

## Meet your Family of Parts



Identify parts of your self (inner aspects, sub-selves) with their ideas, emotions and (always) positive intentions. Liberate part by part following the Liberation Plays sequentially.

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Start with roles in job, hobby, family and proceed to more universal parts like Controller, Protector, Sceptic, Inner Child, Cutie, Hero, Thinker, Judge, Doer, Procrastinator, Perfectionist, Pleaser, Bully, Seeker, Desirer, Anger, Victim, Fixer, Explorer, Winner, Loser and others. Welcome all without judgement, look at their characteristics and how much you like or dislike them. Also include your Leading Self, the one you usually identify with and call by your first or nickname. As you have so many parts, liberating them all offers enough plays for years. Begin with the ones, which are most significant for your daily life, or which bother you most.

Nice Videos: [Internal Family Systems](#)