

THE IFIO DO-OVER: Catch Your Protector in Action and Try Again

A *do-over* is a quick repair. As we befriend protectors and become aware of harm they have caused, it gets easier to notice when we are misattuned or unkind to our partner and interrupt the cycle by apologizing and asking to *redo* the interaction in a Self-led way. We outline the steps of a communication *do-over* here:

1. Acknowledge your misattunement or unkindness.
2. Ask your partner if they will stay with you so you can *redo* the communication.
3. Wait for their agreement.
4. Try again by speaking *for* your part, and then take time to notice and speak for the part's underlying (exiled) need.
5. Check in with your partner. What do they hear from their parts?
6. Listen from the Self.

Here is an example:

1. A frustrated part takes aim: "I've asked you over and over not to do that!"
2. The do-over: "I'm sorry I lashed out. I don't want to talk like that. May I try again?"
3. Wait for partner's affirmative response.
4. Then: "I have a part who feels frustrated when this happens repeatedly. I wonder if we could talk about the pattern at some point?"
5. Check in: "Did that land differently for you? Is there anything you want to say?"
6. Listen to the impact of your behavior without defensiveness.