we're just starting to get to the place where we're going to be, uh, connecting with exiles, right? This fear, often you need to, you need to have, I want to say this - when exiles show up, it's not the deepest and most wounded exile that shows up first in general. Generally it's sort of the lesser wounded exiles so that, you know, it's, it's sort of like the system isn't going to open the door to the deepest pain until it sees how you can handle, I don't know how to say this, the less deep pain. Okay. So, this sort of fear is often attached to, not to the very first kind of exiles that you're going to come across. Okay. But you will, you will begin to, to hear it. But I just want to let you know, cause it's a little harder one to to answer.

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So when parts have this fear, the first thing you can help your client know or help this protector know, is update a little bit like what's true right now. Right? So it may have been that whenever this big T little t trauma happened when the exile was two or three or four years old, right? The person was quite young and didn't have any resources, right? If you can update them and help them know, so you're in a different place now, right? You're not in that situation any longer while the exile is still, remember when an exile gets wounded, it's stuck wherever it was wounded. But there are other parts that are older, more grown up. There's more resources than you had back when you were two that can help. Okay. And there may be things in the person's actual life that's happening right now that don't support exposing these exiles, right?

And so that would be something that you would need to work with your client about. Like what is happening in the external world and how can we create enough external safety so that we can go to heal these exiles. The other, I think really important thing about this is that nothing has to be revealed. You know, even when a client is witnessing an exile, I as a therapist don't need to know what's happening because the healing happens between the client's Self and their part. And so some, some protectors have so much shame around what happened or so concerned about it that they don't want to let anybody in the outside world know anything. Right? And so that's the first thing. Like I don't need to know anything. And then many people who come into therapy believe that to be healed, they have to confront someone else in the external world.

That's the only way to heal. And so that's another myth that you can let them know about that, that they won't have to confront anyone

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unless they choose to do that. Right? And so that the real healing will happen between them in the part and then they will decide whether they want to reveal anything or not. So you're giving them lots of choices along the way. You know, the other thing that I was saying, over the weekend to my level one students is one of the things I also notice about this, it's sort of like tangential to this fear is this sense that if I do this, then I'm going to have to forgive whoever hurt me. Right? And so, I often explore that for a little bit here. Like do you feel like you need to forgive someone? Because again, that's sort of a - that's something that's certain models of therapy have said that the only way you can heal is if you forgive the other person.

And again, that's not required in IFS. Right? So that's the other thing that I'll often tell people is you don't have to do anything in terms of the external world. Let's just note, let's heal this part. And then as you heal it, you'll get clear about what you want to do in the external world, if anything. So that, that's what you would do in around this one. And then the seventh fear is that they need the protection of this manager or firefighter because without it, right, they would be too needy and too vulnerable. So again, you want to help your client assess like, whether that's true or not. Again, some of this could be tied a little bit to this sort of updating, is this true or is this not true? And often it is true, right? And so, you know, if it is then you let your client know we're going to work with this very slowly, right?

We're not going to just dive headlong into these exiles, but we're going to either go, we're going to be with this exile. And then as I said earlier in that overwhelmed one, we're going to make sure all those protectors you need are back in place before you go out into the world. And then we're, you know, you and I are going to keep an eye on what's happening in the outside world, you know, so we can see if

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there's any other, any shifting or slowing or speeding up that we need to do in terms of our work with these exiles. And this is often true, you know, this can be true for children, you know, especially when you're in an environment where you're so dependent upon other, other people. This can be true. And, and sometimes this is a fear that you just need to linger around and really, what do I want to do? What do I want to say? Just really assess all the different aspects of this with your clients so that you can get as much safety in place as possible before you go toward the exile. Okay. So those are the seven common fears. You guys have sent in a few questions. So, let me see and again, I'm going to answer questions that are sort of pertaining to this material. Okay.

Some of these are kind of long.. Any tips on... I'm going to start and then go to some of the longer ones. Any tips from Suzanne on distinguishing the anger of a firefighter from the anger of an exile. Okay. Yeah, yeah. So sorry, my brain is just trying to decide how to answer this. I'm really glad you asked this because remember, all parts have all feelings. So firefighters are angry, managers are angry, and often once you get connected with exiles, you'll begin to feel their anger also. So the anger of a of a firefighter is going to be protective, right? So one of the things I would start to get curious about is, is the anger in reaction to anything. Okay. So I would want to know what happened, if I can get a sense of where it landed in the system and how the reaction happened.

Right. And then the other question that will always make sense to a protector that will never make sense to an exile is, is what are you afraid would happen if you didn't get angry. Right? Because now we're asking this protector what it's afraid would happen if it didn't protect in that way. And it will say something, you know, it will be

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able to give you an answer to an exile that won't make any sense at all. Right? Because they're not, they're not protecting from anything. They just are angry about what happened to them. So I think that would, that's probably the biggest thing I'd say is, is if you can get curious and then have your client asks that question.

Okay. When working with polarized managers and firefighters, who do we start with the firefighter because they're more reactive. In other words, what's the best practice for this situation? So here's what I would say. Every system knows exactly the order the parts need to be worked with. Right? So if - I'm thinking about...okay, I'm thinking about a situation. I'm trying to think of a manager and firefighter that I can talk with you guys about and one is... so someone has a manager that's really logical and really thoughtful and you know, plans everything and tries to figure everything out. And their, firefighter reacts with anger, right? So where do you start? You start first, remember you're sort of getting a landscape of your client's system and you're asking them what it is that they'd like to start with.

I always turn it back over to them and they're going to pick a part. That's a target part, right? And the person thinking about, excuse me, the person I'm thinking about said I want to own it. I want to work with that anger because it gets me in a lot of trouble. Right? And so if you all use the 6 f's, remember we taught you the 6 f's. You can ask your client with new people to say go in and find the anger. They, they won't know what that means. Okay? So if it's a newer person that you're working with, you can ask them if they're feeling angry in this moment, if not, remember a time when they felt angry. Right? And then see if they could let themselves be in that moment when

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they were angry. Right? Because we've set this angry firefighter as a, as a target part.

Now, if they can't feel any anger, which they're probably not going to be able to, this is a pretty dangerous firefighter in this person's system. So there's going to be a lot of other parts that aren't wanting to go, don't want to go near it. So if they can feel it, you keep going through the success, right? Focus on it, flesh it out. How do you feel toward it? If they can't remember? Like, I can't remember a time or I can't let myself feel angry. That means some other part is in charge of the system. So you can just say, okay, start with, just notice your body now. Do a scan of your body now and what are you aware of and whatever you're aware of, focus on that. Right. And are there any thoughts or images that go with that and how do you feel toward it?

So the answer is - you follow your client's system in general. You'll start with managers first. That's not always the case, but the client system will know exactly what order to go in. So, that's my big, that's my big answer. Always just ask them. So. Okay. Hope that helps. Okay. So Lisa, ask about fear number three. Were you saying to develop a relationship with the manager that's worried about the firefighter or with the firefighter itself? Or both? Both. Okay. So remember guys, fear number three is when the manager says, I'm afraid that it'll trigger dangerous firefighters. So the first thing to do is once the manager has a trusting enough relationship with the client's Self, we'll ask it to step back and allow the firefighter to come and then develop a relationship with it, right? And some of that relationship can even be around, you know, me saying to my own part or my client saying to their part, you're going to get triggered by all this. You know, you're about to get triggered and I'm gonna want

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to be in relationship with you about it. My firefighter, you know, how can we, how can we stay in connection so that, you know, you don't have to take over, right? So it's, it's really both. Okay.

What if secrets are true? Now, for example, a client has a secret that he created a false resume to get a job. He needed a job. He is excellent. His current job that he also feels guilty about the secret, how to help. In this case, it's actually, I want to say this, the way to help him, we're not talking about revealing or not revealing a secret. The way to help him is to go to whatever parts are reacting to what he did. Right? So whoever feels guilty, there's some exile that feels shame. There's some protectors that feel shame. And so the way to help him is not to actually address that secret. And this is what you would do even if someone's secret is true. That was, you know, uh, you know, some of the more extreme kind of predatory behavior, you know, incest or something as a child and that secret had to be kept.

It's really no different. Right? We're just going to whatever parts or hurt or whatever parts initially for your client or feeling guilty or ashamed about the secret. So, we're just looking for the part's reaction to whatever happened. Okay. you said you don't have to forgive the abuse or to heal in IFS. What does that look like? Do you just send up with neutral feelings toward the abuser after healing through IFS? No, not necessarily. I mean, it may be that as an exile unburdens around whatever the abuse was, it may be that they, that they, how do I want to say it? They don't feel neutral about it. It may be that they continue to hate that person, right? But they would be in relationship with the client self. So that, you know, one of the qualities of the self is that it's okay for any part to feel what it feels.

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The part doesn't need to feel differently to be changed, to be welcomed into the system. Right. And so if this, you know, unburdened dislike or hate is very different from what a part would feel if it were not right. And so if I had a part that had been abused in some ways and it was unburdened, it might still choose never to be around that person. It may not like them. It may not want to be near them. Right. And then I in relationship with this part would let it know that it's okay for it to feel that way and we don't have to come in contact with that person any longer. Right. So it's - and some parts will forgive or they will lose their edge. But it, it just depends on the part and it's just not necessary because that's actually a huge burden to put on a part that you have to forgive because parts we'll often hear that as for me to forgive, I have to minimize what happened to me or let the other person off the hook. Right. So, you know, part of it, if my parts hear forgiveness as that, right? They may never want to let someone off the hook. They may always hold them responsible for what they've done because it's true. They did what they did, but I wouldn't have the same charge around it. Okay.

Okay. Jodie asks, what exactly is the relationship building that occurs between the Self and the part and what does that look like? So remember, this is, you know, as you're going through the six F's, this is one of those steps that is one of the biggest paradigm shifts for most therapists between what they have been trained to do and IFS. So remember when we go through this success, when we get to the fourth one, which is asking the client how they feel for the part and if they feel something like one of the eight C's or the five P's, right? We have the client like I'm a little curious to get to know it. Okay. So we have, this is the beginning of relationship building. We have the

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client, let their partner, let it know that you're curious about it and see how it reacts.

Right now it's not just enough for the client to let their partner know that they're curious about them. You know, someone could be curious to get to know me and I don't know them. I may or may not be open to getting to know them, right? So I want to have a little relationship with them or know them a little better before I, you know, jump into revealing anything about myself. So this is the step to linger on as long as the part needs. So let it know that you're curious about it and see how it reacts. Does it notice you dislike that? Does it not like that? You know? And you'll hear Dick say and some of us say just stay with a part like that. You know, you being curious about it and it noticing you until it feels a little comfortable with you or until it can trust you a little bit.

Right? And so in terms of some of these, protector fears, right? If a protector says, I'm really afraid that I'm going to get stuck in that, I'm going to get stuck there and I'm going to start crying and I'm never going to stop crying. And you have your client answer that fear, right? And the manager goes, well that's great, but I don't believe you. It doesn't trust the Self enough. So now it needs to trust the Self a little bit more. And the way for that to happen is to make sure that it's still the client's Self in relationship with the part and the way to do that is, like if a part, this part says "I don't trust you" to the client's Self, I would ask the client, is that okay with you? Because the to the Self that would be okay.

Remember the Self doesn't need a part to feel any differently than it does, right? If they say, no, I really want it to trust me or you know, I want it to believe me, then that's another part that we would need

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to have to ask to step back because now it's pushing this other one. It's saying, no, it's not okay for you to still be nervous about this. So, so relationship building really deepens as a part has a concern or as some models might call a resistance, right? To have the Self just be there in this way that it's really okay that you feel the way you feel. Tell me more about that. Yeah, that's hugely reassuring and deepening for, protective parts. Right. So, and then once they, so it's just another version of - 'stay there until it feels like you can trust you'.

What sort of reassurance does it need before it would be willing to step back. Okay. All right. Let's see. Let me, let me do some stuff on exiles. Guys. I'm looking at this and then I'll come back and answer some more of these questions. But I want to make sure to get through this because, you know, I want to make sure you guys are all ready for the next month teaching on how to heal these exiles. So I don't have any slides, any additional slides for this, but it's, you know, it's all in the material, the pre-recorded material. So all this stuff is going to be there. Okay. So we've now developed a relationship with these protectors. We've given them that something can change, right? They've one protector step back, another one has come. We've done the same with it. Finally, all the protectors that take care of this exile have stepped back and we're now developing a relationship with these young and vulnerable parts.

Okay. So the nature of these parts is they're our youngest and most vulnerable parts. Okay. They're our youngest and most vulnerable parts. The interesting thing is they're also our wisest parts. You know, some, sometimes we believe that, well, my protectors, I'll talk about my protectors. My protectors believe that because these parts were young that they didn't know that they didn't understand that they

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couldn't convey what happened to them. And that's actually not true at all. They can and they're incredibly wise, creative, loving, energetic little parts and they get wounded and they get locked away.

Okay. So they're completely isolated from the system to either protect them from being wounded again, which is what managers do, right? They never again, I'm going to lock you away so you never get hurt again. Or they're locked away so that the system doesn't have to feel the pain they carry. And that's what firefighters try to do. They try to push the pain away once it bubbles up again. Okay. So these, these young parts, they're wounded. Yeah. And they are stuck in time at the point where they were originally wounded. So if they were originally wounded when they were three months old, they will exist in our system as a three month old. So they won't see much. Right. Because young babies can't really focus very far. They won't have like, you know, you'd have this sort of brain development in this part that you would have as of a three month old.

So there's probably not going to be any images or really any concrete thoughts. It's going to be a part that is more energetic and is more sensed in body. Right. Rather than storytelling. Parts that are parts that are initially wounded after a child has language, will speak right and will have memories of what happened to them. So, so they're stuck. They're stuck in time at the point that they were originally wounded, which is why, you know, like I used to have this experience that every time I would get around my parents I would feel like I was five years old again because some little exile that was stuck in time and being five years old would take me over and I'd be back at that point in time. So, which is why, you know, we all, we have these logical parts that we'll try to talk these young ones out of feeling the way they feel.

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Right? So even like even telling a part like that it's not like that any longer. Here we are, we're an adult. Don't you see that the situation is different now? They don't because for them the situation is exactly what it was. So language won't work with them. Reason won't work with them. The only thing that works with them is connection with the Self. Right. To be witnessed and understood about what's happened to them. So, the interesting thing about exiles, these young vulnerable parts is that they long for connection, but they're also afraid of connection because their wounding has happened through connection. So sometimes when we meet up with them, right, as if, if we're starting an exile shows up and we're inviting our client to notice that and how do they feel toward it? Sometimes those exiles will be interested in connecting and sometimes they won't be.

And Toni will talk a lot more about that in the next month. Okay. But just to know that, but this is one of the driving forces in these young parts, right? But they do long to be seen and understood for what's happened to them, right? They, they've been told by protectors trying to help protectors trying to help saying it wasn't that bad. It didn't really happen the way you remember. Even critical protectors that are trying to help that say, nobody else except for you would have reacted in that way. You're too sensitive. You're too much. You're too... that's all they hear. You know. And, and it really does come from the intention and our protectors to help these parts, right? Even though that sounds to our logical minds, they are trying to help, right? But it keeps these parts from ever being listened to.

So they long to be listened to. They longed to tell their story, right? They long to be free of the burdens that they carry and they have

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what we call a drive for redemption. They are looking to the external world to be healed. Exiles really, really want to be healed. They want to be redeemed. And so they look to the external world to be healed and to be redeemed. They need to be in connection with someone who is similar to the person who originally wounded them. Right? So there, so they find people, that are like, they sound like, they look like, they act like, they react like the people - some aspect or aspects of the people who originally wounded them. And so because of that, because they're looking to heal, they get into these kinds of relationships or even jobs, you know, that will give them a chance to be redeemed.

Because of this person or this situation that, so like where I got wounded, if you know, if my exile is saying to my husband, you know, if you can just love me right then I won't need to feel unlovable any longer. And the problem with that philosophy is that if my exile attaches to someone who's similar to the people who wounded me, it's the same thing is going to happen. Right? And so what we offer these exiles is a chance to be listened to by the self and unburdened so that they do not need to pick people who are similar. And even if they are around people who are similar, they won't be hurt in the same way. They're no longer as vulnerable or open to being hurt. And again, right. That's Toni's going to go into great detail about that next month. But that's sort of the overview about that piece of it.

Now, one other thing I want to say before we do any questions. Any more. The questions is that just a little brief description of burdens. Okay. And that is, remember that when we come into this world, our model says, and what we've heard from people is that we come into this world with our Self and our parts, right? And our parts come into this world with a particular function to do in this lifetime. So I often

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say like the Self is the spiritual aspect of our parts are our humanity. So they come in with a particular role in the system and then what happens is adults react to children or something happens to us. Big T little t traumas happened to us that frequently these things that happen are completely unintentional. But our parts get reacted to in a way that we do.

We feel shamed or we feel unloved or we feel worthless or any of those humiliated. Any of those kinds of feelings that feel unsustainable in our system. Right? And because we're so young and our parts are so young, they don't yet have a relationship with a Self, other protectors, parts that were meant to do other things. We'll shift into these protective rules, right? And they to take on burdens. So that they can protect in the way they protect, right? So managers learn to protect in "never again" ways, firefighters learn to protect him in reactive ways. And so everything shifted. Everything in the system now begins to have burdens. Okay. And burdens are feelings, they're thoughts, they're beliefs about ourselves. It's energetic, right? And these burdens begin and then can be added to throughout life. You know, and some of the beliefs that we'll have is this, I am worthless. I am unlovable, I'm undeserving. Some of the feelings that get attached to burdens are shame, sadness, terror, loneliness. And there are some body, some sensations, right? Some energies. Like sometimes these parts will feel empty or hollow or, sometimes I even have people say, this part feels like, you know, like it's an astronaut in space and it's floating along and it's almost untethered. Like there's this little tiny tether hook to it and it's that sort of feeling about like, I'm barely tethered and this terror about breaking off at any time. So again, most of this wounding is unintentional, right? We do it. Sometimes we, well, my part sometimes did a lot of things with my kids that they thought were out of love and now look back at it

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and say, ouch, wow, that was really about some part of me. They were trying, you know, just trying to help and unintended consequences.

So, so the whole system gets shifted as exiles get burdened, as protectors get burdened. And the way to allow the system to return to what it was intended to be is by unburdening these exiles. You know, making our way to the exiles, witnessing them, hearing their story, knowing what happened to them, to whatever degree feeling or seeing what happened to them. Acknowledging that having them finally feel understood. And once they feel understood by the client's Self, not by me as the therapist, but by the client's self, once they feel understood, they can release their burdens, what we call unburdening, and then they can return to their original nature. Right? Once the burden's out, they automatically return to what they were intended to do in this lifetime. Okay. So as parts, as exiles on burden, there's more room in the system, like the burden, the burden clogs up the system, right?

So as burdens leave, there's more room for self energy in the system, right? Which allows us to be more Self led. Okay. So once again, once an exile unburdens the protectors, managers, firefighters.. However many protectors have been protecting it. Can begin to shift. Also, remember protectors can give up their extreme roles once the exile or exiles they protect are unburdened, right? And in month 10, we call this integrating the change into the system. In month 10, I'm going to do a whole thing about, you know, how to further integrate stuff into the system. But just as a, just a preview, some protectors, once an exile is unburdened, will automatically let go of their burden and return to their original role. More often protectors will take the sort of 'wait and see' attitude. Like, okay, that looked good,

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but no, you know, I want to see what really happens in the real world.

And as they, in fact, I was just with a client this morning who did an unburdening last week and we were listening to some of her protectors this morning that said, you know, I of, they were jumping in, you know, but they were like noticing that things were a little different and maybe they didn't have to jump in as much as they were jumping in. And there were moments when they didn't. So, you know, some, sometimes it's a wait and see and then there were some protectors that actually need to be witnessed and unburdened just like exiles. And this is often true for firefighters that have been forced to do more extreme things to protect. So again, month 10, I'm going to go through all that really well. So that you guys, you know, get a sense about integration also. So there's your little highlight of exiles before my dear friend Toni talks with you about witnessing and unburdening next time. So we have some time for some more questions. Let me see what we can do here.

Okay. hang on. Someone asked... "How do you know there's polarizations?" Right? And, okay. In a couple of months we're also gonna do a thing on polarizations, but when we put everything together, you know, you can see as we were talking about managers and firefighters today, that there's always proactive protection and there's always reactive protection, right? Managers and firefighters and it doesn't mean that there's just one manager in one firefighter protecting an exile. There may be a bunch, right? But you can see how like in that example I gave earlier that if I have like a part that wants to figure everything out and you know, just really understand stuff, right? But then I have a protector of the same exile, right? That

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feels unlovable. I have this part that will react with anger. You can see how they might not like each other very much for sure.

The manager is not going to like the reactive one because that's exactly the opposite of what this thoughtful, I want to understand, figure everything out and be kind of flat part once. So what I know for sure is if there's a part that feels one way, there's at least one other part that feels a different way. Okay. Because that's weirdly how in a system that's burdened, that's how we create balance, right? So we have, we balance it. It's a weird way of creating sort of balance in a system. So you can know that there's always, like when I have a client come in and say to me something like, I want you to help me stop drinking. Okay. I know that there are parts in that system that would like to stop drinking. And there's also at least one other part in the system that does not, not because it loves drinking, but because it loves how it pushes feelings away, right? It's its way of putting out the flame of emotion. So, and again, we're going to do a whole thing on, I think that's month seven, I'm pretty sure. So we get you through all the building blocks in the, in the first half. And then we start to look at the system as a whole. Okay. Yeah.

How can one help if there's a few protector parts who just keep blocking other younger parts wanting to express, but the protectors aren't wanting to express why they feel they need to block, except that it isn't safe to tell you. Then what I would say is if the part's saying it's not safe to tell you, my first place to go would be that part does not trust the client's self enough yet. And I would want to know what's not safe. What's the concern about this part? So what I would be looking for are parts of me that think these protectors are blocking one. What they're really saying is they're, they're being pretty loud and clear. I don't feel safe. I don't trust you. Right? So

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building trust and connection with whatever those protectors are, that's the quickest way you're going to get to those exiles. Okay. So, again, remember if a protector won't step back, it doesn't trust the client's Self enough or you enough or both. Okay. All right.

So Gary asked if the system knows what needs attention first. What if an exile keeps showing up first? There are some systems with really significant trauma that the exiles are going to pop up to the system first. And what I would encourage you to do as starting out, is do whatever you're doing with those clients but not IFS. You need to be more experienced in the model before you can deal with parts like that because you have to use direct access. And so when it, we'll talk about direct access, I think it's month eight, direct access and insight and how to do that. Okay. But you need to have some skill with a model to be able to use it effectively with folks who had that kind of system. So I know I say this a lot, but for now, if you guys want to be practicing with this practice with people to whom it makes sense, okay. Otherwise do what you're doing. Okay. Okay. Hang on.

Some of these questions are a little advanced for the scope of what we're doing. So, oh, right. So hang on, I got to read some. I worked with a patient's friendly protect or via direct access because she didn't seem to be able to access Self afterward. Reflecting on the experience, she said that she feels safer now doing parts work because I know there's someone protecting me. It seems clear that her eye is another part and not the Self. I'm not sure my next step. I don't want to lecture her about Self but I'm not sure I should keep doing parts work when she's identified with the part. Okay. So, okay. I think what you're describing is, you know, are our clients parts

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need to trust us before they can trust their own Self. And it sounds like that's what you were doing.

Your client's parts now trust you. So, okay. Okay. You're right. Lecturing about the Self would not work. It just, you know, in my experience when you start to lecture or even, and I don't mean lecture in a bad way, I mean informing them about what the Self is. If you don't have any context for it, it just, it kinda doesn't mean anything, right? So what you can do in a situation like this as you know, like get, get your little spiel about it. Like look, there's, you know, I do want you to develop a relationship with these different aspects of your personality because there is this healing energy inside of you, right? And I want you to know what that is because you know it feels, you know, it feels like you feel safe in this relationship. There's also an internal relationship that's very similar to that and if you're interested in that, we can start doing that now and then start the success by just saying what are you noticing right now?

Some part, this eye part that she's saying, I feel much safer now is probably blended with her. Right? When you say identified with the part, it just means the parts totally blended with her. So it's totally blended with her. You can start the 6 fs. What are you noticing right now? Focus on whatever that is, and you're going to try know, try to go through the steps to see if you can help that client unblend. So, all right folks. I see we're at the end of our time. Really lovely being with you all this month. Next month you'll be seeing Toni and doing a lot with exiles, and then I will see you in month six. And I'm a, as a little preview, I'm going to, I'm going to suggest for sure, watch the recorded material before you come to the webinar because in the webinar we're going to refer to all, you're going to see a video and we're going to refer to a lot of what happened in that video. So if you

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can watch it beforehand, that would be super helpful. Okay? Enjoy your summer everyone and see us soon. Bye.