

# IFS Online Circle Month 3

## Trauma Behind the Rage

### Segment 3

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Dick: All right then. What I'd like you to do, Tom, is if it's possible, and it may not be, but if it's possible, it's a little easier to start with the rageful part in a room, and you're outside the room, looking out through a window. If that doesn't work, it's okay, but if that is possible, that's a good way to start.

Tom: Okay.

Dick: Okay? Do you see it in the room, or do you just sense it in there?

Tom: It feels like I can see it. It's like dark spirits just bouncing off the walls and ...

Dick: How many would you say?

Tom: I can't really tell, but there's many of them.

Dick: Dark spirits, and they're bouncing all around? As you look at them through the window, how do you feel toward them?

Tom: Afraid.

Dick: Okay. Okay, but they're contained in the room, right?

Tom: Mm-hmm (affirmative).

Dick: All right. That's good, so we'll keep it like that for a while so that everybody can relax in there a little bit. Maybe the part that's afraid of them, maybe we can get it into a safe, comfortable room or, if there's a lot of parts, maybe they can all go someplace safe and comfortable and trust you and me to deal with these spirits?

Tom: It doesn't want to go.

Dick: The scared one doesn't want to go?

Tom: Mm-mmm.

Dick: Ask it what it's afraid will happen if it trusts us, if it steps into the room to wait.

Tom: It's just so afraid of what'll happen if the spirits take over.

Dick: Tell it that we're not going to let them take over. That's not what this is about. We're going to get to know him, but from outside the room first, so we're not going to do anything dangerous, but it's important that we do it when you're not afraid of them because it turns out that they can't do anything dangerous if you're not afraid of them. So if the one who's afraid could go into a separate room, that'd be great. Just trust you and me.

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- Tom: It would be willing as long as it has the final say as far as danger.
- Dick: Totally. Totally has a final say. We're not going to do anything without consulting with it.
- Tom: It's going into the room and standing by the window.
- Dick: That's great. Now, how are you feeling toward this?
- Tom: Kind of inquisitive.
- Dick: Perfect. From outside the room, through the window or however it works, tell them you're curious about them and see what they want you to know about themselves.
- Pamela: Okay, in that segment, you saw what happened when the shroud stepped back, and Dick used a technique here that can be used where you can actually sometimes invite these parts that have lots of energy that are scary for other parts to start out by being in a room, so their energy is somewhat contained. Dick invited Tom to just see if they could put the rage in the room, and Tom began to get a visual of what the rage looked like. It was all these dark spirits floating around and, at that point, again, Dick checked to make sure, this is a pretty triggering thing, right, seeing all these dark spirits fly around in a room? Dick wanted to make sure that, again, it was Tom there with his heart, and it turns out it wasn't. It may have been the shroud that came back in or it may have been another part, but someone was really fearful of that.
- Again, you saw Dick spend time reassuring that protector about its fear, about how that he was not going to let this overwhelm the system, that it was going to be safe to do it, and then the part was willing to step back, once it was reassured and knew that, if it needed to come in again, it could. Now, we'll see what happens after Tom begins to engage those parts in the room.