## Internal Family Systems (IFS) Model

The Internal System

Reep the Delson in Control of ext. them from feeling hint. Reptite Derson in Control of every situation and energing exiles and automatically to repressive and avoid Addictions, binge coting, suicidality, self-harm, viscoringing Core, or center Controller, striver, caretaker, of the person. When differentiated, acts as judge, possive pessimist, active, compassionate leader. planner, self-critical dissociation, constant, centered, calmness, curiosity, compassion, confidence, creativity, connectedness, courage, clarity **Exiles** Hold painful emotions that have been isolated from the conscious self for protection of the system or for the parts' safety. Become increasingly extreme in effort to be cared for and share their story. Carry burdens from being wounded. Abandonment, dependency, shame, fear/terror, grief, loneliness