

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

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