

## Getting to Know a Part of Your Inner World

Pick a part of your personality that you would like to get to know better.  
Do not pick one you have highly extreme feelings about.

Close your eyes at this point so you can focus on that part of yourself. If closing your eyes is uncomfortable, you can close them just enough to where you have what we call 'soft focus', where things are blurry.  
OR you can find a focal point in the room. The idea is to eliminate distractions.

So, take a minute to focus on it and find it in or around your body. You may notice it as an image. If so, what does it look like? Or what does it feel like?

At this point you're going to begin dialoging with yourself. We all talk to ourselves but here, you're going to be invited to do so with intention. It may seem weird at first but with practice, it will become more natural.

Notice how you feel towards it.

If you feel anything besides curiosity or compassion, then find the parts of yourself giving you those other feelings and ask them to step back or just give you some space.

You will repeat this step until you sense centered energy or feelings toward the target part.

If these other feelings will not step back, that's ok, just spend the time learning what they are afraid of if they didn't give you space to focus on the part you started getting to know first.

Notice how you feel toward the part(s) that won't step back. If you feel anything other than a self-like quality, notice those parts and ask them to step back.

(This process is like peeling back the layers.)

When you feel curious, compassionate or any other fruits of the Spirit, then get to know what the part wants you to know about its role and/or job by asking it to tell you or show you what it wants you to know about it.

Notice how old it feels to you. Is it glad you are there, mad at you for letting other parts run over it, or distrusting of you?

Invite Jesus or God into the process at this point if it feels like the timing is good. Notice how the part reacts to Jesus/God.

Continue to get to know it by asking it to tell you where or when it picked up the beliefs.

Ask it what its job is and what it's afraid could happen if it didn't do its job.

If it revealed what it protects you from, take a minute to extend some appreciation toward it for trying to protect you.

Take your time appreciating the part, thanking it for teaching you about itself.

Ask it to show you when it first learned to protect you this way.

If there were any parts you asked to step back, invite them back in, thanking them for giving you space.

Now to take a few deep breaths and imagine your breath wrapping around these parts of yourself that you've gotten to know today. Send them the message that the breath of God gives them life and that God is always with them.

Now, invite in a quality of the Holy Spirit. Imagine this quality as an energy, a picture, or just the word. Imagine it all around you and with a deep breath, imagine it coming inside you. Give God thanks for this gift He's given you.

Take your time and gently shift your focus back to the room when that feels complete.

### Journal

1. the specific details that seem important
2. anything that didn't make sense
3. points to process with therapist/friend
4. overall reaction to the experience
5. prayer to God on behalf of the part you got to know

\*Taken from the *Introduction to IFS* by Dick Schwartz and modified with permission by Julie Honeycutt.