

MANAGERS

(Often seen as more acceptable or even desirable)

Managers proactively strive to safeguard and retain control, assuming significant responsibilities and the weight of maintaining stability. Their aim is to shield the system from vulnerability, pain, and uncertainty.

They often fear that relinquishing control might result in unfavorable consequences.

Controlling
Analyzing
Perfectionist
Criticizing
Striving
Overthinking
Judging

Care-taking
Avoiding
People-pleasing
Isolating
Pessimism

SELF

The deepest essence or center of a person. When Self is not blended with other parts, Self is wise, compassionate, and able to tend and heal the system.

Confidence
Curiosity
Clarity
Connectedness
Calmness
Creativity
Courage
Compassion

FIREFIGHTERS

(The soothers and distractors)

Firefighters react swiftly taking action when other parts encounter pain or distress that poses a potential threat of overwhelming the system. They exhibit heightened reactivity, particularly when exiled parts are triggered.

Their protective mechanism frequently involves suppressing exiled parts to alleviate intensity and escape harm. Firefighters may also overpower Manager parts as a way to maintain control over the system.

Zoning out
Excessive spending
Infidelity
Excessive social media use
Binge eating

Abusing substances
Suicidality and self-harm
Dissociating
Shutting down
Numbing

EXILES

These parts harbor profound injuries and memories of fear, sorrow, suffering, and humiliation. Subjected to rejection or trauma, they may embody a childlike essence, suspended in the past and tucked away for self-preservation. Deprived of a chance to express their pain, they grow increasingly desperate to share their story.

Sharing their narrative can leave protective parts feeling unprotected and exposed, a prospect protectors dread, fearing it could destabilize the entire system.

Not good enough
Emptiness
Loneliness
Sensitivity
Anger
Shame
Dependency
Innocence

THE BURDENED SYSTEM