

# MANAGERS

Managers who are not weighed down by burdens exhibit a harmonious approach to their daily duties and obligations. They engage effectively and collaboratively. They can exhibit a caring, parental demeanor, providing nurturing guidance.

Confident  
Cooperative  
Clear  
Discerning

Helpful  
Creative in Problem Solving  
Competent  
Calm

# SELF

Self easily flows between and through parts, is more readily in the lead, and is assisted by parts. Embodies mindfulness. Grounded in the present. Is able to heal/comfort parts and speak for them without parts taking over. Inherently curious and compassionate. Acts courageously with an open heart.

Connected  
Calm  
Creative  
Accepting

Compassionate  
Intuitive  
Curious  
Clear  
Confident

# FIREFIGHTERS

Unburdened firefighters seek Self when stress is high. They engage in effective self-soothing activities and diversions.

They add passion, adventure, healthy risk-taking, and humor. They advocate for justice and fairness. They channel courage to act bravely in challenging situations.

Courageous  
Adventurous  
Confident  
Passionate

Creative  
Sensual  
Fun

# EXILES

Unburdened exiles are tender and sensitive. They have a childlike curiosity and delight. They advocate for connection and care. With a strong sense of Self as their primary caretaker, they feel more liberated to engage with others. They enjoy being open and trusting of others.

Playful  
Spontaneous  
Open  
Curious

Trusting  
Tender  
Sensitive  
Warm  
Innocent

# THE UNBURDENED SYSTEM