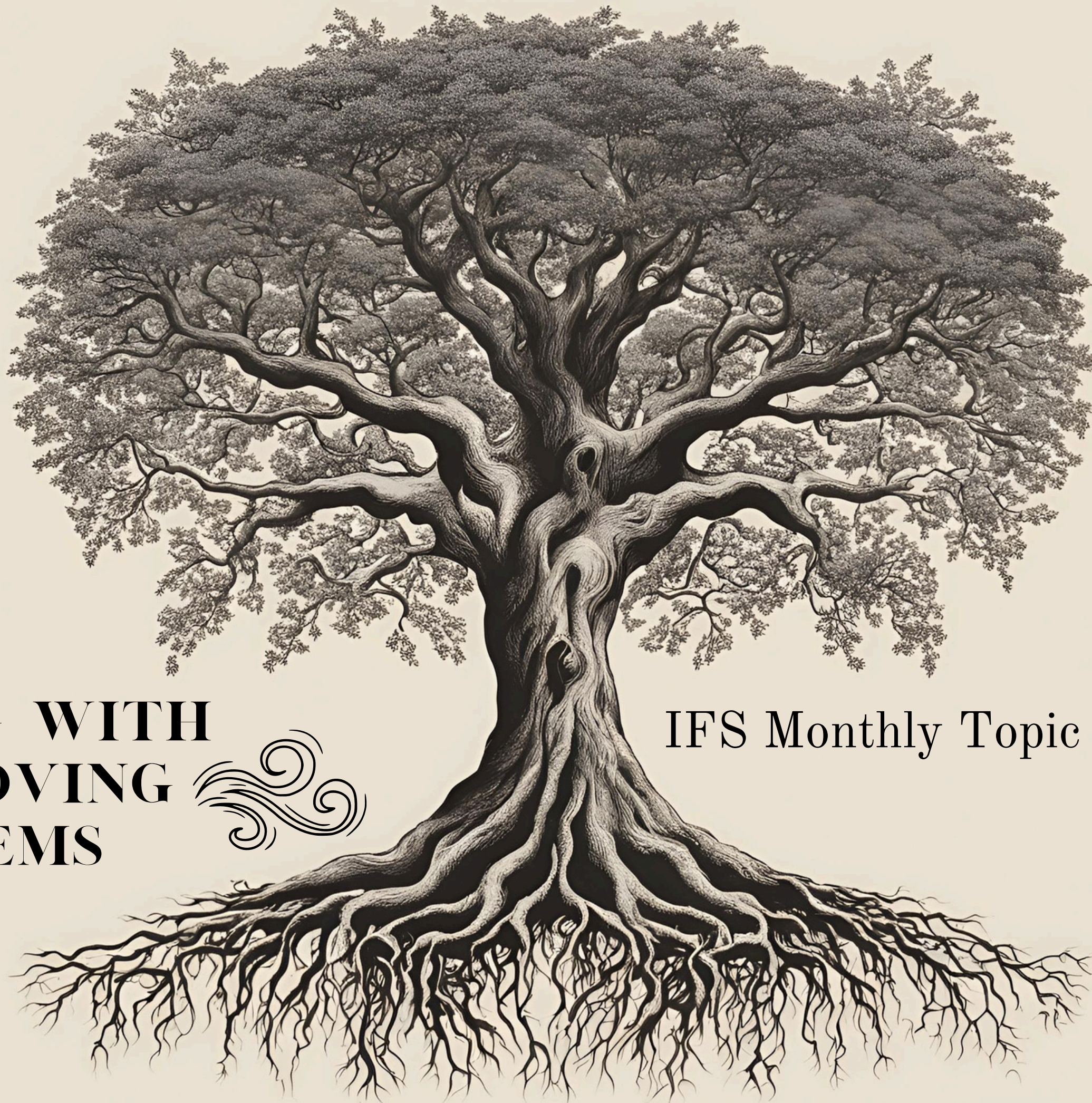


IFS

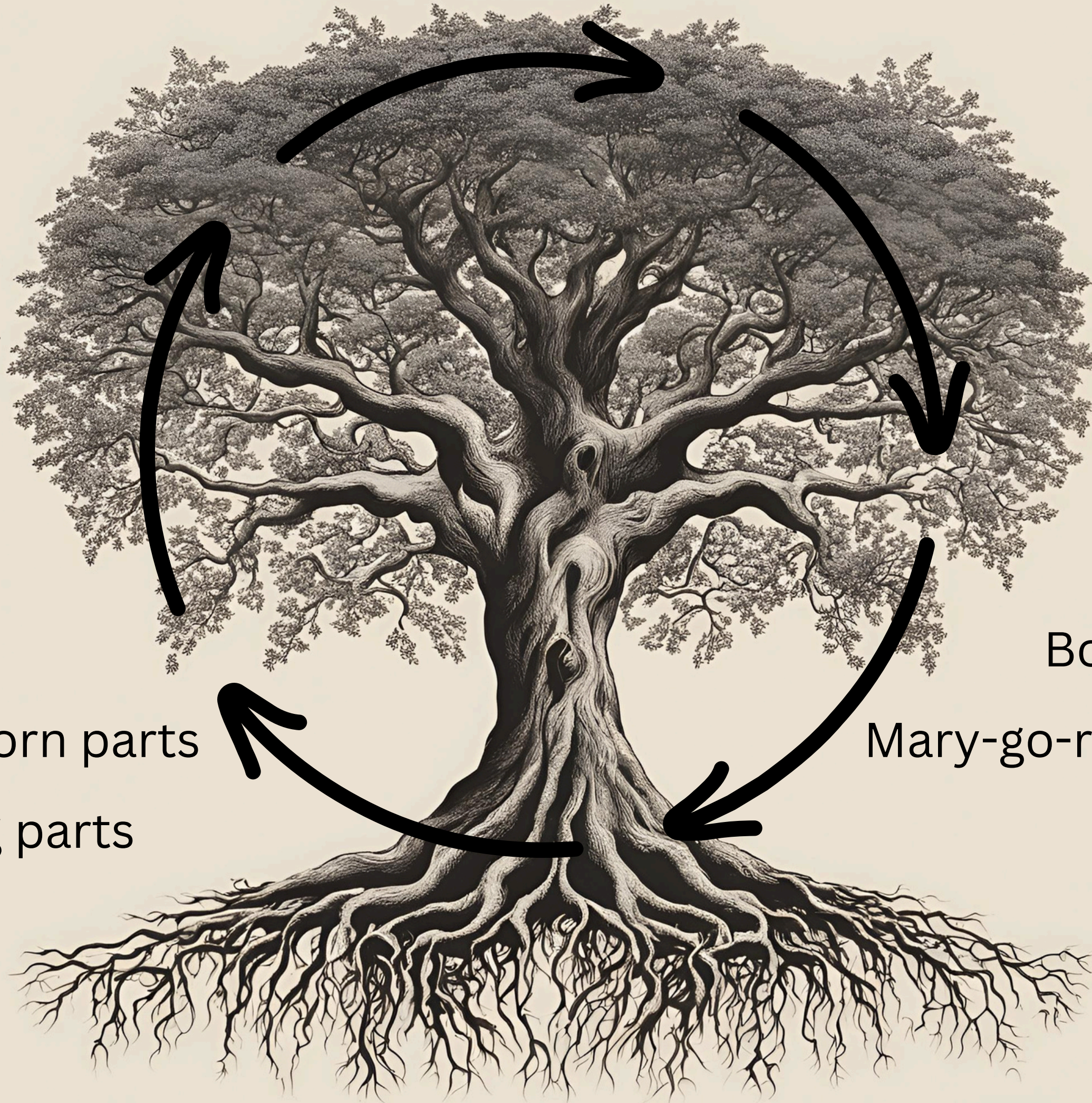
AND

WORKING WITH
FAST MOVING
SYSTEMS

IFS Monthly Topic Meetings - Session 3



**RAPIDLY
MOVING
SYSTEMS...**



Boomerang parts

Mary-go-round parts

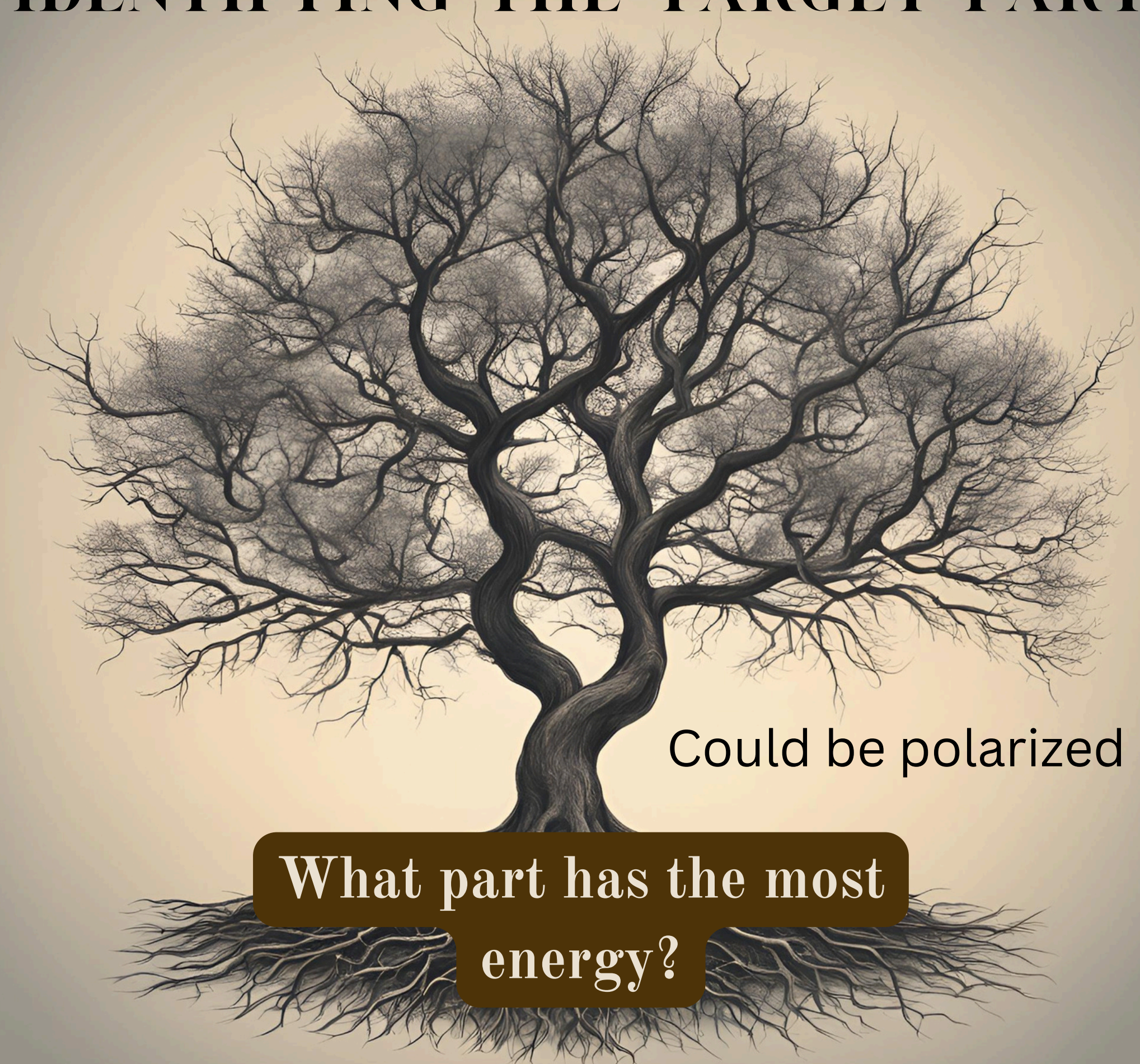
Parts Parade

Popcorn parts

Tailgating parts

Self-like parts

IDENTIFYING THE TARGET PART

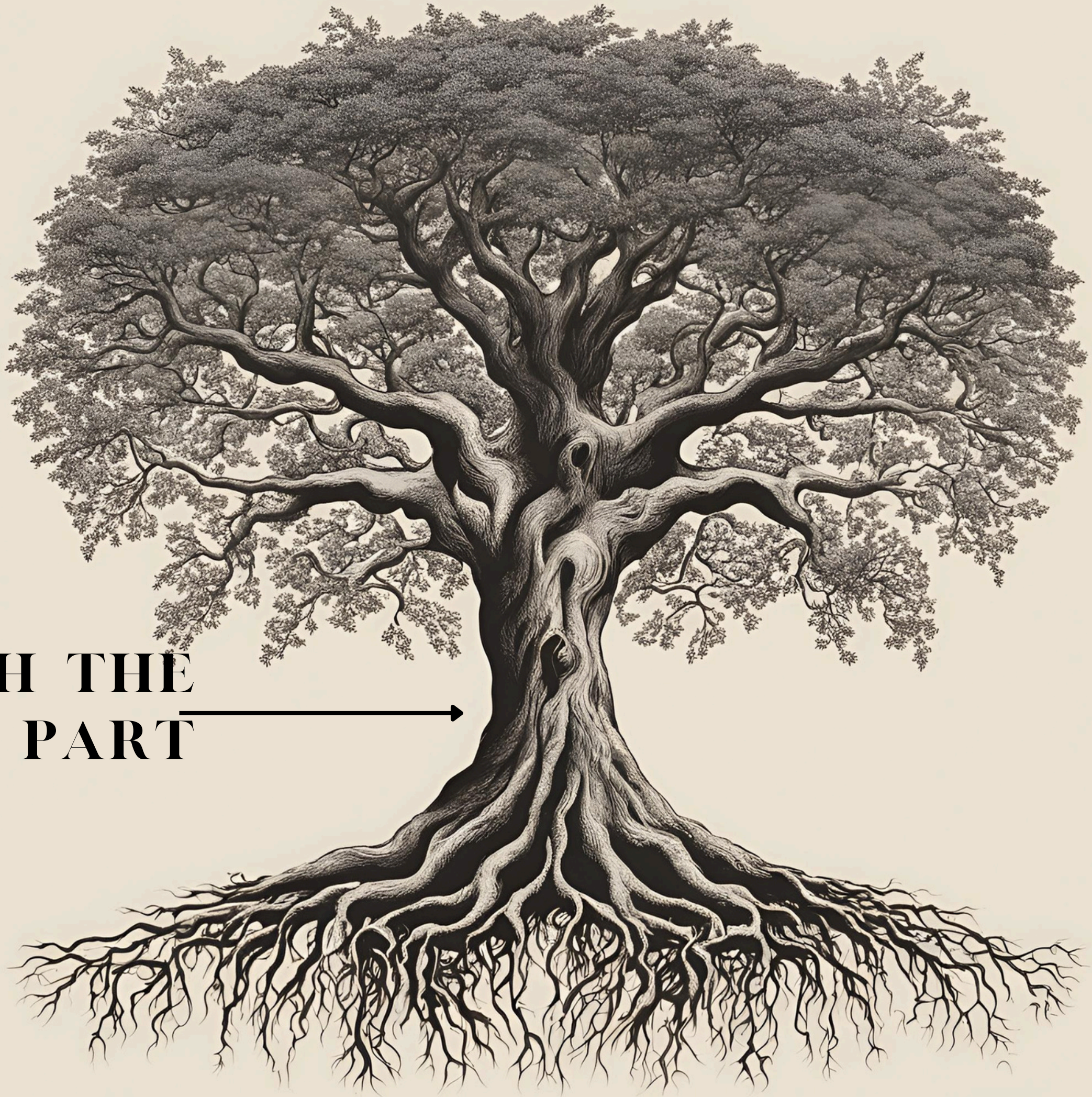


Could be a part
that client is
interested in and
has curiosity
towards

Could be a part
that client is
blended with

Could be polarized parts

**What part has the most
energy?**



**STAY WITH THE
STRONGEST PART** →

Managers

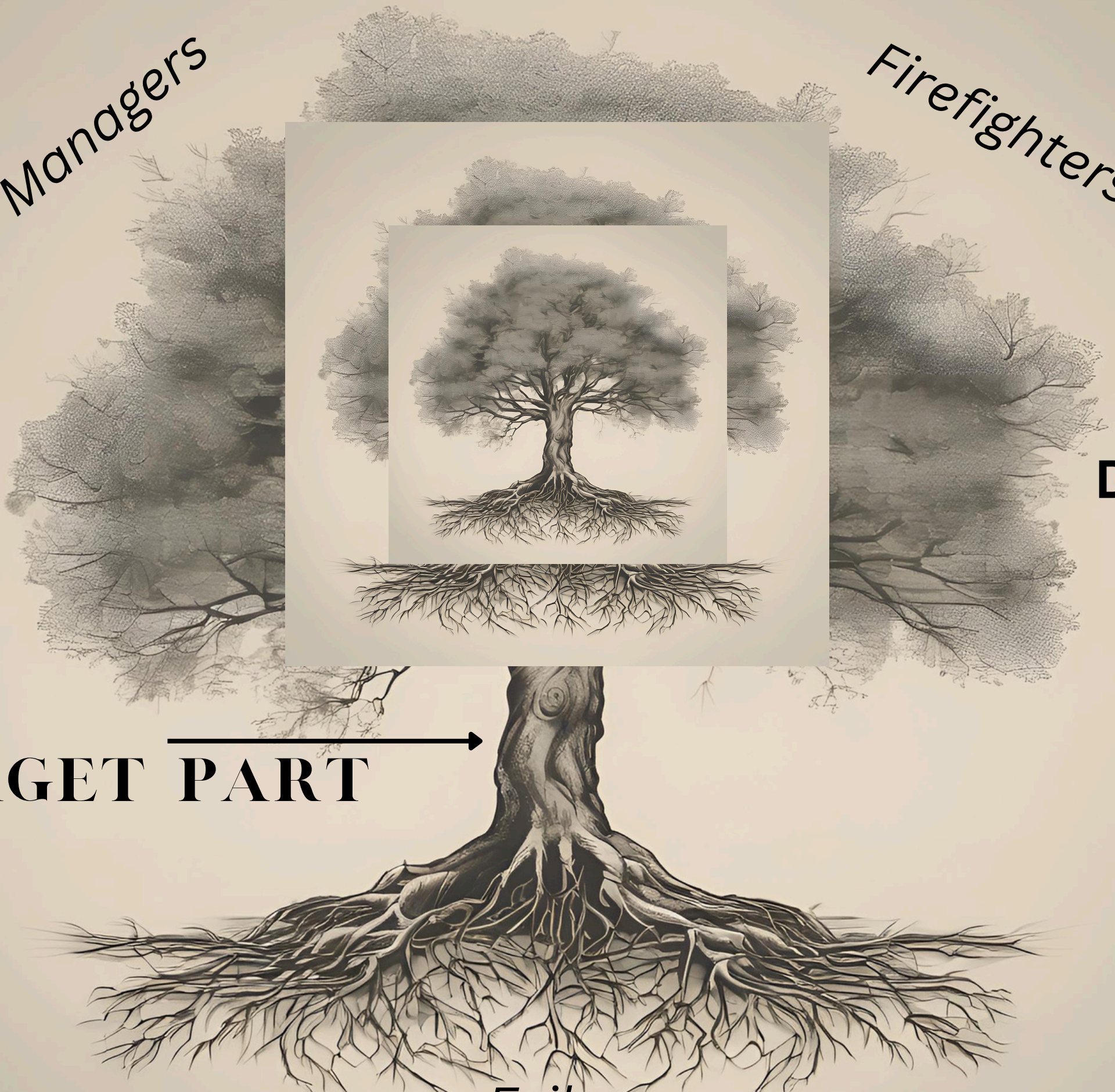
Firefighters

Layers of Protectors

Different Paths

TARGET PART →

Exiles





Trust the Wisdom
of the Client's System

Map the Constellation

Track the System

Slow Down

Ask the Client

Drop into the Body

Work with Your Own Parts

Extend Self-Energy

