

IFS Online Circle Month 3

Trauma Behind the Rage

Segment 6

Pamela: Let's continue watching Tom witness his part.

Tom: He needs to cry.

Dick: Yeah. Can you help him see it's safe to cry?

Tom: I got to take him out of the uniform.

Dick: Great. Do that. Get it pure honest.

Tom: Yeah.

Dick: Yeah. Tell him it's okay. Let's [crosstalk 00:01:29].

Tom: It's almost like there's a light.

Dick: Yeah, that's right.

Tom: Even though the pain is tremendous, there is a brighter point later.

Dick: That's right.

Tom: Oh God.

Dick: That's great. You're doing great.

Tom: He went down on his knees, just doubled over up tears.

Dick: Yeah. That's great. How are you being with him?

Tom: I'm just holding him and just telling him, "It's okay."

Dick: That's right.

Pamela: Okay. That is a particularly touching segment for me where Tom actually sees and feels what it was like for this part of him. You notice there was a ton affect, a ton of emotion, and you watched it. Just be preset. Not try to stop it, not try to diminish it. At one point, it was a little hard to hear, but Dick did ask Tom near the end of the ... Was significantly into the feeling of that. Is it okay to feel this? Tom responded that it was. Right after he said, "Yes, it's okay," he said, "It's almost like there's a light there." That felt reassuring to him as he was witnessing this. Then, Dick asked Tom how it was for him to see that, how he was being with this part of him. Tom said that he was being very reassuring and telling him that it was okay. It's that really loving reparative connection between Tom and his part.