

IFS Online Circle Month 6

Trauma Behind the Rage

Segment 4

Pamela: Now let's see what happens now that Tom is beginning to engaged the rage-ful parts in the room.

Dick: To do this right so that it works, it's probably best to go one at a time. Is that okay with them? It could be all of them that are connected to a certain scene in the past or place in the past at one time. You know what I mean?

Tom: Mm-hmm (affirmative)

Dick: They can kind of talk among themselves and figure out who should go first?

Tom: Okay.

Dick: Is there one or a group of them?

Tom: I think there's a group, and they seem to be centered around my brother.

Dick: All right. How are you feeling toward him now?

Tom: I just want to talk to him.

Dick: Is it okay if just that group comes out of the room and comes closer to you?

Tom: Yeah.

Dick: First, let's consult with the part we said we would check with that was afraid and see if it's okay with that.

Tom: It feels like since they've settled down, and they're not flying all over the place, that it's more willing to be open.

Dick: Let's then bring out that group. Let's connect it to your brother and just see how many of them there are.

Tom: It's almost like there's one senior and then just numerous younger ones I guess, or smaller ones.

Dick: That's great. You're feeling some caring for these guys?

Tom: Yeah.

Dick: Let them know you really do care about them. Let's just do that until they start to trust it.

Tom: Okay.

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Dick: Okay? Ask them if they trust that you care about them.

Tom: Yeah, they know.

Dick: Okay, Tom. Would you be up for looking at what they need you to see about your brother?

Tom: Mm-hmm (affirmative)

Dick: Tell them to go ahead and show you everything they need you to know about the past relating to your brother. Ask them, as they do it, to not totally overwhelm you with the feelings so that you can be with them but not be blended with them, and see if they're okay with that.

Tom: Yeah.

Dick: Okay, good, so tell them to go ahead then.

Pamela: All right, so you'll remember that this particular segment started with all those dark spirits flying around in the room, and Dick said that may have felt overwhelming to some of the protectors. Remember, he suggested that maybe they should go individually or in a grouping. There was a particular group of those parts, one sort of major part and some younger ones, that focused around Tom's brother. Dick invited those parts out of the room and made sure that Tom was in relationship with those parts and also, as Tony mentioned, open and available to witness what had happened around that particular incident or around his brother.

As Tom began to develop a relationship with this part, and they felt safe with him, and he was open to seeing what happened, he began to witness what happened for the part. Before that began, we're just at the beginning of the witnessing here, you heard Dick say, "Ask them not to overwhelm you." The interesting thing in our model, and I think this is an important point, is that we never try to regulate how much emotion or how much affect is coming from the exiles. We invite them to come close enough or speed up or intensify or reduce the intensity of feeling that they're sharing. This, I think, is an important point. The intensity of the emotion is never too much for the self, but it can be too much for the protector parts. Sometimes, too much emotion can trigger those protective parts to come in and shut things down. Again, we invite the exiles or the part that we're witnessing to modulate that themselves rather than trying to modulate that.

Now, we're going to continue with the witnessing. The next segment is Tom actually witnessing this part.