



The 6 Fs of IFS

Bring **open attention** to noticing the target part. Allow the part to present to you in whatever way it does.

FOCUS

01.

FIND

Turn attention inward. **Notice** any body sensation, thought, feeling, image, or urge. Out of anything you've noticed, identify one to be the target.

Where do you notice this part in or around the body?

Check and see how you are **feeling towards** this part (not what you think about it - but how you *feel towards* it). Are you open? Curious? Frustrated? Wanting for it to go away or feel better quickly?

Check and see if there is any urge to how you feel towards the part. If you are sensing an intensity or urge in your feeling towards the part you may be blended with another part of you.

FEEL TOWARDS

02.

03.

FLESH OUT

Allow for any **deeper noticing** of the part. Does this part present in any visual form? Does it appear to have any demeanor (try not to figure it out - just notice)? Does it make any sound?

Perhaps it doesn't present visually, and instead, presents somewhere in the body. Does it allow for a deepened noticing of its energy?

What is this part afraid would happen if it doesn't do its job? What is it afraid would happen, or what is it afraid it would be like if it didn't start to do the job when it first took it on?

FEARS

04.

05.

BEFRIEND

IF you are sensing Self energy you can then beFriend the part by **learning more** about it - don't proceed to this step unless you are noticing Self energy.

What does this part want you to know about it? What does this part do for the system? How long has it been doing this? How does it feel about the job that it does? How old is this part?

How would I know if I have Self energy?

You may notice any of these qualities:

Calm
Curiosity
Openness
Confidence
Warmth
Creativity
Compassion
Clarity
Connectedness
Courage