

# IFS Online Circle Month 3

## Trauma Behind the Rage

### Segment 7

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Pamela: Okay, we're going to resume now, but between the end of the last segment and this segment, Tom stopped briefly, drank some water, and then this is what happened when they resumed the internal work.

Dick: Let's just see how he's doing, and if he'd like to leave that time and place and come with you to the safe, comfortable place, or what he'd like to do.

Tom: He needs to stay there a little bit longer.

Dick: That's just fine. With you there with him?

Tom: Yeah.

Dick: Tell him to let you know everything he needs to know and anything he needs to do back there. Just whatever he needs right now.

Tom: Just feels so good to have the marine out of him.

Dick: Yeah, that's right.

Tom: It's almost like he feels human and it's okay to cry and, oh God, yeah, and to be human.

Dick: Does he want to do anything with that uniform?

Tom: He doesn't want to put it back on.

Dick: Yeah.

Tom: In fact, he doesn't even want to see it again.

Dick: Okay, so maybe you can get rid of it somehow. Let him know he never had to put it back on again.

Tom: I have a special place to take it to.

Dick: That's great.

Tom: I love Canyon land out in Utah and cliff dwellings. I go out there quite a bit and I think that would be a good spot to put it for the spirits of the canyons.

Dick: That's perfect. How's he doing now?

Tom: Oh, he's feeling very good. Still sad, but it's like a tremendous weight is gone.

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Dick: Right. That's right.

Pamela: What you saw in this particular clip was, at the very beginning, remember Tony, Tony talked about retrieval, bringing a part from the past into the present? Dick invited that. He said, "Does he want to come out of there?" And Tom said, "No." Again, as Tony was telling you, every part knows exactly what needs to happen during the witnessing and unburdening. While Dick offered the part to come into the present, it wasn't ready yet, that it really needed to let go of a piece of its burden which was that uniform. It needed to take that off and get rid of it in that particular scene.

You remember that Dick asked him, "Maybe you can find a way to get rid of that uniform," after Tom said that the part didn't want to put it back on. That was an invitation to unburden. Dick, again, invited Tom, like, "Is there a way that you would like to unload this?" And Tom picked Canyon lands, and the spirits of the canyon coming to take that burden away. His part reacted, as parts often do, once they've let go of a burden, that it felt like a tremendous weight was lifted off of him.