

Should You Use Knowledge, Skills, and Suggestions from Other Models?

I think people use IFS in their own unique ways, blending their life experience into how they navigate the basic tenets of IFS.

Let's talk about the difference between doing IFS in your own Self-led way, and losing sight of the basics that underly the power of IFS.

You might be veering away from the power, gentleness, and depth of IFS if you let your knowledge override your focus on the relationship between Parts and Self. You might hear something really useful and pertinent in your head, but have you asked yourself:

Should I hold back and see if Self can come up with its own solutions and perspectives?

Have I done enough to foster Self-part relationships?

Am I impatient with this client for some reason?

Have I forgotten that this client has access to Self, and my job is to foster that relationship, no matter how long it takes?

Am I trying to apply something that worked for another client?

If you answer no to those questions, consider holding off on sharing your knowledge or suggestions. You can always do it later.

If you answer yes, maybe you are right and it is time to share some knowledge or suggestion, and maybe you can find a way to do it that honors the client's Self energy.