

IFS Session 3-12-20

Dick Schwartz (D)

Jane (J)

D So as usual I'm going to go inside and I invite everyone else to, we can bring a lot of self energy to Jane in this work...

So is there something you want to work on Jane.

J I feel very overwhelmed. I feel like everything is shaking on the inside too.

D We could start there if you'd like.

J Sure

D Makes sense? So is there a particular location to the shaking or is it all over?

J It feels like it's all over I can feel it in the back of my legs

D Yeah. How do you feel towards this part that's making you shake like that?

J Kind of afraid of it.

D Yeah, so I think I can understand why you'd fear it. But we're going to ask the parts that are afraid of it to give us some space to get to know it and help it. So just see if they would go into a waiting room or find a way to relax while we do this and trust you and me to help it.

J OK

D OK, how do you feel toward it now.

J I feel more calm but the shaking [inaudible] right now

D So the shaking has disappeared?

J Not totally

D Do you feel open to get to know it though?

J Getting to know the shaking?

D Yeah?

J Sure, yeah.

D Alright so focus right there on the back of your legs and ask that part what it wants you to know and wait for answer, don't think of the answer

J I'm not good at this

D Jane, the part that just said that. Let's ask it to give us some space too. There's no good or bad, everybody can do this and does it in their own way. So just ask again, if the shaking, the part making you shake, wants you to know something. And wait for the answer. And there's no right answer, you may not even get an answer. It's all OK, just wait and see... Nothing's coming?

J No

D So let me see if it will talk to me directly. Is that OK?

J Yeah

D So whatever comes out of your mouth, it's OK, even if it feels like you're pretending. OK?

J OK

D So you there? Are you willing to talk to me?

J The shaking?

D Yeah. [J affirms] OK, good. So you were here in a big way a few minutes ago, is that right? And you were really making Jane's body shake. [J affirms] Yeah. Can you tell me anything about that?

J I'm nervous

D Yeah, tell me more. What are you nervous, what are you afraid might happen to Jane.

J That she won't do it right.

D OK, alright, and what would happen then if she didn't do it right. Don't think Jane, whatever comes out of your mouth. Just let it go.

J Like this morning, when I was tricking my parts on the path [something about in the group, I think I remember that], I just didn't do it, it didn't work.

D And then what happens when it doesn't work

J I can't make progress

D OK, so you're afraid that Jane's not going to be able to do this while she's up here, and so she won't make any progress.

J It's going to be a waste

D It's going to be a waste, yeah. And you have a lot of fear about that, and you're really making her shake. So say more about why that's so scary, that whole thing.

J I don't know

D OK, you not sure but there's something really scary about her wasting time. Something like that

J Yeah

D You really don't know exactly why it's so scary

J It would be just not being capable

D OK, so she might discover that she's not capable, or something like that?

J Yeah, she know's that

D So she BELIEVES she's not capable?

J Yeah

D OK, so you're afraid that will be proven once again and she'll feel terrible. Is that what it is? [J affirms] OK. SO if we could go to that part that feels so incompetent and not capable, and heal it so that it didn't carry that belief all the time, would you be so scared of this kind of thing. [J affirms]. OK, would you be willing to let us do that?

J You can try.

D I get all the skepticism, but all we really want is permission, and it sounds like we got permission. [J affirms] So we are gonna ask this one - let me talk to you again Jane. Are you there? [J affirms] Ok, you heard all that? [J affirms] OK, so thank the part for letting us know that much, and let it know that you get it. That it's got a lot of reasonable fear because it sounds like this sense of being incapable is really hard to stand, is that right? [J affirms] So it really doesn't want that triggered. Yeah? [J affirms] So let it know we get that, just see how it reacts to hearing that we get it.

J It really wants to feel capable.

D Yeah, so tell it that's what we're going to work on. But to work on it we really need it to step out and we also need all the skeptical parts that are so sure you're not going to be able to do this to step out too. Just for half an hour, just to give us a chance. Because they can prove, if they're determined they can prove that you're not capable.

J They are.

D They are, I know. Maybe we should check in with them, first. So there are parts that really don't want you to feel capable, is that true? Or they're just certain that you aren't.

J Yeah, they just don't believe it.

D They don't believe it. That's fine, they don't have to believe it.

J They want it.

D Oh, they want it. OK, we just need to them to give us the space. OK? Because as I say if they don't give us the space, they'll continually proved what they believe.

J We have to draw them out

D Yeah, that's right. I figured that. So we're really asking them just to give us a little space, just to take this chance. I know it's safer to just keep telling you that you aren't capable so you don't take risks like this, but I'm going to ask them to be brave for a little while, and give you the space, OK? [affirms] OK great. So you're ready to go to the part that carries this belief [affirms] OK good. Find it in your body or around your body. [long pause]

J I notice a lot of restlessness in my hands, I don't know if that's it.

D We'll find out, so let's stay with your hands. And how to you feel towards the part that's doing that to your hands?

J I don't really feel anything towards it.

D Just neutral? [affirms] Do you feel open to getting to know it? [affirms] OK, alright so let that part in your hands know that you want to get to know it. Just ask if there's something it wants you to know. And again, don't think of the answer, don't be impatient, just wait for something to come from your hands.

J Can you say that again?

D Yeah, so just ask the part in your hands if there's something it wants you to know. Just wait for the answer, don't think of the answer. See what comes, and be patient.

J [long pause] I don't know what I'm waiting for.

D You don't know what you're waiting for?

J Nothing's happening.

D Nothing's happening, that's fine. I know these parts are ready to jump in and say "see, we told you" [affirms] Right, so just keep them at bay, OK. Let me see if I can talk to that part in your hands directly. So again just let whatever comes, come out of your mouth. [affirms] Are you there [affirms] And you're making Jane's hands agitated and restless, is that right? [affirms] Yeah, tell me more about why you're doing that. What you want her to know. Don't think, just let it come. Whatever comes, even if it's just feels like it's pretending... Nothing's coming?

J I mean something feels broken.

D OK, so are you the part in Jane that feels broken? [affirms] Yeah, OK. Tell me more about why you feel so broken. OK, just let it come, don't censor, whatever comes.

J I just want everything to be OK

D Yeah, but you feel broken, so it's hard to feel OK? Is that right? [affirms] And do you tell Jane that she's broken, or do you just make her feel that way? Don't think, just wait.

J No

D Tell me that.

J Tell you what.

D You said no, that you don't make her feel that way. So tell me more what you do inside of her.

J I'm just restless.

D And do you make her feel restless? [affirms] It's hard to concentrate. [affirms] How often are you doing that inside of her.

J A lot

D A lot. You've been doing that a long time in her life?

J Not like that long, not forever

D So how long would you say.

J I probably mostly noticed it just in that past five years.

D SO you've been doing this inside of Jane for about five years?

J I don't think I'm a part any more.

D So it felt like you were the part for a while and now you're not. [affirms] So I think the thinking part keeps jumping in, right? [affirms] So can we get it in a waiting room. Or else we need to talk to it.

J It seems like some combination of the thinking part and a judging part.

D Yeah, so maybe we should go to the judging part, because it seems like there's a lot of fear of that judging part, is that right? [affirms] OK, I kind of wish I thought to go to that earlier, because I think it sort of makes everybody else very careful, is that right [affirms] Yeah, so we're just going to work with this judging part for a while. Where do you find it in or around your body?

J I think it's just in my mind

D But where abouts in your mind in your head. Just focus on it's voice, see if you can locate it.

J [inaudible - like, sort of toppish neck?]

D Yeah, perfect. And as you notice it how do you feel towards it?

J I guess I kinda want to get to know it.

D OK, so let it know that. And ask it why it judges all the time. What it's afraid would happen if it didn't.

J If it didn't someone else would.

D Yeah, so it's trying to pre-empt the judgment of someone else. [affirms] Does that make sense to you Jane? [affirms] So let it know we get that, it's really trying to prevent the judgment of other people. And how does it react when you let it know you get that?

J Something feels calmer.

D Yeah, good. And ask it more about why the judgment of other people is so scary to it, ask more about the judgment what it does to Jane, what it does to you.

J It means I'm not right.

D It means you're not right, like you're broken not right?

J No, like wrong

D OK, like wrong, OK. So there are parts of Jane that have been told they were wrong, right?

J I guess

D Don't guess. Ask and wait for the answer. Thinking parts need to really stay out of this. So ask it, it would mean that you're not right, that you're wrong, if someone's judging.

J [questioning]

D No, ask it if that's right, it's really afraid you'll be told you're wrong, that's the worst fear it has.

J I'm still thinking.

D OK, so we need to check in with the thinking part, OK? Yeah, so what's happening now?

J I wish I wasn't here.

D The thinking part? [affirms] Yeah, it does interfere a lot, so we're going to check in with it to see why it's so afraid...

J No, I mean I wish it wasn't here because then it would be working but I wish I wasn't here.

D OK, so there's a part that's come up that wishes you weren't here in front of everybody?

[affirms] We get that, I get that, and we could stop if you wanted to, but how do you feel towards that part?

J I feel angry

D Angry at the part that wishes you weren't here? [affirms] OK, so let's see if the angry one will step out for a little bit, and find the one that wishes you weren't here inside your body

J It's on the top of my shoulders.

D OK, and now how do you feel towards it.

J I'm sort of at odds

D You still feel at odds towards it? [affirms] Yeah, see if all the parts that want to fight it, to just give us the space to help it instead. [affirms] OK? How do you feel toward it now?

J I care about it

D Let it know, and see what it wants you to know about itself

J That I want to feel better

D Good, let it know that, see how it reacts.

J It feels lighter

D Good, just see if there's something it wants you to know about itself, why it was so eager to leave

J It just never feels like it's as good as other people

D It compares itself to other people and it always comes up short [affirms] Does that make sense Jane [affirms] Let it know you get that, but that you care about it, we're here to help it feel better. Ask it more about that, where it got the belief that it's not as good as other people.

J The first thing that comes to mind is my cousins

D You cousins? So she felt worse than the cousins? Does that make sense? [affirms] Let it know you get that, and ask more about what that was like to have these cousins who always seemed so much better, ask what it was like for her.

J It's hard

D Yeah, and did the cousins try to make her feel that way, or she just felt that way

J She just felt that way

D She just felt that way. Yeah. See if there's more she wants you to know about all that.

J [pause] I don't think so.

D She said no? Just ask, and wait for an answer.

J I'm feeling really hot in my shoulders and neck

D That's good, so just stay with that sensations rather than scenes or words. So just welcome that heat, just see what happens. Stay with it.

J I can notice the feelings in my legs again

D OK, is that OK? [affirms] OK, so welcome that part back too. We're just going to do this just through sensations for a while, because it seem like a way your parts like to communicate. And if they want to move your body in any way just let that happen.

J I'm feeling a lot of twitching.

D So let your body twitch, if you don't mind. Even exaggerate it, just let it happen. Wherever it wants to twitch it. Where do you feel the twitching.

J A lot in my legs and my butt.

D Do want to put your legs out and twitch a little bit? [affirms] Alright, let them twitch. That's great, stay with the feelings now too. [sobbing] Just let it happen, let it happen Jane, that's really good. It's really great you could get to this... It's really great... Just keep welcoming it. These parts are so welcome here.. finally... How are you feeling towards the sadness?

J ...[inaudible] I feel sad

D Good, let it know...you're getting how much sadness this part carries, just let them know that you get that it's really, really sad... that it's welcome now, it's welcome. It's welcome to let you feel all the sadness it wants.

J I feel a lot of heat in my [inaudible]

D Good, let the heat come into your body, move your body if it wants... however it wants to be. Has the twitching stopped?

J No [inaudible]

D Good. Does it feel likes its OK to shift the focus to the heat, or to stay with the sadness and twitching?

J I have no idea

D So that part needs to step out... It's a part that doesn't let you trust yourself... so we have to be a little firm with that... I get it's scary to let you trust yourself. But see if it will let us do this for a little while. It's that OK? Alright. I'll ask it again, should we stay with the sadness and twitching or should we go to the heat for a while?

J I think the sadness

D Yeah, so stay with the sadness. Keep letting it know that you feel sad for it, that you care about it. And see if there's more that it wants you to feel.

J I can think of another time when I felt this way.

D OK, when was that?

J I was in second grade, and I had a project. And we had it on video recording, which is horrible. And my parents were invited to come in and watch, I don't even know where it was, and I got to this point, and I don't know if I messed something up or I probably just started to cry. I just broke down and I was like I just want to start over. And they were like 'you don't have to start over', and I was like "but I want to" and they were like "or you can". But I just cried and that's how I feel right now. I just want to start again, I wish I had picked a different card [referring to being chosen to do an IFS session in front of this group.

D So let that little 7 year old girl know that we get that's how she feels... how do you feel towards that little girl. That that happened to. How do you feel towards her?

J I feel sad for her.

D Let her know. Let he know you get how humiliated she felt. Just stay with her. Keep letting her know you care about her. And see if there's more that she wants you to know about her.

J I just keep comparing myself to other people.

D Right. Is that coming from this little girl or is that a different part.

J Um hmmm.

D So that part needs to give us the space, we just want to be with this little girl for a while. OK? Do you see that little girl or you just sense her?

J I can see her.

D How close are you to her in terms of feet away?

J Maybe 10 feet? Less

D Less than 10. Yeah, let's see how close you can get to her with freaking her out... How close are you?

J I'm beside her.

D How are you being with her?

J I think I'm watching me be beside her actually.

D OK, so let's get the part that's trying to do it for you to step out. So you can actually be there with her, so you don't see yourself. And just tell me when you're beside her that way.

J OK

D OK? And how are you being with her now?

J Fine.

D What do you mean fine? How are you acting with her?

J My arms are around her.

D Good! How's she reacting to have you hold her that way?

J She's not really.

D She's not aware of it or she's just frozen?

J She's not aware of it.

D Yeah, so let's keep doing it until she starts to notice. That's she not alone in there, and that you're with her. Just take whatever time that takes. Could she tell now?

J I don't think so.

D So ask her if she's pretending not to notice or if she really doesn't notice you're there.

J No she can notice

D Now she notices [J affirms] How can you tell.

J She looked over.

D She looked at you, right? Great. That's great. So we're just going to hang like this, until she starts to relax. In the knowledge that she's not alone anymore. And that you're there and you care about her. We're not going to do anything else but that... How's it going?

J I think we're sitting down

D Good, she seems to trust that you care about her. [J affirms] OK Jane, ask her to really get how terrifying or how humiliating that was for her, whatever she wants you to see or sense or feel about what that was like for her, in second grade. Or anything else she wants to show you or let you feel.

J She felt alone

D Un huh.

J And no one could understand why she was crying.

D OK, everybody seemed confused about why she was crying? What was that like for her?

J I don't think she really knew either.

D OK. So she kind of felt out of control. Just stay with what all of that was like for her.

J [sobbing]

D That's great that you can be with it. So she just concluded that something's wrong with her. Because she couldn't control herself... she felt so alone. Does that make sense she'd make that conclusion? [J affirms] Let her know that you get that... How's she doing now?

J I know of went away from her for a minute, but I'm back.

D So there are going to be parts that are going to try to pull you away from this.

J Yeah, that's what it was.

D Yeah, they're just scared, they don't think you can handle it. Well tell them that they're wrong. I can make sure it all goes well. Because it's really important that we stay, now that we're finally with her, and stay with her. Just tell them you can handle this feeling. And maybe ask her what it was like for you to come back for her in that way.

J To come back now?

D Yeah, how you left for a second but came back, how was that like for her.

J I'm not sure she noticed.

D OK, that's fine. Ask her if she does get how bad that was for her. And why she made that conclusion, that there's something wrong with her. See if she does feel like you get that.

J Yeah, I felt it

D You felt it [J affirms] OK, that's great. Alright Jane, so I want you go into that scene, to be with her during that meltdown, in the way that she needed somebody. And just tell me when you're there.

J Yeah, I'm there.

D How are you being with her?

J Good

D Good. And see if there's anything she needs to do with her, for her, back then. Before we take her to a good safe place.

J She just wanted it to stop.

D Yeah, so can you get it to stop, just tell everybody the show is over, whatever you need to do. Just protect her... You got it to stop? [J affirms] Ask her what it was like for her to watch you and get it to stop for her.

J It feels better

D Good. So let her know you're going to be taking care of her now this way. How that for her?

J I went away again

D OK, did you come back? Do we need to keep working with the part that keeps pulling you back? It might be OK as long as you come back, but you might need to work with it.

[inaudible]... so focus on that one, tell her we are coming back in a minute. Where'd you find that part that keeps pulling you away?

J Out in front of me.

D It's in front of you. Yeah. How do you feel toward it?

J Frustrated.

D OK, I understand that, but we just want to get to know it, so see if you can open your mind to it. The frustrated part step back. OK, just ask what it's afraid would happen if you let it stay.

J It's afraid of judgment

D Right, judgement, what, if what. I you cried a lot, or if you didn't work, what it's fear about judgement?

J I don't know, if this wasn't worthwhile.

D It wasn't worthwhile {referring to the session that they are doing}, you mean it didn't produce some big change?

J Yeah

D So it doesn't even want to take the chance of that disappointment, is that right?

J It feels too late.

D Too late, to do what? To help that girl?

J No

D What does it mean by too late?

J I'm here

D It's too late to not try, you mean. Like you've already taken that leap. OK, so it is too late. So see if it will give us a break... Tell it this, I get that it's really afraid this isn't going to work. And it can prevent it from working as it has been trying to. So it can prove its point if it wants. And if it's really determine to do it, we can't stop that. But if it does give us the space I promise it does work. And I promise you can do this. You've come a long way already. So see if it will take that chance. [J affirms] OK good. So go back to that girl, that second grader, and see how she's doing with you leaving for a second.

J She's find, she's just waiting.

D OK, that's good. And see if there's anything else she needs for you to do for her back there. Or if she's just ready to leave that time period and come somewhere good.

J She needs them to know what I need

D Yeah, so we need to speak to them about that, for her... How'd it feel to do that?

J Good

D And what was it like for her to watch you do that?

J Surprising

D Yeah, so tell her you can take care of her this way. Anything else she needs back there before we take her to a good place... She can ask for anything.

J She did a good job on the project.

D So can you let her know we see that?

J I've always known that.

D Ok, so she hasn't known it, she hasn't known that you know it... So let her know that you agree. And see how she reacts.

J She's glad

D She's glad. Good. Anything else she needs? She ready to leave? [J affirms] So let's take her someplace where she would enjoy. It could be present, it could be a fantasy place.

J Seems like just coming with me.

D Right here? [J affirms] Well, welcome her here. That's really great. And tell her, you are going to be taking care of her now. In the way you did back there. She never has to go back there. And see if she's ready to unload all the feelings and beliefs she got back there.

J I'm still sort of battling that part, that part that feels stupid.

D OK, so tell that part...

J Mostly goes away but it keeps coming back

D Yeah, ask it to give us like three more minutes then it can come in and do its thing. Is it willing? (J affirms). Alright good. SO go back to her, and ask again if she's ready to unload all this stuff (J affirms). Where does she carry it in her body or around her body?

J It just goes around her.

D OK, what does she want to give it all up to? Light, water, fire, WIND? (J affirms) Great. So let's just have the wind come in and tell it to let all that go. Let the wind just carry it away, till it's all gone. OK? (J affirms) How's she feeling now about that?

J Fine, she's rolling. We're not in here, we're outside.

D You're outside now? (J affirms) And see if she'll pause in the rolling for a second. She can invite any qualities to come into her, whatever she wants.

J She wants to be sillier.

D Sillier? (J affirms) Yeah, so tell her to bring that silliness in. OK? Alright Jane, you're with her? You're outside? (J affirms) So let's invite all those protectors to come in to see her. And how they don't have to protect her anymore. Including the one who says you're stupid, and all of them, they can come and check this out. And just see how they react now. And the ones who said you couldn't do it, you weren't capable. See how they're reacting.

J They're watching her roll.

D They're watching her roll? (J affirms) And what's it like for them to watch her enjoy herself.

J It's new.

D Yeah, is it hard for them to believe it?

J Yeah, it kind of seems like they don't believe it.

D Yeah, we understand that, most of them are skeptics to begin with. Tell them to come check it out more thoroughly. Do whatever tests they need to believe it.

J They're watching her rolling. I don't know why she's rolling.

D I think probably because she wants to.

J She does what she wants to do. It's pretty cool.

D And how are all these skeptics reacting now?

J They're kind of laughing us.

D Great. So, as they start to give up these beliefs about you and her. Start to think about new roles.

J They're kind of just hangin'.

D Good, perfect. So does that feel complete for now? You ready to come back (J affirms). Come on back... How are you feeling?

J Embarrassed

D Because

J I liked when everybody laughed.

D Are you open to whether or not you should feel embarrassed?