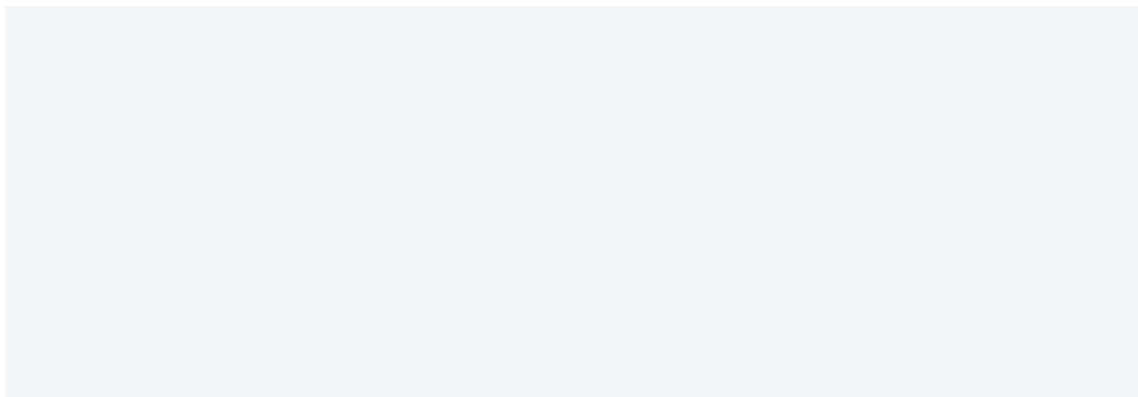


## All Parts Are Welcome

Schwartz states that in IFS treatment, “all parts are welcome” (Anderson, Sweezy, & Schwartz, 2017, p. 33).

The following exercise can help you embrace (and talk to) all *parts* of your Self using your attention and a few simple questions (modified from Anderson, Sweezy, & Schwartz, 2017).

- **Step one** – focus your attention inside yourself and say the following in your head or out loud:  
“I want to help anyone that needs help, but first, I need to know all of you.”
- **Step two** – then say the following out loud or to yourself:  
“If you overwhelm me, I will not be able to help you.”
- **Step three** – make the following request:  
“Please be here with me, rather than taking me over. When you are ready, let me know who you are, and I will write it down.”
- **Step four** – make a note of the parts (including thoughts, emotions, and sensations) that you feel or experience:



Schwartz and team created this exercise to help the client welcome all part of their Self (Anderson, Sweezy, & Schwartz, 2017).

### References

- Anderson, F., Sweezy, M., & Schwartz, R. (2017). *Internal family systems skills training manual trauma-informed treatment for anxiety, depression, PTSD & substance abuse*. Ashland: PESI Publishing & Media.