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Exile Work - “The Eight Rs”

IFS protocol for healing a wounded part: learner’s guide in 3 sections

1. Recognize the Exile

Work with a target Protector until you find who or what they are protecting. You will recognize an exile’s presence by sensing an emotional shift - vulnerability, fear, or a sense that the part showing up is younger than present years. Get permission to turn attention toward the Exile. Only move forward with buy-in from all parts.

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#### 2. Relate (connect with and care for)

Build a reciprocal relationship. Identify the exile clearly. See this part in your mind’s eye. Travel back in time. Be with them or move toward them. Get their attention. Let them know you care and you’re here to help. Tell them who you are. Build trust. See what they need to feel ok in the moment. *Be sure they feel connected back to you.*

#### 3. Review

Find out what it’s like for them there in that place. Really listen. Learn about their experience. Invite them to tell or show you everything about their experience. *Let them know you get it.*

*You may have reached a good stopping place. Make sure the exiled part is connected to you, and feels safe and comfortable. Promise to stay connected. (Come back in another session if properly skilled and confident to do so.)*

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4. Repair

Repair the experience and/or scene(s). Be with the exile in exactly the way that part needed at the time. Offer what they needed and did not receive.

5. Rescue

Help them move to a new safer environment: past perhaps, but ideally, present. (If past, this suggests there’s more work to do with sections above. Circle back.)

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#### 6. Relinquish

Name the burdens the newly rescued part is carrying. Off-load this outdated baggage in any way that works — burn, bury, send to the wind, put in the trash, etc.

#### 7. Restore

Invite back the qualities and beliefs that had been lost or suppressed. (joy, confidence, belonging, I’m smart. I’m worthy, etc.)

#### 8. Reintegrate the Exile

Find out how the healed part wishes to show up from now on. Agree about how you will relate going forward. Check in with Protectors and the rest of the system. Did they see what happened? What do they need next or what will they do next?