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# INTERNAL FAMILY SYSTEMS WORKBOOK

SUPPORTING PARTS EXPLORATION & SELF-LEADERSHIP

SELF-GUIDED WORKBOOK

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## THE SELF

Introduction to the self and the role of the self in the internal family systems model. This section explores the concept of the self as a collection of parts and how these parts interact with each other and the external world.



The Self of the Self

## TYPES OF EXILES

This section discusses different types of exiles, including primary exiles, secondary exiles, and tertiary exiles. It explains how these exiles are formed and how they can be accessed and healed.

## IFS PARTS



This section provides a detailed explanation of the three main parts of the self: the Exile, the Self, and the Protector. It describes their roles and how they interact with each other.

## WHAT IS INTERNAL FAMILY SYSTEMS?

This section provides an overview of Internal Family Systems (IFS) and its core principles. It explains how IFS is a form of self-leadership and how it can be used to heal and transform the self.

## WAYS TO ACCESS A PART

- 1. Accessing a part through visualization
- 2. Accessing a part through journaling
- 3. Accessing a part through meditation
- 4. Accessing a part through movement
- 5. Accessing a part through music
- 6. Accessing a part through art
- 7. Accessing a part through play
- 8. Accessing a part through dialogue
- 9. Accessing a part through self-talk
- 10. Accessing a part through self-compassion

## 6 IFS OF IFS

- 1. The Self
- 2. The Exile
- 3. The Protector
- 4. The Manager
- 5. The Firefighter
- 6. The Schemer

# Family Psychoeducation Workbook

**Léo Pomar**



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