

AN INTRODUCTION TO  
THE INTERNAL FAMILY  
SYSTEMS (IFS) MODEL

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# IFS

INTERNAL  
FAMILY  
SYSTEMS



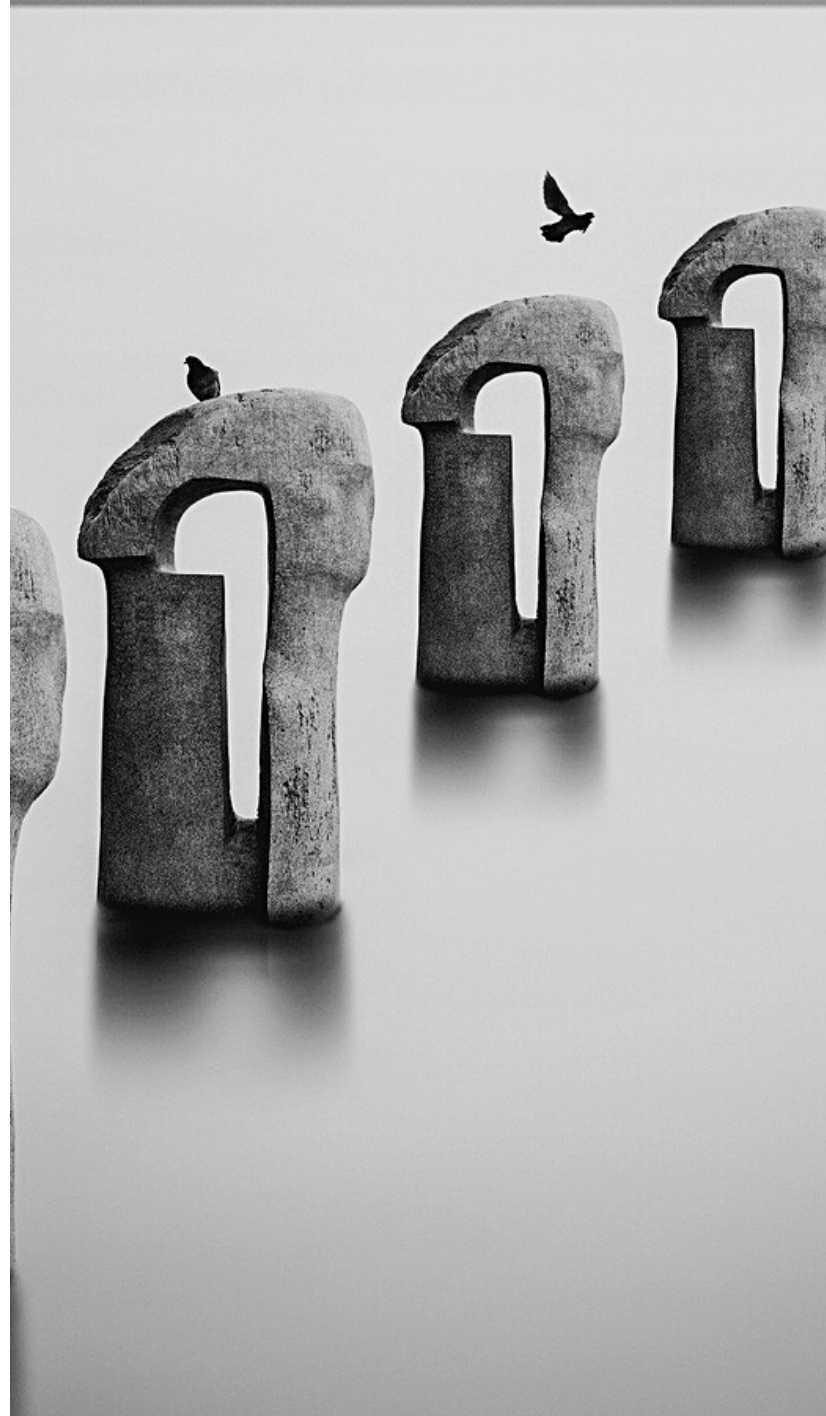
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# PARTS

DR. RICHARD  
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FOUNDER OF IFS



# PARTS

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DR. RICHARD SCHWARTZ

- Subpersonalities are aspects of our personality that interact internally in sequences and styles that are similar to the ways in which people interact.
- Parts may be experienced in any number of ways -- thoughts, feelings, sensations, images, and more.
- All parts want something positive for the individual and will use a variety of strategies to gain influence within the internal system.
- Parts develop a complex system of interactions among themselves. Polarizations develop as parts try to gain influence within the system.



INTERNAL FAMILY  
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# Parts

- While experiences affect parts, parts are not created by the experiences. They are always in existence, either as potential or actuality.
- Parts that become extreme are carrying "burdens" -- energies that are not inherent in the function of the part and don't belong to the nature of the part, such as extreme beliefs, emotions, or fantasies. Parts can be helped to "unburden" and return to their natural balance.
- Parts that have lost trust in the leadership of the Self will "blend" with or take over the Self.

**Link**

INTERNAL FAMILY SYSTEMS



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WITH

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# Contact



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