

IFS 1st law of inner physics

Before getting close to the parts we're most afraid will overwhelm us with raw or raging emotions, we've learned **to ask those parts to not totally flood us, reassuring them that by not overwhelming us, we're more likely to listen and help them.** It turns out that whenever a part agrees to not overwhelm, it won't overwhelm. This is one of the laws of inner physics.

Ask if the part would agree to not overwhelm you. If it won't agree, [you can first get to know its fears.](#)