

The background features abstract, organic shapes in muted colors: a large pink shape in the top left, an orange shape in the top right, a light beige shape in the bottom left, and a peach shape in the bottom right. These shapes are decorated with various patterns: a dark blue swirling line and brown dots on the pink shape; a teal leaf and pink dots on the orange shape; a dark blue leaf and brown dots on the beige shape; and a white leaf on the peach shape.

IFS

UNBLENDING PARTS

ALLOWING SELF TO LEAD

BLENDING & UNBLENDING PARTS

ALLOW SELF TO LEAD

Unblending contributes to the overall balance and harmony of the internal system. By preventing full identification with Parts, individuals can navigate life with greater flexibility, resilience, and self-awareness.

BLENDING

Blending is the process by which a Part of our system merges and becomes indistinguishable from Self. Through blending, Parts can take control over thoughts, emotions, physical sensations and pretty much any function of our body. Parts are in control of the extent to which they blend with Self.

When a Part and our Self are “blended,” the feelings and perspective of a burdened Part merge with the Self. The compassion and patience of the Self becomes eclipsed by the needs, desires, and intentions of the Part.

When we are blended with the Part, we experience the reality of the Part as our own truth. The qualities, beliefs, feelings and behaviors of the Part can become so dominant that it overshadows and causes an imbalance to our Core Self.

UNBLENDING

Unblending is the opposite. When a Part unblends from Self, there is a sense of increased spaciousness in the body and there is also more scope for Self-energy to flow in the system. Parts can unblend from Self when they believe it is safe and appropriate to do so.

IFS Therapy uses the term “unblending” to indicate when a Part steps aside and leaves more space for Self to take the lead. Unblending for healing purposes is key.

The goal of IFS is to help unblend the Part, allowing the qualities of Self to emerge with Self Energy.

Before we can help our Parts, we must be able to unblend from them. In our day-to-day lives, the Self is frequently overpowered by one or more of our Parts – we are blended with this Part.

STEPS FOR UNBLENDING PARTS

1. IDENTIFICATION OF THE PART

The first step is to identify the Part that is blended with Self. This identification can manifest as intense emotions, automatic reactions, or a strong sense of being controlled by a specific aspect of the internal system.

2. FOCUSING ON THE PART

The next step is to focus on these intense emotions, sensations, or thoughts. This can be physical sensations on your body; pressure on your chest, tension on your shoulders, or a feeling of anxiety and racing thoughts

3. DIFFERENTIATION

After identifying and focusing on the Part, you are aware of its characteristics. This allows you to differentiate the Self from the Part. Remember this is a Part of you, not all of you. The reflective questions to follow will guide you with this as you move into Self and engage in a dialogue with Self.

4. MOVING INTO SELF

Unblending involves shifting from a blended state to a Self-led state. The Self is characterized by the 8 Cs. Connecting with the Self in a calm, and compassionate way, observing the Part from a more detached and curious perspective.

5. DIALOGUING WITH THE PART

Encourage an internal dialogue between the Self and the identified Part. This dialogue helps create a space for the Part to express itself and for the individual to understand its role, concerns, and intentions.

6. UNBLENDING FURTHER

If the Part is reluctant to unblend, explore what the Part is afraid of. Let the Part express its fears or failures. Reassure this Part from Self, using the 8 Cs.

STEPS FOR UNBLENDING PARTS

1. IDENTIFICATION OF THE PART

Select the Part you are currently blended with (blended with Self).

This can be a facet of your personality or a Part of your daily life.

A Part that judges, criticises and reacts. The perfectionist, the critic etc.

You may need to repeat these questions to find the Part you will focus on for the next step.

Describe any intense emotions, automatic reactions, or a strong sense of being controlled.

STEPS FOR UNBLENDING PARTS

1. IDENTIFICATION OF THE PART

What is the Parts impact on your feelings, thoughts and behaviors?

When did you become fully identified with this Part?

How did this Part come to take on its original role?

What made it necessary for the Part to assume this role?

STEPS FOR UNBLINDING PARTS

2. FOCUSING ON THE PART

Center your attention on this Part. Which Part will you be focusing on?

How does it feel in your body when this Part is active?

Describe the personality and qualities of this Part.

STEPS FOR UNBLENDING PARTS

2. FOCUSING ON THE PART

How does this Part make you feel? What are the emotions that this Part brings?

What thoughts arise when you focus on this Part?

How does this Part speak to you?

UNBLING PARTS

3. DIFFERENTIATION

Am I open to exploring my inner world without judgment or criticism?
How would I let go of this to move forward?

Identify the Part of you that you need to differentiate from. Describe how this Part thinks and acts.

Am I able to reflect and acknowledge that this is not all of me but just a Part of me? What is my response to this Part?

UNBLENDING PARTS

4. MOVING INTO SELF

Use the 8 Cs to guide you as you move into Self. What are the qualities of this Part that reflect the 8 Cs?

How will I start to observe myself with curiosity, compassion and understanding?

How can I be courageous in my journey to Self?

UNBLENDING PARTS

4. MOVING INTO SELF

What are the qualities identified?

How have the qualities helped out in the past?

How can you embody these qualities as you move into Self and your life now?

UNBLENDING PARTS

5. DIALOGUING WITH THE PART

As you have moved to a place of Self, it is time to start a dialogue with this Part.
What does this Part want you to know?

What is the Parts fears?

What are the Parts desires?

Write down anything else the Part wants to share with you.

UNBLENDING PARTS

5. DIALOGUING WITH THE PART

Pen down a statement distinguishing the Self from the Part, such as "I understand this Part feels...but I am not the Part".

What the Part says:

Your response to this Part:

UNBLENDING PARTS

6. UNBLENDING FURTHER

What do you notice when your Parts agree to unblend?

What physical shifts were made?

What visual changes were made?

What emotional changes or shifts were made?

NOTE:

Sometimes, Parts will not unblend. There can be several reasons for this, e.g. they are afraid of what will happen if they do, they are not aware of Self, there is not enough Self-energy available.
Work through the 8 Cs of Self again.