



SHANE LYNCH PSYCHOLOGY

Pro Tip:

You are enough. Now write that on a sticky note and stick it to your bathroom mirror!

Things to Try...

If you finished reading the main body of this newsletter you learned about who you actually are or the characteristics that comprise the "Self." I can bet with 100% certainty you have experienced being "Self-led" before. Think of an activity you engage in (e.g., work, activity, something personal). Chances are when doing this meaningful activity you felt a significant amount of one or several of the 8 C's. When you did, this experience brought you into your natural state of Self leadership increasing your capacity to perform this activity.

About Shane

As a psychologist I lend my Self to my clients in sessions so that their parts lower their intensity creating space for compassion, curiosity & clarity.



If I'm not a part of me, then who am I?

When I talk to my clients about shifting to "parts language" (i.e., "A part of me feels anxious.") they often say: "Well if it's only a part of me, it's a pretty big part!" These same clients and others often then ask: "Well if I'm not my parts, then who am I?"

Richard Schwartz, who developed the Internal Family Systems (IFS) model nearly 40 years ago learned from his clients in family therapy that each of us have innate characteristics. These characteristics answer the "who am I" question with what he came to call the "8 C's of Self." They are, in no particular order: curiosity, compassion, connection, clarity, calm, confidence, courage, and creativity. Schwartz helps his clients see when they are parts-led and helps them shift to become "Self-led."

Once you discover that actual you possesses the 8 C's without training, you now have a way to correctly identify when actual you—or Self—is present. When you don't identify with one or



Tips for Dads & Moms

Parenting from Self is your parenting superpower! Relating to your child's parts from Self is key to your ability to connect with your child regardless of what circumstances you're in or what parts they bring.

Imagine the power of approaching your child who is sad or mad or frustrated with genuine curiosity? Doing this calmly, in an open bid to be in connection with them. Will you suddenly shift their feelings? No, maybe not. But your Self-led presence with them will help them to adjust their own feelings. You will be showing them how they too can be. Kids learn more from what we do than what we say. Save the lectures and start practicing this way of being with your kiddo instead!



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more of the 8 C's, you know it is likely a part of you is attempting to lead. Unfortunately, what often happens next is another part pops up to counter the first part. As described in previous newsletters parts competing for the role of leader doesn't work out. In fact, they end up one-upping each other in what becomes a tiresome cycle or inner conflict.

However, if we can separate from both of these parts and access the Self and its innate characteristics, we have the necessary foundational characteristics to navigate anything that might be viewed by a part of us as a trigger or potential concern.

First, the Self has to acknowledge any and all parts. Second, the Self uses curiosity and compassion toward parts to determine their good intentions. As Richard Schwartz says: there are "no bad parts." What we discover is *it is not the parts that are bad, it's actually the way they attempt to deliver those good intentions which is problematic.* When we know the good intention, the Self can, with confidence, courage, clarity, and creativity, deliver on those good intentions using a much different delivery method.

For example, when you wake up in the morning and a part of you doesn't want to get out of bed, another part of you begins to chastise that part calling it a lazy, good-for-nothing, lump. When the critical part criticizes the depressed part, it just pulls the covers over your head and stays in bed feeling worse and even paralyzed. The critical part then turns up the volume and starts hurling more insults at the depressed part driving it deeper under the covers.

Enter the Self. The Self is present when you are able to separate from both the depressed and the critical parts. Once separate, the Self is curious about the critical part's concerns. The Self learns the critical part is trying to motivate the depressed part to get out of bed and get going to avoid far worse scenarios it imagines could follow. This is a good intention, but its delivery doesn't increase motivation reducing depression, it increases depression. Knowing the good intention of the critical part, the Self can appreciate the good intention.

When the critical part is acknowledged and appreciated for its good intentions, the Self can ask it to wait while you—in Self—speak to the depressed part. For the first time the depressed part experiences a presence that is characterized by the 8 C's which, leads to a transformative experience for the depressed part.