

Summary Of The Internal Family

A mind made of parts

Within your mind resides your council of parts · they are core to understanding your thoughts, feelings & emotions

01

02

There are no bad parts

Every part has a positive intention, even if it feels extreme or destructive · IFS aims to welcome these parts, not remove them

Self is the natural leader

Calm, curious and compassionate, when you're in Self you can guide your inner world with clarity and care

03

By seeing, hearing, knowing and feeling our different parts, we can bring balance to our internal world