Understanding Internal Family Systems- IFS: How our Parts Shape our Identity Transcript

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Introduction to IFS and the idea of parts

IFS is based on this idea that we don't just have one singular mono mind, like our personality isn't singular, it's actually multiple. It's made up of many different parts or sub-personalities, each of which has its own set of thoughts and feelings and beliefs and perspectives and you know, set of priorities.

So, you know, we, whether or not people are familiar with IFS or not, we use parts language just colloquially all the time when, you know, people talk about like, you know, a part of me feels this way, a part of me feels that way, or, you know, someone might say like, I feel really torn about something, you know, meaning they've got sort of being pulled in two different directions or I've heard people say like, I'm of two minds about this issue.

So it's something that we're all sort of aware of because everybody experiences internal conflict at some point or indecisiveness or just difficulty knowing how they want to handle a situation.

And it's often because they have different perspectives going on in there. It's not just one singular thought or perspective.