

The Inner World of Parts & Self

Manager Parts

The parts of you that work hard to **proactively protect** you by trying to run daily life.

Their role is to **prevent emotional pain** by getting you to do or not do certain things so you don't experience situations that bring emotional pain.



Firefighter Parts

The parts of you that **protect you reactively** by putting out internal fires (overwhelm & distress) that are coming to the surface.

Their role is to **STOP the emotional pain.**



Self

The **Core Self** is not a part but the essence of your being. Self-energy connects you to being **calm, curious, connected, clear, creative, compassionate, courageous, & confident.**

This is the most healing energy.

Exiled Parts

The exiles are **young vulnerable parts** of you that hold wounds from trauma, overwhelm, & neglect.

The are isolated and carry **heavy burdens** of unhealed pain, terror, shame, & despair.

