Step by step guide in meeting your parts

When introducing a client to Internal Family Systems (IFS), it’s helpful to keep the process simple, accessible, and encouraging. Here's a step-by-step guide to meeting their "internal family system" or different parts:

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### \*\*Step 1: Introduce the Concept of Parts\*\*

- \*\*Explain Parts in Simple Terms:\*\*

Everyone has different “voices” or “roles” inside them, like a team or family. These parts serve specific purposes, often formed to protect, motivate, or support you.

Example: “Have you ever felt torn about a decision? That’s because different parts of you want different things.”

- \*\*Normalize Their Experience:\*\*

Reassure the client that having different parts is natural and doesn’t mean anything is wrong.

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### \*\*Step 2: Identify and Name a Part\*\*

- Ask them to \*\*notice a feeling, thought, or behavior\*\* they’ve experienced recently.

Example: “When you feel frustrated, what comes up? Can you notice the part of you that feels that way?”

- \*\*Give the Part a Name or Label:\*\*

This could be descriptive, like "The Perfectionist," "The Worrier," or even playful, like "The Inner Cheerleader."

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### \*\*Step 3: Get Curious About the Part\*\*

- \*\*Ask Questions to Explore the Part:\*\*

- “What does this part feel like in your body?”

- “What is this part trying to do for you?”

- “What does this part want you to know?”

- Encourage curiosity without judgment. Let them know they don’t need to “fix” or change the part—just get to know it.

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### \*\*Step 4: Create Separation (Unblending)\*\*

- \*\*Help Them Step Back:\*\*

Guide the client to notice the part without becoming it.

Example: “Can you notice the part as if it’s sitting beside you, rather than being in it?”

- \*\*Check for Self-Energy:\*\*

Ask, “How do you feel toward this part?” If they feel curious or compassionate, they’re in Self. If not, another part might be blended, which is okay—encourage patience.

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### \*\*Step 5: Build a Relationship with the Part\*\*

- \*\*Start a Dialogue:\*\*

Encourage the client to ask the part gentle questions:

- “What are you afraid would happen if you didn’t do your job?”

- “What would you like from me right now?”

- \*\*Acknowledge the Part’s Role:\*\*

Help them thank the part for its effort, even if it feels unhelpful.

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### \*\*Step 6: Rinse and Repeat with Other Parts\*\*

- As they grow comfortable, guide them to meet other parts that show up in different contexts or emotions. Each session can focus on one or two parts until they feel more familiar with their system.

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This approach ensures the client meets their internal system step by step, with plenty of space to feel safe, curious, and empowered. Over time, they’ll start to feel more connected to their parts and their Self.

When a client struggles to meet a goal, it’s often because one or more parts of them are in conflict. These parts may have differing priorities, fears, or beliefs. Here's how to guide a client to meet and work with these parts:

### \*\*Step 1: Explore the Goal\*\*

- Start with a conversation about the goal:

- “What’s the goal you’re aiming for?”

- “How does it feel when you think about this goal?”

- “What’s getting in the way of achieving it?”

- Notice if the client mentions any resistance, doubt, or self-sabotage. These signals often point to the parts involved.

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### \*\*Step 2: Identify the Part Blocking the Goal\*\*

- \*\*Ask What’s Showing Up:\*\*

- “When you think about why you’re not reaching your goal, what emotions or thoughts come up?”

- “Do you notice any internal voice saying something like, ‘You can’t do this’ or ‘It’s not safe’?”

Example: A part might say, \*"You're not good enough,"\* or \*"This is too hard."\*

- \*\*Body Awareness:\*\*

Guide the client to notice where they feel this part in their body:

- “Where do you feel this resistance or doubt? Does it have a shape, color, or texture?”

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### \*\*Step 3: Separate (Unblend) and Get Curious\*\*

- Help the client \*\*step back\*\* from the part:

- “Can you notice this part, like it’s a separate voice or energy inside you, instead of being all of you?”

- “How do you feel toward this part right now?”

- If they feel judgmental or frustrated, help them approach the part with curiosity:

- “Let’s see if we can learn what this part is trying to do for you.”

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### \*\*Step 4: Understand the Part’s Role\*\*

- \*\*Ask the Part Directly:\*\*

- “What are you afraid would happen if you let me reach my goal?”

- “What’s your job in holding me back?”

- “What are you protecting me from?”

- \*\*Reassure the Part:\*\*

Let the part know you’re just trying to understand it and appreciate its efforts.

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### \*\*Step 5: Discover Conflicting Parts\*\*

- Once the client connects with the resisting part, ask if there are other parts involved:

- “Is there another part of you that really wants to reach this goal?”

- “What does that part feel or say?”

- Name and explore this second part. For example:

- Part 1: \*"The Perfectionist"\* (resists starting the goal for fear of failure).

- Part 2: \*"The Achiever"\* (wants success and growth).

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### \*\*Step 6: Help the Parts Work Together\*\*

- \*\*Facilitate Dialogue Between Parts:\*\*

- “Let’s ask the part holding you back if there’s a way to feel safe while taking small steps toward this goal.”

- “What does the part that wants to achieve the goal need from the other part?”

- \*\*Co-Create an Agreement:\*\*

Help the client find a compromise. For instance, the Achiever part can take small, manageable steps while the Perfectionist feels reassured about safety and control.

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### \*\*Step 7: Anchor to Self-Energy\*\*

- If the client feels overwhelmed by the parts’ conflict, guide them back to their Self:

- “How do you feel toward these parts now?”

- “What does your calm, clear inner voice think about this situation?”

- Self can reassure the parts that they are seen, heard, and appreciated, reducing the internal conflict.

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### \*\*Step 8: Action Steps Guided by Self\*\*

- From this balanced place, help the client decide the next aligned step toward their goal:

- “What’s one small thing you can do that both parts might feel okay with?”

- “How can you check in with these parts as you move forward?”

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This process allows the client to uncover the deeper reasons behind their resistance, understand their parts, and align their system toward achieving the goal in a way that feels safe and supported.

### \*\*Exercise: Giving Your Parts Personalized Names\*\*

The goal of this exercise is to help clients connect with their parts in a meaningful way by giving them names or labels that feel personal, relatable, and reflective of their unique experience. This practice can create a sense of ownership and understanding of their internal system.

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### \*\*Step 1: Get Curious About the Part\*\*

1. \*\*Choose a Part to Explore:\*\*

- Ask the client to identify a part they want to focus on (e.g., a part that feels critical, protective, or reactive).

- Example prompts:

- "Is there a part of you that shows up when you’re stressed or overwhelmed?"

- "What part feels like it’s holding you back from a goal?"

2. \*\*Describe the Part’s Traits:\*\*

Have the client reflect on this part’s personality and characteristics:

- "How does this part behave?"

- "What kind of things does it say or do?"

- "How does it make you feel when it shows up?"

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### \*\*Step 2: Visualize the Part\*\*

1. \*\*Imagine the Part as a Persona or Figure:\*\*

- "If this part were a character, what would it look like? A person, animal, symbol, or even a color?"

- "Does it remind you of someone you know or a character from a movie or book?"

2. \*\*Notice Details:\*\*

- "What’s the energy of this part? Is it intense, calm, protective, loud?"

- "What would its voice sound like?"

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### \*\*Step 3: Name the Part\*\*

1. \*\*Brainstorm Names:\*\*

- Encourage the client to think of names that resonate with how they experience the part.

- Ideas for naming styles:

- \*\*Descriptive names\*\* (e.g., "The Overthinker," "The Protector," "The Inner Critic").

- \*\*Creative or playful names\*\* (e.g., "Captain Control," "Speedy," "The Worry Fox").

- \*\*Symbolic names\*\* (e.g., "The Shield," "Flamekeeper," "Echo").

- \*\*Emotion-based names\*\* (e.g., "Fearful Fred," "Sad Sara," "Angry Ally").

2. \*\*Ask Questions to Finalize the Name:\*\*

- "What name feels like it fits this part best?"

- "Does this name make the part feel seen and understood?"

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### \*\*Step 4: Reflect on the Relationship\*\*

1. \*\*Explore the Part’s Reaction to Its Name:\*\*

- "How does this part feel about the name you’ve given it?"

- "Does the name help you feel more connected or curious about this part?"

2. \*\*Build the Relationship:\*\*

- Invite the client to use the part’s name in future self-reflections or dialogues.

- Example: "Hello, Shield. I see you’re here to protect me."

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### \*\*Step 5: Repeat with Other Parts\*\*

Encourage the client to name additional parts as they arise, gradually building their personalized "internal cast of characters."

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### \*\*Outcome\*\*

By naming their parts, clients create a personalized and relatable way to engage with their internal system. This process helps them build curiosity, compassion, and understanding, making it easier to work with their parts over time.