

THE IFS ROADMAP

STEP #1: UNDERSTANDING THE SITUATION

Assess external constraints

Assess internal factors - track sequences, do mapping
Identify the issues

STEP #2: ENGAGE THE CLIENT

Establish contract (identify the "target part" that the client wants to work with)
Introduce language
Help client's attention to go inward
Help client separate from blended parts to increase presence of Self

STEP #3: WORKING WITH PROTECTORS:

Working with the Managers

Identify managers fears surrounding the issues
Differentiate Self from manager (Feel Towards)
Appreciate, honor, reassure manager
If possible, get permission to work
If not, work with manager

Working with Firefighters

Ask about any parts that are likely to be activated if exile is contacted.
Appreciate, negotiate with and reassure firefighter

STEP #4: WORKING WITH AN EXILE

Create Trust (Self-part): Develop a trusting relationship between exile and Self
Witnessing: Self witnesses part's story
Retrieval : From stuck place in past
Unburdening: Check with other parts that may react to the unburdening
Invitation: Of lost qualities - also check with other parts

STEP #5: INVITATION, INTEGRATION & INTENTION

Help exile stabilize, explore its new place/life
Work with parts that are troubled by change, that need to witness the change. See if other parts want to be unburdened as well (managers or firefighters that don't need to be so protective anymore)
Help client experience the new configuration, harmony

STEP #6: COMPLETION & CELEBRATION

Thank all the parts that trusted, stepped aside, transformed
Help the client rest, savor, celebrate

8 Cs

CURIOSITY
CALM
CONFIDENCE
COMPASSION
CLARITY
CREATIVITY
COURAGE
CONNECTEDNESS

THE 6 F'S

FEEL
Who needs your attention today?
What do you want to explore today?
Which part do you want to explore today?
FOCUS
Can you turn towards that part?
What is it like?
How are you aware of it?
Are you aware of it in other ways?
FRESH
Where do you notice it in or around your body?
Can you deepen your access to the part?
How close are you to it?
FEEL TOWARDS
Can you ask it to give you some space?
How do you feel towards the part?
Can you ask it to give you some more space?
Can you ask other parts to step aside?
BE FRIEND
What's the parts role/job?
What's its intent for you?
Is it aware of you as Self?
How old does it think you are?
How old is the part?
What it's want to share with you?
What is this part's history?
Anything else?
Let it know that you get it and you appreciate it.

SELF

Exiles

THE 5 PS

PATIENCE
PERSPECTIVE
PERSISTENCE
PRESENCE
PLAYFULNESS

7 COMMON PROTECTOR FEARS

EXILE WILL OVERWHELM SYSTEM
NOTHING CAN BE DONE - NO POINT
WILL TRIGGER FIREFIGHTERS
THERAPIST WILL REJECT CLIENT
PROTECTOR WILL LOSE ITS ROLE
SECRETS WILL BE EXPOSED
NO EXTERNAL SUPPORT FOR VULNERABILITY OR CHANGE

FEARS

What are you trying to do to/for me?
What's it afraid would happen if it stopped doing its job?
What's bad about that?
What would happen then?
What would that mean for you?
Do you believe this (to Self)?
Checking in with Self: Do you believe this right now?
Do you experience it like this right now?
How is that for you?
Are you willing to let me meet the other parts and maybe help them?
Let's assume we can do that...would it let us connect with the parts?

Contact

What does the exile feel?
What do you feel towards the exile?

Witness

What do you want to show me?
What do you want me to know?
What do I need to know to understand how this was for you?

Reparent/Do Over

Is there anything the part needs from you to change this situation?
Does this part need something in the situation?

UNBURDENING

Retrieval

Do you want to leave this place?
Does this part want to be in a different place?

Unburden

Ask the part where it is carrying the pain.
Ask the part if it is ready to let go of that pain?

Invitation/Integration/Intention

What does it want to do now?
Does it still need anything from you?

ENDING SESSION

Does any part still need something? **Is there a good way to end this session?** Can you thank the parts that showed up?