



Getting to Know a Manager, The 6 Fs in Action

REFERENCE | Internal Family Systems Therapy, Dr. Richard Schwartz, 6 Fs of getting to know a protector

Take a moment to settle into a quiet, peaceful space with your devices turned off, and get comfortable.

Take several deep, slow breaths and allow your attention to gradually settle into your body.

Close your eyes or let your gaze settle softly on the floor, if that's comfortable. Notice what you are experiencing. Pay attention to any emotions, thoughts, and physical sensations. You may connect with a Manager that you can tell is present for you in this moment, or you can invite one that you'd like to get to know.

1. Find the part:

- ▶ What are you feeling?
- ▶ Where do you feel it in your body?
- ▶ What physical sensations do you notice when this part is present?

2. Focus on the part:

- ▶ Direct your attention toward how you experience that part in your body. Focus on it. What do you notice about it?

3. Flesh it out:

- ▶ What else do you notice about the part?
- ▶ How do you experience it?
- ▶ Is there an image that represents this part?
- ▶ Can you notice anything else about the way you perceive this part?

4. Feel toward it:

- ▶ How do you feel toward the part?
 - (This is a parts-check. If I feel anything toward the part other than the 8 Cs, I have another part blended with my Spirit-Self. I need to invite that part to

un-blend so I can relate to my first part from Self. The goal is to relate to all my parts from Spirit-Self.)

5. BeFriend the part:

- ▶ Let it know you appreciate its positive intent and how it's trying to help you. See if it will receive your appreciation and respond positively. See how the part is doing with your Spirit-Self present.
- ▶ Ask that part of you if it would like to show you anything about itself:
 - Where it learned to help you in this way
 - What parts of you it is protecting
 - Its role in your internal system
 - How it feels about its role
 - If there's anything else it would rather be doing

6. What is its Fear?

- ▶ Ask the part what it is afraid would happen if it didn't show up and "help" you in this way? What outcome is it trying to prevent?



Spend as much time as you'd like getting to know this part of you. When it feels complete, gently bring your awareness away from your internal experience and back into the room around you. It may help to focus on deepening your breath, noticing the ground beneath your feet, or listening for any sounds that you can hear.

- What was that exercise like for you?
- What did you learn?
- Did anything surprise you?
- Has your experience shifted in any way?

Because parts often show themselves in a visual way, it can be helpful to draw out a quick sketch of your manager here:

Journal anything you want to remember here:



Getting to Know a Spiritualizer

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

Take a moment and settle into a quiet space, free of distractions. Take a couple of deep breaths and begin to settle into your body and draw your awareness to what is coming up for you right now. Now take a moment to think about how you feel when
Journal whatever you notice.

When it is present, where do you feel it in your body? Describe where it is in your body.

Is it willing to show you an image of itself?

Describe how you “see” this part.

Spiritual MRI: Noticing how one feels toward a part, person or experience. Any feelings that do not reflect the 8 Cs indicate there is a part blended and the individual does not have access to their core God Image.

Now, do a brief Spiritual MRI. Notice how you are feeling toward the Spiritualizing part.

You may very well have parts that feel angry or frustrated with it, or perhaps protective and defensive of it. Welcome anything you notice and ask those parts if they would allow you space to be present with your Spiritualizer (without other parts blended) so you can get to know it. Your Spiritualizer won’t be able to interact in helpful ways with you until the other parts have stepped back.

- ▶ Are you aware of other parts that have feelings about Spiritualizer?
- ▶ What parts are they?
- ▶ Are they willing to un-blend?
- ▶ When you notice that you feel openhearted toward Spiritualizer, ask if it would be willing to show you how it came to be. Journal what you notice.

- ▶ Where did it learn to help you in the way it is trying to help you? Write down what you notice.
- ▶ What it is afraid would happen if it stopped doing what it does? Journal about what you notice.
- ▶ What wounded parts of you is it working to protect? Write down what you notice.
- ▶ How does it feel about the job it is doing for you? Write it down.



Is there anything else it would prefer to be doing for you, if it didn't have to Spiritualize?

Journal your answer.

Getting to Know a Firefighter

Reference: Based on Internal Family Systems Therapy, Dr. Richard Schwartz,

Think of a recent situation in which you encountered a firefighter in a limited relationship. Where were you and what was happening?

What firefighter do you think this person was overtaken by?

It doesn't make their behavior ok in any way, but can you imagine an Exile in them that might make this firefighter's behavior make sense?

What parts got activated in you when this firefighter showed up in them? List any exiles you're aware of.

List any managers you're aware of.

List any firefighters you're aware of.

Did you respond from any of these parts – in other words, allowing them to overtake you and acting as if you were that part? How did it go? What was the outcome?

Now imagine welcoming any parts of yourself you are aware got activated, honoring their feelings and motivations. What is that like?

How might your response have differed in this situation if you had approached it in this way?

What would the outcome most likely have been then?

Journal any thoughts, feelings or observations you might have from this exercise.

A Me-to-Me Exercise

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

Before we begin taking parts-awareness into our relationships with the world, let's start with a personal inventory.

How would you most like to use the concepts you've encountered in this book with your parts? Which exiles most need your love and care? Which managers are exhausted and need the most relief? Which firefighters are you afraid to even acknowledge that you have?

The inventory that follows will help your process what you're learning. Take a moment to write down the parts of you that you would like to relate more effectively with. Which of your Exiles are carrying the most pain? Flood you most easily? Would you most like to see healed?

<input type="checkbox"/>	Shame	<input type="checkbox"/>	Depression
<input type="checkbox"/>	Anxiety	<input type="checkbox"/>	Worthlessness
<input type="checkbox"/>	Panic	<input type="checkbox"/>	Dependency
<input type="checkbox"/>	Fear/Terror	<input type="checkbox"/>	Loneliness
<input type="checkbox"/>	Self-Doubt	<input type="checkbox"/>	Overwhelmed
<input type="checkbox"/>	Self-Loathing	<input type="checkbox"/>	Powerless
<input type="checkbox"/>	Sadness	<input type="checkbox"/>	Other

What will your next step(s) be? Be specific and concrete. Use the Resources page at the back of the book to create your plan.

Now, which of your Managers are coping in the most unhelpful ways? Know that many Managers are hard to detect, because their coping strategies come with some rewards.

People like us. We do things well. We get things done. You can tell a burdened manager, however, if it is trying to prevent pain. So, if it stops doing its job, it will be worried about a negative outcome (feeling less-than, ashamed, rejected).

There are, of course, many more managers than I've listed here, and you will only truly know your own when you turn your attention inside yourself and meet them. (As you may

have suspected by now, some protectors can be either managers or firefighters, depending on whether they jump in to prevent or to put out the pain. Their behavior might be the same but their timing defines their part.) For now, mark the ones you may have that you'd most like to understand better:

<input type="checkbox"/>	Perfectionist/Do-It-Right	<input type="checkbox"/>	Pessimist
<input type="checkbox"/>	Doer	<input type="checkbox"/>	Passive
<input type="checkbox"/>	Thinker	<input type="checkbox"/>	Blamer
<input type="checkbox"/>	People Pleaser/Server	<input type="checkbox"/>	Controller
<input type="checkbox"/>	Rescuer	<input type="checkbox"/>	Busyness
<input type="checkbox"/>	Self-Critic	<input type="checkbox"/>	Don't Talk About it
<input type="checkbox"/>	Judge	<input type="checkbox"/>	Don't Feel It

Other:

With these wonderful managers, what will your next step(s) be? Be specific and concrete. Review the resources page to add support to your ideas.

And finally, Firefighters—those old and secret friends who we often want to hide, even from ourselves. With the love of your Imago Dei, you can be compassionate enough to meet them. To even speak their names. Perhaps to carefully (and wisely) share with one other safe person. Maybe someone with the expertise and training to help. Because you're exhausted, hardworking firefighters deserve that. They want so much to help you hurt less.

Just like with managers, there are far more firefighters than we can list here, and you won't truly know yours until you turn your attention to them and invite them to show you who they are in your system. But for now, mark the ones you may have that are bringing the most pain or negative consequences into your life. That need the most healing.

<input type="checkbox"/>	Getting Small	<input type="checkbox"/>	Over Working
<input type="checkbox"/>	Dissociating	<input type="checkbox"/>	Under Working
<input type="checkbox"/>	Overeating	<input type="checkbox"/>	Self-Harm
<input type="checkbox"/>	Undereating	<input type="checkbox"/>	Suicidality
<input type="checkbox"/>	Alcohol User/Addiction	<input type="checkbox"/>	Homicidally
<input type="checkbox"/>	Shopping	<input type="checkbox"/>	Violence

<input type="checkbox"/>	Fantasy	<input type="checkbox"/>	Rage
<input type="checkbox"/>	Drug Use/Addiction	<input type="checkbox"/>	Obsession
<input type="checkbox"/>	Sexual Acting Out	<input type="checkbox"/>	Compulsion
<input type="checkbox"/>	Porn	<input type="checkbox"/>	Cutting off
<input type="checkbox"/>	Denial	<input type="checkbox"/>	Shutting down
<input type="checkbox"/>	Numbness	<input type="checkbox"/>	Other
<input type="checkbox"/>	Keeping Up Appearances		
<input type="checkbox"/>	Over Sleeping		

Hard to even think about those, I know. And yet, with these industrious Firefighters, what will your next step(s) be? Be specific and concrete. Use resources listed in the back of the book to add support to your ideas.

Now look over all three lists—Exiles, Managers, Firefighters. Look with eyes of compassion and love.

- ▶ What has made it difficult in your past to relate well to these parts?
- ▶ How are you helped by knowing all parts are welcome?
- ▶ What one step can you commit to take this week to relate more helpfully to one of these parts?

Feel free to duplicate the inventory worksheets available on the resources page at the back to continue to get to know these parts of you better. If you'd like to delve more deeply into how to unburden, heal and change, you'll find options listed there, including finding an IFS therapist near you. We will never be entirely unburdened this side of heaven, but we can sure get a lot closer than most of us are right now.

Take heart.

You are already well on your way.



Me-to-Others Exercise

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

Take a moment to reflect on your most challenging relationships.

Which one of the Me- to-Others principles would give you more freedom and flexibility as you relate to that person or those people?

1. Move toward, not against or away
2. Make a U-turn
3. Speak for, not from
4. A part is not the whole

What would shift in your life if you became more intentional about applying these principles?



Me-to-God Exercise

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

Write down any situations you can remember when you have struggled to relate to God or to the church or to people of faith in the past.

Journal about why those situations have been difficult for you. What specifically has made it hard?

How have you responded to this spiritual difficulty in the past?

Has that action caused you to feel closer to, or further from, God? More accepted by God or less?

Now let's try a parts-approach to this situation. Step back into this challenging memory, and this time do a Spiritual MRI by simply noticing how you feel toward God (or the church, or people of faith). You may notice feelings like: distant, angry, resentful, powerless, hopeless, exhausted or afraid. Write down what you notice.

Next, notice if you have any feelings about those feelings. For example, you may feel anxious and afraid, as if God is waiting to punish you, and then you might feel shame about feeling anxious and afraid ("I shouldn't feel afraid! God is loving!"). Write down those feelings about your initial feelings.

Congratulations! You have just identified a polarization inside you. IFS uses polarization to describe two parts in a system that orbit each other in opposition or competition. In the example above, anxiety/fear is polarized with shame/should. Both are burdened parts, at war with each other, blocking your access to the authentic God Image within you.

Polarized. When two parts in a system are working in opposition to each other. Managers and firefighters are often polarized. Each part strives to counteract the behavior of the other part.

Draw or journal that polarization.

Take a moment to bring some curiosity to each part that you're aware of:

- Part 1 (for example, anxious/afraid that God will punish). What do you notice about it? When did it first begin to feel this way? What does it need from you?
- Part 2 (for example, shame/should about not feeling anxious/afraid). What do you notice about it? How is it trying to help you? What is it afraid would happen if it didn't fight against Part 1?

Once you understand each of these parts better, invite them both to step back and give you access to your God Image within. If one or both are unwilling to step back, you can use the protector worksheets to work with their specific fears. If they did step back, you will notice an opening of spaciousness in your body, and a sense of the 8 Cs/Fruits of the Spirit. You've connected with God In Here.

Take a moment to journal what that is like for you.



Group to Group Exercise

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

It's especially in the most difficult places in life where God's image in our innermost brings hope for something different. Think for a moment of the political party with which you least identify.

Now think of a leader within that party who most personifies all that you oppose.

Describe them here:

Let's use the principle of a U-Turn to help us know how to better respond. What is coming up in you? What feelings are you aware of?

<input type="checkbox"/>	Disgust	<input type="checkbox"/>	Anger
<input type="checkbox"/>	Horror	<input type="checkbox"/>	Shame
<input type="checkbox"/>	Judgment	<input type="checkbox"/>	Numbness
<input type="checkbox"/>	Fear	<input type="checkbox"/>	Anxiety
<input type="checkbox"/>	Other		

What thoughts come to mind about this person? This party? What sensations do you notice in your body?

<input type="checkbox"/>	Sick Stomach	<input type="checkbox"/>	Tension in shoulders or neck
<input type="checkbox"/>	Tingling	<input type="checkbox"/>	Jitters
<input type="checkbox"/>	Agitation	<input type="checkbox"/>	Tight Jaw
<input type="checkbox"/>	Furrowed Brow	<input type="checkbox"/>	Other
<input type="checkbox"/>	Other		

Notice how you would typically respond when this person comes to mind or comes up in discussion. How do you normally speak? Feel? Behave?

Take a moment to sit with anything that you notice. Welcome it. It probably won't feel good. That's okay.

Journal anything you're aware of.

When you've had a chance to sit with each thought, feeling and sensation, and they've hopefully had a chance to settle a bit, pick one and see if you can get to know it a little better.

- ▶ Notice where you feel it in your body
- ▶ See if it will un-blend from you so you can be with it.
- ▶ How do you feel toward it? Un-blend any additional parts until you feel 8 Cs.
- ▶ What does this part of you want you to know?
- ▶ What is it afraid would happen if it didn't take you over?
- ▶ Where did it learn to show up for you in this way?

Now, as you stay in your God image (you will feel the 8 Cs), turn your attention toward the person you brought to mind.

- ▶ How do you experience them now? (If you lost the 8 Cs when they came to mind, ask your parts to let you just be with the person's image for a moment.)
- ▶ Are you aware of any new thoughts or feelings about them?
- ▶ Can you hold open the possibility that there might be a reason they act or speak the way they do?
- ▶ What would it look like if you Moved Toward this person's perspective with curiosity, without giving up your felt truth? If you, in your God image, held openness and curiosity and compassion for this person?
- ▶ What parts of you resist Moving Toward? What are they afraid might happen if you did?

Journal anything that you noticed here.

Notice what it was like for you to imagine this experience, and if you noticed any shifts.



Now take several deep breaths and slowly bring your attention back to the chapter. Take a break for a moment if you need to and practice some healthy self-care. Meditate. Drink a cup of tea. Go for a brisk walk. Call a supportive friend. Take a nap. This is hard stuff we are considering.

Take good care of your parts.



Self-Care

REFERENCE | Riemersma, J. (2020). *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*. Pivotal Press.

We often struggle to know how to take care of ourselves when we become activated. This is normal, and I hope the ideas on this page can help. Know that when you are activated, a young and hurting part of you is feeling its pain and needs comfort. Do for yourself what you'd want to do for a hurting child. Be gentle, supportive, and compassionate.

- Drink a cup of hot herbal tea
- Sit in the sun and notice the warmth on your skin
- Pet a cat
- Go for a walk
- Take five deep, slow breaths
- Tense all the muscles in your body, hold for 5 seconds, then release them
- Call a safe friend and share how you are feeling
- Give yourself a hug
- Do gentle yoga
- Pray
- Meditate on a comforting verse or scripture or an encouraging word
- Listen to soothing music
- Take a long, warm bubble bath
- Let a mint dissolve in your mouth and focus on its sensation and flavor
- Get up and move to another room or a different environment\
- Journal what you are feeling
- Draw or paint
- Take your shoes off, go outside, and let your toes feel the earth beneath you
- Take a nap
- Put on comfortable clothes

- Snuggle into a soft blanket
- Light a scented candle
- Turn off all your devices for 30 minutes, sit quietly and breathe
- Shift your posture
- Hug a loved one and don't let go until you relax into their embrace
- Do something that made you happy as a child
- Laugh out loud
- Splash in a puddle
- Get a massage
- Connect with a supportive group: Bible study, small group, 12 step community
- Sing out loud
- Stretch
- Play on a playground
- Write down 10 things for which you have gratitude