

IFS:Parts Work

Types of Parts

Remember: All parts think they are still helping you survive, even if some have negative consequences

Proactive Protector

- Type A Executive
- Caretaker
- Harsh Critic

Managers



Firefighters



Reactive Protector

- Compulsive Drinker
- Compulsive Eater
- Compulsive Exerciser

Vulnerable

- Terrified Toddler
- Hungry Baby
- Hostile & Lonely Teen
- Confused & Angry Kindergartner
- Ashamed Preteen
- Neglected Infant

Exiles



As you learn to relate to parts with increasing Self-energy, they begin to settle down, and you will feel more calm in everyday life!

8 C's of Self Energy: Calm, Curiosity, Connectedness, Compassion, Courage, Clarity, Creativity



Patricia Bianca Torres, LMFT, AC