

IFS - Manager Interview using the 6 F's

1 - **F**ind

Turn your attention inwards and **check** if any sensation, thought or feeling comes to your attention

Make this your target

Notice where this part is located in or around your body

2 - **F**ocus

Bring your attention to the part that you just found

Spend some time gathering your attention and let the part show itself to you in whatever way it wants

3 - **F**lesh Out

Allow to part to contact you in whatever way it wants

Does it have an image?
Does it have or make a sound?
Is the part telling you anything?
Maybe there are no words and images, and you have body sensations

4 - **F**eel toward

Notice your reactions to this part as you become aware of it. Are you patient, or do you want it to go away quickly? Can you allow this part to be as it wants to be, or do you want to control it?
How are you feeling towards this part?
Is your heart open to this part?

Check for Self-Energy

Only move on to the following two steps if your answer to "Feel toward" shows that you have no agenda other than open-heartedly wanting to get to know the part with some curiosity, compassion, calm, confidence, etc.

5 - **B**eFriend

Get to know more about this part. How did the part get its job? Is it satisfied with the job? Would it do it any other way? How old is the part?

6 - **F**ear

Find out what the protector is scared would happen if it stopped doing its job the way it does

Adapted from R. C. Schwartz (1997)