Evolution of Inner Family

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we could not do this without...

Dick Schwartz, PhD
Center for Self-Leadership
Internal Family Systems
Do I contradict myself?  
Very well, then, 
I contradict myself.  
I am large, 
I contain multitudes.

Walt Whitman
Coaching the Multiplicity of Mind: A Strengths-Based Approach

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What is Thriving?

primary needs are met
drives are in service
values are served
capacities are used
Nine Biological...

Needs
Drives
Values
Strengths
Capacities
Primary Capacities & Evolution

- Bacteria: Body Regulator (self-preservation, balance)
- Amoeba: Curious Adventurer (food, sex)
- Shark: Confidence (predator/prey)
- Beehive: Standard Setter (status and role in tribe)
- Alligator: Relational (nurture young)
- Birds: Autonomy (leave nest)
- Beaver: Executive Manager (build things)
- Chimp: Creative (create tools)
- Humans: Spiritual Meaning-Maker (religion)
- Humans: Mindful Self (experience of Self)
Ambivalence is normal…

From competing needs and drives
Mindful Self

Detach
Observe
Accept
Discern emotions & voices
Biology: Body Regulator
Needs & Drives: Body Regulator

Safety
Security
Stress & recharge
Balance
Vitality
Health
Sustainability
Biology: Curious Adventurer
Needs & Drives: Curious Adventurer

Novelty
Risk
Adventure
Change
Exploration
Appetite
Biology: Confidence
Needs & Drives: Confidence

Competence
Strength
Power
Protect
Biology: Standard Setter
Needs & Drives: Standard Setter

Self-esteem
Self-respect
Self-image
Measure
Evaluate
Judge
Fairness
Biology: Relational
Needs & Drives: Relational

Love
Kindness
Compassion
Nurture
Serving others
Loyalty
Trust
Biology: Autonomy
Needs & Drives: Autonomy

Self-determination
Self-actualization
March to own drummer
Authenticity
Freedom to choose
Biology: Executive Manager
Needs & Drives: Executive Manager

Clarity
Organize
Linear analysis
Productivity
Order
Biology: Creative
Needs & Drives: Creative

Spontaneous
Nonlinear thinking
Generate ideas
Impulsive
Play
Humor
Loves beauty
Biology: Meaning Maker
Needs & Drives: Meaning Maker

Quest for answers
Find meaning
Zoom out to big picture
Inner coach
If a living system is suffering from ill health, the remedy is to connect it with more of itself.

Francisco Varela

Chilean biologist, philosopher, neuroscientist