

Rules, Vows, Values and Beliefs

When triggered, we can easily react involuntarily. Our parts can automatically take over. To break up this automaticity, get curious about the rules, standards, values, and beliefs that drive your reaction.

1. Describe the triggering circumstance.
2. List the thoughts you have in the circumstance.
 - a. I could..., I should or shouldn't..., I'm afraid that..., I'm concerned about...
3. Describe your actual reactions.
 - a. What did you do, think, say, feel, or avoid doing?
4. For each option and each reaction, ask, what rule, standard, vow, commitment, standard, or belief is behind the option or reaction?
5. Work with the parts that hold each of these rules, standards, vows, commitments, standards, and beliefs. Start with the one you are most curious about.

For example:

Triggering Circumstance:

My mother likes my ex-wife better than my fiancé and talks to my ex-wife and my kids in a critical way about my fiancé.

Options

I could confront my mother

I could ignore my mother

Reactions

I feel guilty and resentful when I think of my mother

Rules, Standards, vows, commitments, standards, and beliefs

Options

I could confront my mother – (But I don't' because I feel responsible for her feelings and her sense of security)

I could ignore my mother – (My mother has power of how I feel so I have to ignore her)

Reactions

I feel guilty. (I should want to be around my mother. Ignoring her means I am a bad person.)

I feel resentful. (My mother doesn't respect me. To please my mother, I have to do what she thinks is best)

Feel free, at any point in this process to pursue a trailhead using the IFS Model. Contact me for more information and resources.