INTERNAL FAMILY SYSTEMS THERAPY

• Works with parts
• User Friendly
• Powerful, effective
• Non-pathological
• Spiritual
• Effective for trauma
• Created by Richard Schwartz, PhD
SELF-THERAPY

- Manual for doing IFS
- For therapists and for the general public
- 18,000 copies sold of a self-published book
THE PATTERN SYSTEM

• A Periodic Table for Psychology
• Detailed system for understanding the psychology of personality
• Patterns, Capacities, Wounds
SELF-THERAPY JOURNEY

• A web application for psychological exploration and healing.
• Based on IFS and the Pattern System
• Can work on many different patterns, capacities, and wounds
MY PASSION

• Bringing IFS to the world – powerful therapy
• Bringing the Pattern System to the world – a new system for understanding psychology
• Reaching a large number of people with Self-Therapy Journey who can’t or won’t do therapy
THIS WEBINAR

• The psychology of Inner Critics
• Types of Inner Critics
• How to transform Inner Critics using IFS and STJ
• IFS meditation on Inner Critic Part
• Developing Self-Esteem
• Activating your Inner Champion
• Demonstration of STJ with the Inner Critic Pattern
• Resources
WHAT IS AN INNER CRITIC?

• A part of you that…
• Attacks you and makes you feel bad about yourself.
• Doubts you and undermines your confidence
• Tells you what you should and shouldn’t be doing
• Tells you who you should and shouldn’t be
LOW SELF-ESTEEM AND INNER CRITICS

• When you feel bad about yourself…
• When you feel depressed…
• When you feel inadequate…
• When you feel ashamed or guilty…
• This is not the truth about you
• This is often because you are being attacked by an Inner Critic
IFS AND INNER CRITIC PARTS

• Study done by myself and Bonnie Weiss, LCSW
• Inner Critics are IFS protectors
• They are trying to help and protect you
• Even though they harm you, their hearts are in the right place
• Therefore you can connect with them using IFS
• And transform them
TYPES OF INNER CRITICS

• Taskmaster
• Perfectionist
• Inner Controller
• Underminer

• Guilt Tripper
• Destroyer
• Conformist
• Doubter
TASKMASTER

• Pushes you to work very hard
• Judges you for not working hard enough
• Tells you that you are won’t be successful
• Trying to motivate you to be successful
• To avoid judgment, rejection, etc.
• Often polarized with Procrastinator
• Transformed by Ease
PERFECTIONIST

• Tries to get you to be perfect
• Which is not possible
• Makes it hard to finish tasks
• Sometimes makes it hard to get started
• May praise you if you do very well
• You may never be good enough for it
• Transformed by Ease
INNER CONTROLLER

- Tries to keep you from doing destructive things
- Such as eating, drinking, other potentially addictive activities, anger
- Does it in a harsh way
- Shaming and rigid
- Transformed by Conscious Consumption
UNDERMINER

- Undermines your self-confidence
- Afraid of your being powerful or visible
- Transformed by Courage
DESTROYER

- Primitive Critic
- Tries to crush you
- Often non-verbal
- Says you don’t have the right to exist
- Anger turned inward
- Protect you from danger of being alive
GUILT TRIPPER

- Makes you feel guilty about something you have done
- Trying to keep you from doing it again
- Never forgives you
CONFORMIST

• Tries to get you to fit into a fixed idea of who you should be
• Often comes from parents or subculture
• Could be almost anything that you are supposed to be: meek, aggressive, intelligent, caring, etc.
• Or what you are not supposed to be.
• If you do fit, then it leaves you alone
• If you don’t, it attacks you to get you to conform
• Transformed by Individuality
Doubtter

- Doubts your decisions
- Doubts your feelings, beliefs, intentions, etc.
- Tries to keep you from making a mistake
- Transformed by Decisiveness
INNER CRITIC CLUSTER OF PARTS

• Criticized Child – IFS exile that is harmed/triggered by Critic
• Protected Child – IFS exile that is being protected by Critic
• Inner Defender – Tries to argue with Critic. Judges Critic. May try to get rid of Critic.
• Inner Rebel – Rebels against the Critic
• Inner Champion – Supports you. Doesn’t fight Critic.
IFS APPROACH TO INNER CRITICS - 1

• Access Critic
• Distinguish Critic from Criticized Child
• Unblend from Critic and from Criticized Child
• Become open to getting to know Critic (get into Self)
• Discover Critic’s positive intent for you
• Develop a trusting relationship with Critic
INNER CRITIC GUIDED MEDITATION

• Using IFS to get to know an Inner Critic protector
• First half of an IFS session with a Critic
• Sets the stage for transforming your Critic and activating your Inner Champion
IFS APPROACH TO INNER CRITICS - 2

- Get permission to work with Protected Child
- Heal Protected Child so Critic can relax
- Introduce Critic to Criticized Child
- Negotiating with Critic to let go in a particular situation
- Critic with legacy burden, releasing it
ACTIVATING YOUR INNER CHAMPION

- A healthy part of you that supports you in being yourself and feeling good about yourself
- Like a cheerleader or an ideal supportive parent
- One type of Inner Champion for each type of Inner Critic
- Decide what you want your Inner Champion to say to you
- Activate it in your life when your Critic is attacking
SELF-THERAPY JOURNEY

• Inner Critic Pattern – Inner Critics in general
• Taskmaster Pattern
• Perfectionist Pattern
• Food Controller Pattern
• Underminer Pattern
• Destroyer Pattern
ONLINE COMMUNITY GROUP FOR INNER CRITIC WORK

• Share your insights and progress
• Ask questions
• Learn from other people
• Find a partner to do IFS or STJ work
• Develop community with people struggling with Inner Critic issues
• Find support for activating your Inner Champion
INNER CRITIC COMMUNITY GROUP
WHAT HAPPENS

• It includes support for using STJ and IFS
• I participate and so does Karen Locke, our online community manager
• I send out questions to stimulate discussion
• It may evolve to having teleconference calls
• You will receive a follow-up email about this community group.
  Reply to let me know if you are interested.
• If there is enough interest, we will start the group.
TRANSFORMING YOUR INNER CRITIC AND DEVELOPING SELF-ESTEEM

• Feel good about yourself
• Feel self-confident
• Feel free to be yourself
• Be at ease
• Self-acceptance
• Self-forgiveness
THIS LEADS TO...

• Success in your career
• Moving your life forward to the next level
• Getting what you want—job, relationship, health, financial security
• Increased innovation and creativity
• Having more time for fun, family, relaxation
INNER CRITIC BOOKS

• Self-Therapy – also audiobook – general book on IFS
• Freedom From Your Inner Critic
• Activating Your Inner Champion Instead of Your Inner Critic
• Letting Go of Perfectionism
• Illustrated Workbook for Freedom From Your Inner Critic, Bonnie Weiss
INNER CRITIC RESOURCES

- IFS Basic Course, Exiles Course – phone, recorded
- Inner Critic Course – phone
- IFS Inner Critic Demo Sessions
- Inner Champion Guided Meditations
- Self-Therapy Journey web application
- Work with an IFS therapist
FREEDOM FROM YOUR INNER CRITIC

• How to use IFS to transform Inner Critics and activate Inner Champions

• Paperback or Kindle
TRANSFORMING YOUR INNER CRITIC USING IFS PHONE COURSE

• Learn how to use IFS to work through Inner Critic issues
• Practice activating your Inner Champion with support from people in course
• Cost - $250
• Tuesday 4:30-6:30 pm pacific time (7:30-9:30 pm eastern)
• Feb. 3, 10, 17, March 3, 10, 17 (6 two hour classes)
• Includes lectures, discussion, group exercises, demo IFS sessions, homework in pairs, real-time practice
• Limited to 12 people – enroll soon