The Inner Critic Isn't Your Enemy- It's a Protector: IFS Explained Transcript

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Trauma and Emotional Pain

So because of painful life experiences, you know, trauma, various types, you can call lots of things trauma. It's basically how it impacts you. So anything that felt emotionally painful, those emotions, some parts can end up sort of taking that on and carrying that.

If it wasn't resolved, if we didn't get the, you know, the resolution from that experience. And so if we're carrying around some emotional pain, it kind of forces other parts into a protective role where they're trying to prevent that pain from reoccurring.

Protective Parts and the Inner Critic

And the inner critic is sort of a classic example of a protective part that It sounds mean and at first glance it can feel like, oh, this part's not on my side.

This part is out to get me. But in getting to know the part and understanding, why is it saying those things? What is it doing? Um, we always discover there's a good intention underneath there.

And so. In the case of inner critics, it's often, I would say that the part is trying to preemptively criticize the system. Because if we've already told ourselves the negative thing, it weren't, it won't hurt so bad when someone else says it.

Building Trust with Parts

So it's a way of kind of protecting us from external criticism. Um, but you know, what that specific. role is and what exactly that part is doing for each individual is something that that's what we would explore through that process of getting to know the part.

And when parts feel understood, when they feel known and appreciated and understood, then that's when they tend to feel more trusting that it's okay to step back because they trust, okay, there is a wise leader here who can guide the way.

And so in getting to know our parts, they will naturally start to relax. And that's how we access more self-energy.