

# PARTS AND SELF IN IFS THERAPY

## Parts

- we are born with them
- help us walk through life
- in their natural state: playful, creative, open, courageous, confident, curious, and helpful without always being overly exhausted



When parts get hurt and don't receive the comfort and care they need afterwards, they can become burdened with the beliefs about themselves they take from those hurts, and can then be sent into a sort of "exile", so they don't overwhelm you. In IFS, these hurt parts are called **exiles**.

In order to keep exiles hidden and safe, other parts become protectors that work to prevent bad things from happening that could trigger the exile, or to react to bad things that DO happen, so the exile is kept from overwhelming the whole person.

These protectors are **firefighters** and **managers**.

## Exiles

- when hurt and not adequately comforted, these parts take on negative beliefs about themselves from the hurtful event(s)
- often (but not always) young
- Examples of common negative beliefs: "I am bad," "I am not good enough," "I am shameful"



## Managers

- protectors that look ahead and/or plan to **prevent** bad things from happening that could trigger the exile to overwhelm the person
- **Examples** of manager behavior: criticizing, worrying, people pleasing, planning, caretaking, analyzing



## Firefighters

- protectors that **react** when something has already happened that triggers the exile, to make it stop
- usually respond without thought of consequence
- **Examples** of firefighter behavior: rage, self-harm, dissociation, substance abuse, gambling, bingeing, scrolling



## Self

When parts, especially protectors, learn that the true Self is available, they can allow self to help them, and to sometimes even help the exile so it doesn't have to carry its hurt (burden) anymore. Then, both the managers and firefighters can relax a little more and not have to work as hard as they have been.



**Therapist:**

helps client connect Self to parts and helps parts create room for Self to help parts



# Use Of Self In Therapy

**G Orfield**



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