

Spokane IFS Collective

Video 7, Living with Self

Self – the Still Small Voice, Buddha Nature, True Self, presence

Self = Awareness, aware of parts, of what is going on in the world.

Self is in relationship with what is, connectedness

IFS – Internal Family Systems

IFS helps put the Still Small Voice on loudspeaker.

The 8 C's of Self –

Curiosity, Compassion, Clarity, Connection, Calm, Confidence, Creativity, Courage

Caring,

Parts – Feelings, thoughts, physical experiences, voices in my head. Subpersonalities that make up the mind, psyche. Parts have needs that Self can hear and honor.

This enables us to allow ourselves to have and acknowledge our needs.

Exile – Young parts, sometimes pre-verbal that are holding feelings of hurt, shame, fear, etc.

Protectors – Made up of **Managers** and **Firefighters**.

When life's experiences don't support our real nature, our protective system comes in to ensure belonging and to support growth and expression.

All Parts are Welcome – All of our parts belong – even when they cause problems or are inconvenient – and are trying to help in the ways they know to help. Self welcomes all parts. When an internal system is balanced and healed, all people are welcome. Seeing ourselves and each other this way builds safety.

Triggers, being triggered –

Anything in the external world that causes intense internal reactivity, can feel out of our control.

Living with IFS –

If someone doesn't give you the response you want, you don't have to react from a part of you if you have Self as the internal leader. When Self creates a safe space, you have choices about how to respond.

Parts Work Practice Wednesdays 5:00 to 6:30 PM PST

www.PartsWorkPractice.com

Watch more videos from Spokane IFS Collective at

https://billtierneycoaching.com/spokane_ifs_collective/

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