

IFS Online Circle Month 3

Trauma Behind the Rage

Segment 2

Pamela: Now we're going to see what happens after Dick asks Tom how he feels toward this part, this shroud around his heart.

Tom: It doesn't want me to go over the edge, and it also is there to protect me.

Dick: By "over the edge", it means with the rage?

Tom: Yes. Just going crazy or throwing things or hitting somebody.

Dick: By protect you, it means from things in the outside world?

Tom: Actually, protect me from me.

Dick: From the rage?

Tom: From the rage, yes.

Dick: It's mainly focused on protecting you from the rage and other people from the rage?

Tom: Yes.

Dick: How are you feeling toward it now as it tells you all that?

Tom: Kind of disappointed in myself.

Dick: How is that?

Tom: In that I feel like, after fifty-seven years, I should be able to deal with rage without having to shut down or need anything to protect me from it.

Dick: Is there a critical part that's come in that's telling you should be able to do better with this?

Tom: Yeah.

Dick: Maybe, let that critic know that we get that it's trying to help too, but see if it'd be willing to step out and be patient and wait. We'll check with it later, if it's okay with that.

Tom: Feels like it's very hesitant, but it's willing to try.

Dick: That's all I'm asking. It can watch. If it feels the need to come back, it can. We're just asking for a little space for a little while.

Tom: Yeah. It can do that.

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Dick: Okay, good. How are you feeling now toward that shroud around your heart?

Tom: It's like a caring fondness.

Dick: Let it know that, that you have a lot of fondness for it and for how hard it's worked to protect you all this time. Just see how it reacts to that.

Tom: It feels very appreciative.

Dick: That's good. It trusts now that you care about it?

Tom: Yeah.

Dick: Tom, ask it if we could go to the rage and help it feel better and not have to carry so much rage, would the shroud have to work so hard to protect you from it?

Tom: That's a definite "no." Wouldn't have to work. It could relax and take in the sunlight.

Dick: That's what it'd like to do is just relax and take in some sun?

Tom: Yeah.

Dick: Would it be okay with it if we went to that rage? Without the rage taking over, we would just get to know it better and maybe help it unload some of that stuff.

Tom: This one is really hesitant on that.

Dick: Yeah. I understand that it's been terrified of that rage your whole life. Since Vietnam probably.

Tom: Yeah.

Dick: It'd be a big leap of faith to give this a shot?

Tom: Yes.

Dick: But, I just want it to know that I've done this a lot with people that have tremendous rage, and we can do this in a safe way. We can actually help that rageful part not have to stay in that state so long.

Tom: It is really willing.

Pamela: A lot happened in that segment that I just showed you. You notice that in the earlier segment, Dick had asked Tom how he felt toward the part, and Tom responded, "I

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understand it." Dick was trying, at the point, remember he's looking for a self to part relationship, and that's one of those vague things that doesn't really sound like one of the c's, but it might have been a self to part relationship. Dick invited Tom to just let the part know that he understood it and then invited him to see what happened. The part responded very well, so it was pretty clear that it was a relationship between Tom's self and Tom's part.

Then, once there was that relationship, they worked to get some clarity about what the part is actually doing for Tom. It was protecting him from the rage not only for himself but from other people. Then, as Dick asked Tom again, because we don't just ask once how you feel toward a part, we want to continue to make sure that there is a self to part relationship, so Dick asked again how he felt toward the part. That's when, remember, an internal critic came in and said that he was disappointed with Tom, that he was this age, he should be able to do better than this, and Dick reassured that part. He asked it to step back, give him a little space to work with the shroud.

Then, he checked again after asking the critic to step back. Again, to make sure, did the critic step back or did it not step back? Dick says, "How do you feel toward it?", and then Tom says something that always really touches with me when I watch this video. He said, "I feel caring fondness toward the part."

Then, Dick was quiet for a while while he let Tom establish a relationship with this shroud. He just gave him space to form the relationship. Once that part felt a little more trusting of Tom, that's when you saw Dick become the hope merchant when he said, "What if we could go to that rage and change it?" Again, at that point, you saw Dick have to negotiate some fears of this of the shroud. Dick validated its fears that, yes, it had been afraid for a long time and that it would be a big leap of faith for this part to step back, but also you saw the courage of Dick's self there when he told the part that he had worked with a lot of parts like this before and that he would be really okay with it.

Once this shroud felt safe enough with Tom and also reassured enough by both Dick and Tom, it was willing to step back and let Tom address the rage. That's what you'll be seeing in the next segment.