

internal family systems

what is IFS?

Internal Family Systems (IFS) helps you understand the different parts of you

and many of these parts want to protect you · they are called
Protectors

some Protector parts are known as
Managers

Managers are parts that control to proactively keep you safe - for example

perfectionism people-pleasing overthinking

other Protector parts are known as
Firefighters

Firefighters are parts that react fast to emotional pain - for example

distraction numbing impulsive-behavior

Exiles are young parts hidden behind Protectors, who carry pain, fear, or shame from past experiences

The Self

Self is your calm, compassionate core, who can listen with curiosity, and without judgment

Finding Self helps Protectors to relax, and healing can begin for the exiles they've been guarding

all parts are welcome