

The background features several abstract, organic shapes. In the top left, a light pink shape contains several small brown dots. In the top right, a large, solid mustard yellow shape is present. At the bottom left, a light beige shape contains a cluster of small brown dots and a dark blue leaf-like graphic. At the bottom right, a light pink shape contains a white line-art graphic of a flower or starburst. The text is centered in the middle of the page.

IFS & GETTING TO KNOW YOUR PROTECTOR PARTS



IFS

&

**IDENTIFYING,
UNDERSTANDING &
EXPLORING...**

FIREFIGHTERS



PROTECTIVE PARTS:



Protective Parts assume roles that are more extreme than their true natures, in response to the circumstances that necessitate the exiling of Parts.

Protective Parts methods may have a harmful impact, but their intentions are always positive. Protective Parts must be treated with respect and kindness, no matter how adversive their strategies.

Protective Parts are often the age we were when they took on their roles.

There are two types of Protective Parts:



Managers

- ✦ Operate pre-emptively, looking ahead to the future and doing whatever they can to keep Exiled Parts at bay.
- ✦ Concerned with staying on top of things
- ✦ Focused on planning, organizing, controlling, and achieving, keeping things going.
- ✦ The more intense the affect of the Exiles, the more extreme the tactics of the Managers.



Firefighters

- ✦ Operate reactively, jumping in to lock escapee Exiles back down. They are only concerned with the present, without regard for consequences.
- ✦ Spring into action when life happens and an Exile is triggered.
- ✦ Impulsive, compulsive and/or addictive behaviors – substance abuse, dissociation – to distract, comfort, numb or check out.



VULNERABLE PARTS: EXILES



When a wounding experience occurred in the past, the internal system “Exiled” the wounded Part, like locking a metaphorical crying child in a metaphorical basement. This enables us to continue to function, rather than being overwhelmed or paralyzed by the pain contained in the Vulnerable Part.

Exiles are younger and of varying ages. An Exile is the age of the person when the wounding circumstance occurred.

Exiles are stuck in the past. Their “present” experience is eternally the wounding circumstance.

They become desperate in their attempts to be cared for, banging on the metaphorical basement door. Often, the Exile is not far from our awareness – the “basement door” is not very thick.

IFS enables us to bring Exiles out of the past and into the present, where they can release their burdens and take back their essential qualities.

IDENTIFYING PARTS

FIREFIGHTER

- First responder to emotional or psychological fires.
- Encounter a situation or emotion that is too painful, threatening, or overwhelming, the firefighter Part steps in to mitigate the distress.
- May adopt negative, unhealthy and unhelpful impulsive behavior (alcohol, substance, self-harm and eating disorders).
- Can provide relief in the short term, it may also lead to negative consequences or long-term difficulties.

MANAGER

- Maintain well-being of internal systems .
- Parts functioning in a balanced and harmonious way.
- Keeping us protected and safe.
- Organization and day-to-day functioning .
- Mediate conflicts and protect Exiled or wounded Parts of the Self.
- May pursue perfectionism and inflict harm in process.

EXILE

- The injured Parts of us and have typically experienced trauma.
- Deep emotional wounds, traumatic experiences, or unresolved issues from a person's past.
- Intense emotions, pain, and vulnerability.
- Parts pushed (Exiled) out of conscious awareness because they hold painful and distressing feelings, memories, or beliefs that the individual has difficulty dealing with.

IDENTIFYING PARTS

intervention & support

FIREFIGHTER

- Develop healthier and more adaptive coping mechanisms..
- Acknowledging and addressing the underlying emotional wounds and unmet needs that drive the firefighter's actions.
- Greater self-awareness, healing, and harmony within the internal family of sub-personalities.

MANAGER

- Help individuals explore and understand their internal dynamics and to promote healing and self-awareness.
- The goal is to develop a healthier and more integrated sense of Self by working with these different internal Parts, as sub-personalities.

EXILE

- Access, understand and heal their Exile Parts.
- Resolve the underlying wounds, provide the necessary care and attention.
- Reintegrate Exiled Parts into the person's internal system in a healthier way.
- Achieve greater self-awareness, emotional healing, and a sense of balance and harmony within their internal family of sub-personalities.

FIREFIGHTER

REACT WHEN EXILES ARE ACTIVATED

EXTINGUISH EXILES' FEELINGS.

GROUP OF PARTS

SUBSTANCE &
ALCOHOL
ABUSE



SELF-HARM

IMPULSIVE PROTECTIVE STRATEGIES

TYPES OF FIREFIGHTERS

✦ ADDICTIVE

✦ BLAMING

✦ RAGEFUL

✦ IMPULSIVE

✦ SELF-HARMING

✦ DISSOCIATION

✦ DISTRACTION

✦ AVOIDANT

✦ CRISIS MANAGEMENT

TYPES OF FIREFIGHTERS

THE BLAMING FIREFIGHTER

Manifest through thoughts, emotions, or behaviors that involve assigning responsibility or fault to external factors, individuals, or situations. This blaming tendency can serve as a defense mechanism, shielding the individual from feelings of vulnerability, shame, or guilt by shifting the focus away from their internal experiences or personal accountability. It can perpetuate patterns of conflict, resentment, or avoidance in relationships and hinder personal growth or accountability.

THE RAGEFUL FIREFIGHTER.

Emerges in response to perceived threats, injustice, or overwhelming emotions and serves a protective role by expressing intense anger or aggression as a means of coping with distressing situations or traumatic experiences. Characterized by intense anger, hostility, or aggression. This Part often arises in situations where the individual feels threatened, powerless, or invalidated, and it may seek to assert control, protect boundaries, or retaliate against perceived threats.

THE IMPULSIVE FIREFIGHTER

Serves a protective role by impulsively engaging in behaviours aimed at providing temporary relief or distraction from discomfort. The Impulsive Firefighter may manifest through impulsive actions, behaviours, or decisions that offer immediate gratification or distraction but may not align with the individual's long-term goals or values. These behaviours could include substance abuse, reckless spending, binge eating, self-harm, or other impulsive actions.

THE ADDICTIVE FIREFIGHTER

Emerges as a response to distressing emotions or overwhelming situations and serves a protective role by engaging in addictive behaviors as a means of coping with discomfort or emotional pain, providing temporary relief or escape from distressing emotions.

TYPES OF FIREFIGHTERS

THE SELF-HARMING FIREFIGHTER

Emerges in response to distressing emotions or overwhelming situations and serves a protective role by engaging in self-harming behaviors as a means of coping with intense emotional pain or internal turmoil. This can include behaviors such as cutting, burning, or other forms of self-injury.

THE DISTRACTING FIREFIGHTER

These Parts work to distract the individual from intense emotions or traumatic memories by engaging in behaviors such as substance abuse, compulsive behaviors (e.g. overeating, excessive shopping), or engaging in risky activities.

THE DISSOCIATIVE FIREFIGHTER

This Part typically emerges in response to overwhelming trauma or distressing situations and employs dissociation as a coping mechanism. Dissociation involves a disconnection from one's thoughts, feelings, memories, or sense of identity, often as a way to escape from overwhelming emotions or experiences.

THE AVOIDANT FIREFIGHTER

These Parts work to avoid or suppress difficult emotions or memories altogether. They may encourage the individual to withdraw from triggering situations or to disconnect from their emotions as a means of self-preservation.

THE CRISIS MANAGEMENT FIREFIGHTER

These Parts may take control during moments of crisis or extreme stress, employing drastic measures to ensure the individual's immediate safety or survival. While their intentions are protective, their methods can sometimes be harmful or disruptive in the long term.

FIREFIGHTER

Getting to know your Firefighter Part involves a process of identifying the origin of the Part, exploration, understanding, and building a compassionate relationship with this aspect of yourself.

Here are steps you can take to begin this process:

1. IDENTIFICATION

Situations where you experienced behaviors and feelings associated with the subtypes of the Firefighter. Explore their intensity and identify potential patterns.

2. ORIGIN

The first time this firefighter Part formed in your life, identify the initial feelings that the Firefighter Part is protecting you from. Connect this to your present life.

3. EXPLORATION

Sensations, behaviors and feelings associated with the subtypes of the Firefighter.

4. INTENTIONS & FUNCTION

The role that your Firefighter Part plays in your life. Identifying the Parts' fears and what is it protecting you from.

5. DIALOGUE

This process is not about blaming or trying to eliminate these Parts. It's about understanding their roles, appreciating their efforts, and fostering relationships based on trust and mutual respect.

6. COMPASSION

Compassion towards the Firefighter Part involves acknowledging its protective role and understanding that its actions stem from a desire to shield you from distress.

7. CORE SELF & SELF-LEADERSHIP

When working with the Firefighter Part, the Self acts as a source of stability, empathy, and understanding. Providing a safe and nurturing space for these Parts to express themselves and be heard, without judgment or criticism.

8. POSITIVE COPING PLAN

Shifting from previous protective, potentially destructive behavior to positive coping mechanisms next time the Firefighter Part becomes active and tries to take control.

EXPLORING PARTS

Exploration of **FIREFIGHTER** sensations

Note where you locate it in and/or around your body.

Parts can manifest through physical sensations in the body. These sensations indicate their presence, needs, and/or emotional states. For example, a Part that carries fear or anxiety may manifest as tension or tightness in the chest, rapid heartbeat, and/or shallow breathing. Similarly, a Part holding sadness or grief may be experienced as heaviness in the chest, lump in the throat, or tears welling up in the eyes. By tuning into these body sensations and recognizing them as signals from internal Parts, individuals can gain insight into their emotional experiences and internal dynamics.



EXPLORING PARTS

Exploration of **FIREFIGHTER** emotions

What emotions do you experience when this Part is present?

FEAR

DISTRUST

ANXIETY

ANGER

BLAME

RAGE

IMPATIENCE

DISGUST

FRUSTRATION

RESTLESSNESS

JEALOUSY

OVERWHELMED

DISCONTENT

DESPERATION

SHAME

GUILT

EXPLORING PARTS *Reflective Questions*

Exploration of **FIREFIGHTER** *behaviors*

Reflect on the intensity of how the subtypes of emotions and behaviors of the Firefighter show up for you. Are there feelings and behaviors the Firefighter Part shows more than others?

Are there any patterns in how the Firefighter reacts to different situations or emotions?

What triggers these impulsive reactions?

EXPLORING PARTS *Reflective Questions*

Exploration of **FIREFIGHTER** *behaviors*

In what situations or relationships do I become combative or confrontational?

What perceived threats or vulnerabilities trigger my Firefighter Parts?

What is the underlying fear or pain that drives these aggressive responses?

How do my Firefighter Parts affect my relationships and communication with others?

EXPLORING PARTS *Reflective Questions*

Intentions & function of **FIREFIGHTER**

Reflect on the role that your firefighter Part plays in your life.

What are the underlying motivations behind my impulsive reactions?

What are they trying to achieve?

What are they trying to avoid or numb?

What are they trying to protect you from?

EXPLORING PARTS *Reflective Questions*

Dialogue with **FIREFIGHTER**

Imagine you could talk directly to your Firefighter Part. Write down what you would like to say to it, and what it might say back to you.

What do you think they might say in response?



This dialogue can take place through various means, such as talking out loud, journaling, visualization, or guided imagery.

EXPLORING PARTS *Reflective Questions*

Core Self & **FIREFIGHTER**

When working with the Firefighter Part, the Self acts as a source of stability, empathy, and understanding. Use this space to explore your Core Self. Providing a safe and nurturing space for these Parts to express themselves and be heard, without judgment or criticism.

Some reflective questions are provided as prompts.

What qualities or characteristics do I associate with my true, authentic Self?

When do I feel most aligned with my Core Self? What situations or experiences evoke this sense of authenticity?

What values or principles guide my decisions and actions in life?

EXPLORING PARTS *Reflective Questions*

Core Self & **FIREFIGHTER**

How do I respond to challenges or adversity while embodying my Core Self?

What aspects of myself do I find difficult to accept or embrace?

How can I cultivate self-compassion and acceptance in these areas?

EXPLORING PARTS *Reflective Questions*

Self-leadership **FIREFIGHTER**

Reflect on how you can show up with self-leadership when your Firefighter Part becomes active and tries to take control. What would it look like for Self to take the lead?

What would you do differently? How would you act differently?

How would you feel?

What would others notice about you?



IFS

&

**IDENTIFYING,
UNDERSTANDING &
EXPLORING ...**

MANAGERS

MANAGERS

DISCERNING

COLLABORATIVE

ORGANIZED

RESPONSIBLE

CONFIDENT

CREATIVE

LEADER

MINDFUL

PERFECTIONISM

PLANNING

ACCOUNTABLE

PROBLEM-SOLVER

BALANCED

SELF-DISCIPLINED

NURTURING



TYPES OF MANAGERS

✦ PERFECTIONIST

✦ CONTROLLER

✦ WORKAHOLIC

✦ TASKMASTER

✦ RESPONSIBLE

✦ CARETAKER

✦ AVOIDANT

✦ OVERACHIEVER

✦ ANXIOUS

✦ STRUCTURED

✦ CRITIC

TYPES OF MANAGERS

THE PERFECTIONIST MANAGER

This type of Manager is characterized by a strong emphasis on perfectionism, setting high standards, and striving for excellence in all areas of life. It may be critical of oneself and others, seeking to avoid mistakes and maintain control.

THE CONTROLLING MANAGER

The Controlling Manager is focused on maintaining order, structure, and control in both internal and external environments. It may resist uncertainty or change, preferring rigid rules and routines to manage situations.

THE TASKMASTER MANAGER

Taskmaster Managers are highly task-oriented and focused on productivity and efficiency. They excel at organization, planning, and problem-solving, but may struggle with flexibility or adaptability in dynamic situations.

THE CARETAKER MANAGER

This type of manager is concerned with the well-being of others, often taking on a caretaking or nurturing role within the internal system. It may prioritize the needs of others over its own, seeking to provide support and guidance.

THE AVOIDANT MANAGER

Avoidant Managers tend to avoid or suppress vulnerable emotions and difficult situations, preferring to focus on tasks or distractions instead. They may struggle with relaxation or self-care, feeling uncomfortable with introspection or emotional expression.

THE OVERACHIEVER MANAGER

Overachievers Managers are driven by a strong desire for success and accomplishment. They may set ambitious goals and pursue achievements to validate their worthiness or competence, sometimes at the expense of their well-being.

TYPES OF MANAGERS

THE WORKAHOLIC MANAGER

Workaholic Managers are excessively focused on work or productivity, often to the detriment of other areas of life. They may have difficulty setting boundaries or prioritizing self-care, feeling restless or guilty when not engaged in tasks.

THE ANXIOUS MANAGER

Anxious Managers are characterized by heightened levels of anxiety and worry. They may anticipate potential problems or dangers, constantly seeking to mitigate risks and ensure safety in both internal and external environments.

THE RESPONSIBLE MANAGER

Responsible Managers carry a strong sense of duty and responsibility towards themselves and others. They may take on multiple roles or tasks, prioritizing obligations and striving to meet expectations, even at personal cost.

THE STRUCTURED MANAGER

Structured Managers thrive in environments with clear rules and guidelines. They prefer predictability and routine, feeling uncomfortable with ambiguity or spontaneity. They may excel at following protocols and procedures but struggle with improvisation or flexibility.

THE CRITIC MANAGER

The Critic Manager is characterized by a strong tendency to critically evaluate and scrutinize the individual's actions, decisions, and achievements. It may focus on perceived flaws, mistakes, or shortcomings, highlighting areas for improvement or correction. The Critic constantly judges and criticizes the individual to push them to do better or avoid mistakes.

MANAGERS

1. RECOGNITION

Acknowledge the presence of your Manager Part. Recognize that this Part emerged as a protective response to help you navigate life's challenges and responsibilities.

2. OBSERVATION

Pay close attention to the thoughts, beliefs, and behaviours associated with your Manager Part. Notice when it becomes active and how it influences your decision-making process and actions.

3. UNDERSTANDING PURPOSE

Reflect on the role that your Manager Part plays in your life. Understand how the Manager Part navigates and copes with the challenges of life in a way that promotes safety, stability, and functionality.

4. SELF-COMPASSION

Approach your Manager Part with kindness and empathy. Understand that it intends to keep you safe and organized, even if its strategies may sometimes feel restrictive or rigid.

5. COMMUNICATION

Foster open dialogue with your Manager Part. Understand its concerns, fears, and desires, and listen attentively to its responses.

6. VALIDATION

Validate the experiences and emotions of your Manager Part. Validation can help build a sense of trust and cooperation between you and this Part.

7. COLLABORATION

Work towards collaboration with your Manager Part. Strive to find common ground and negotiate compromises when necessary. Recognize that you are ultimately in charge of your internal system, but that your Manager Part can be a valuable ally in achieving your goals.

8.

INTEGRATION & SELF-LEADERSHIP

Integrate your Manager Part into your internal system with Self-leadership. Instead of allowing it to dominate or dictate your actions, lead with compassion, wisdom, and balance. Maintain awareness of your other Parts and strive for harmony within your internal system.

EXPLORING PARTS *Reflective Questions*

Recognition of **MANAGERS**

Examine the characteristics of each type of Manager. Identify the traits that are most relevant in recognizing how these qualities have developed as protective responses to assist you in navigating life's challenges and responsibilities.

THE PERFECTIONIST MANAGER

- High Standards
- Attention to Detail
- Comparison with Others
- Procrastination
- Impaired Enjoyment
- Fear of Failure
- Self-Criticism
- Inner Conflict
- Rigidity

Protective Intent:

Despite its harshness, the Perfectionist Manager ultimately emerges as a protective mechanism aimed at preventing failure, rejection, or harm. Its pursuit of perfection may be an attempt to anticipate and mitigate potential threats to the individual's well-being.

THE CONTROLLING MANAGER

- Need for Predictability
- Rigidity and Inflexibility
- Conflict with Autonomy
- Desire for Control
- Micromanagement
- Boundary Issues
- Perfectionism
- Emotional Regulation
- Fear of Failure or Loss

Protective Intent:

Despite its rigid and controlling behaviors, the Controlling Manager ultimately emerges as a protective mechanism aimed at maintaining order, stability, and safety in the individual's internal and external environments. Its controlling tendencies may be an attempt to prevent perceived threats and ensure the individual's well-being.

THE TASKMASTER MANAGER

- Focus on Productivity
- Live for Excellence
- Organization and Planning
- Time Management
- Accountability
- Goal-Oriented
- Problem-Solving
- Efficiency
- Adaptability

Protective Intent:

While the Taskmaster Manager prioritizes productivity and task completion, it also recognizes the importance of balance and may allow space for rest, relaxation, and Self-care. It understands the need for downtime and rejuvenation to maintain long-term well-being.

EXPLORING PARTS *Reflective Questions*

Recognition of MANAGERS

THE CARETAKER MANAGER

- Codependency
- Nurturing and Supportive
- Empathy and Compassion
- Conflict Avoidance
- Self-Sacrifice
- Boundary Issues
- Overidentification with Others
- Sense of Purpose

Self-Reflection and Growth:

It is encouraged to explore and understand the motivations and dynamics of their Caretaker Manager. By cultivating Self-awareness and Self-compassion, individuals can learn to balance caregiving responsibilities with their own needs and well-being, fostering healthier relationships and personal growth within the internal system.

THE AVOIDANT MANAGER

- Emotional Suppression
- Self-Reliance
- Difficulty with Intimacy
- Conflict Avoidance
- Isolation
- Fear of Rejection
- Perfectionism
- Avoidance of Vulnerability
- Distraction and Disengagement

Inner Conflict:

The presence of the Avoidant Manager can create inner conflict within the individual, as they struggle to balance the desire for safety and avoidance with the need for connection and authenticity. This inner conflict may manifest as feelings of loneliness, emptiness, or disconnection.

THE OVERACHIEVER MANAGER

- Drive for Excellence
- High Standards
- Strong work Ethic
- Competitiveness
- Fear of Failure
- Perfectionism
- Self-Identity
- Impaired Enjoyment
- Balance and Rest

Inner

Conflict:

The presence of the Overachiever Manager can create inner conflict within the individual, as they struggle to balance their drive for success with the need for rest, relaxation, and Self-care. This inner conflict may manifest as feelings of anxiety, stress, or dissatisfaction.

EXPLORING PARTS *Reflective Questions*

Recognition of MANAGERS

THE WORKAHOLIC MANAGER

- Inability to Rest
- Identity Tied to Work
- Long Hours and Overcommitment
- Fear of Inadequacy
- Escapism and Avoidance
- Health Impacts
- Perfectionism
- Obsession with Work
- Impaired Relationships

Inner Conflict:

The presence of the Workaholic Manager can create inner conflict within the individual, as they struggle to balance their drive for career success with the need for rest, relaxation, and meaningful connections in other areas of life.

THE ANXIOUS MANAGER

- Hyper-vigilance
- Over-preparedness
- Impaired Decision-Making
- Excessive Worry
- Perfectionism
- Physical Symptoms
- Difficulty Relaxing
- Avoidance Behaviors
- Catastrophic Thinking

Inner Conflict:

The presence of the Anxious Manager can create inner conflict within the individual, as they struggle to balance their concerns about potential threats or dangers with the need for calm, confidence, and assertiveness in navigating life's challenges.

THE RESPONSIBLE MANAGER

- Accountability
- Problem-Solving
- Empathy and Consideration
- Reliability
- Self-Reflection
- Perfectionism
- Adaptability
- Organizational Skills
- Initiative

Balance and harmony:

The Responsible Manager strives to maintain a balance between work, personal life, and Self-care. It recognizes the importance of taking breaks, nurturing relationships, and prioritizing well-being amidst its responsibilities and commitments. The presence of the Responsible Manager contributes to inner harmony within the individual, as they feel a sense of confidence, competence, and agency in navigating life's challenges and responsibilities.

EXPLORING PARTS *Reflective Questions*

Recognition of **MANAGERS**

THE STRUCTURED MANAGER

- Organization
- Attention to Detail
- Time Management
- Adherence to Rules and Guidelines
- Planning and Preparation
- Resistance to Change
- Attention to Detail
- Consistency and Predictability
- Efficiency and Productivity
- Sense of Control

Emotional

Regulation:

The Structured Manager may use structure and routine as a means of regulating emotions and managing stress. It may find comfort and stability in familiar patterns and rituals, helping to create a sense of order amidst chaos or uncertainty.

THE CRITIC MANAGER

- Self-Criticism
- Internalized Voices
- Perpetual Dissatisfaction
- Comparisons to Others
- Perfectionism
- Impaired Self-Esteem
- Fear of Failure
- Impact on Motivation
- Harsh Inner Dialogue

Inner

Conflict:

The presence of the Critic Manager can create inner conflict within the individual, as they struggle to balance their desire for Self-improvement with the need for Self-compassion and acceptance. This inner conflict may manifest as feelings of anxiety, self-doubt, or low self-esteem.

After doing this self-assessment, which Manager shows up for you the most? Reflect on why this Manager may have stepped forward. Perhaps there was a recent situation where you felt overwhelmed?

EXPLORING PARTS *Reflective Questions*

Observations of **MANAGERS**

Pay close attention to the thoughts, beliefs, and behaviors associated with your Manager Part. Notice when it becomes active and how it influences your decision-making process and actions. Here are some reflective questions to observe and note:

What situations activate this Manager Part?

What feelings and actions accompany this Manager Part?

When active, how does this Manager Part impact your decision-making?

What function does this Manager Part have? What is its role, and how does help you manage your life?

EXPLORING PARTS *Reflective Questions*

Understanding Purpose of **MANAGERS**

Reflect on the role that your Manager Part plays in your life. Understanding its underlying motivations can provide valuable insight.

What triggers its involvement? Identify the specific triggers that cause your Managerial behaviors to become more pronounced?

What positive intent may it have for you? What is it trying to achieve?

How does it try to protect you? What is it trying to protect you from?

EXPLORING PARTS *Reflective Questions*

Understanding Purpose of **MANAGERS**

Reflect on how your Managers impact your relationships, work and sense of Self.

Relationships

What is its relationship with other people?

How do those around you react when you are in that Part?

Work

Productivity, performance, work culture, engagement, communication, collaboration, conflict resolution, decision-making, leadership and work-life balance.

Sense of Self

How does your Manager Part shape your Self-concept and beliefs about yourself? How does it influence your core values, beliefs, thoughts, attitudes, and assumptions?

EXPLORING PARTS *Reflective Questions*

Self-compassion MANAGERS

Transform self-criticism into Self-compassion. Transforming self-criticism into Self-compassion with Manager Parts involves acknowledging and understanding the underlying intentions of the self-critical Part, and then working to shift its perspective towards a more compassionate and supportive stance.

What self-critical thoughts or inner judgments do I often hear in my mind?

Where do these critical voices come from, and what do they try to protect me from?

How do these critical thoughts impact my self-esteem and self-worth?

What steps can I take to counteract the influence of my Critics and cultivate Self-compassion?

EXPLORING PARTS *Reflective Questions*

Communication with **MANAGERS**

Foster open dialogue with your Manager Part. This can be done through journaling, visualization, or simply by speaking to it internally. Ask questions to understand its concerns, fears, and desires, and listen attentively to its responses.

What are the fears or anxieties that drive my need for control?

What are the desires of this Part?

How can I foster non-judgemental and empathetic communication between Self and Parts?

EXPLORING PARTS *Reflective Questions*

Communication with **MANAGERS**

How will you let the Manager Part know when their behaviors or attitudes are becoming excessive or harmful, and guide them towards more adaptive strategies?

How can you establish boundaries with your Manager Parts to ensure that their influence remains constructive and balanced?

EXPLORING PARTS *Reflective Questions*

Collaboration of **MANAGERS**

Fostering communication, understanding, and teamwork among these internal aspects to promote harmony and effectiveness in managing various aspects of one's life. Here's how collaboration among Manager Parts can be facilitated:

Work towards negotiating collaboration with the Manager Parts by finding common ground and identifying shared goals. List these goals here:

Identify roles and responsibilities based on their strengths and areas of expertise. Ensure that each Part feels valued and empowered to contribute to the collective effort.

Identify conflicts or disagreements among Manager Parts constructively by facilitating dialogue, understanding underlying concerns, and finding mutually agreeable solutions. Encourage compromise and flexibility to maintain harmony within the internal system.

EXPLORING PARTS *Reflective Questions*

Collaboration of **MANAGERS**

How can you foster self-reflection and personal growth? Think of the continuous learning and development for all Parts involved.

How can you acknowledge and celebrate successes and achievements resulting from collaborative efforts among your Manager Parts?

What can you do to cultivate a supportive inner environment where Manager Parts feel safe, respected, and valued?

EXPLORING PARTS *Reflective Questions*

Integration & Self-leadership **MANAGERS**

Self-leadership refers to the ability to influence oneself toward achieving personal and professional goals, effectively managing one's thoughts, feelings, and behaviors.

What are your personal goals?

What are your professional goals?

What are your strengths to achieving these goals?

What are potential weaknesses in achieving your goals?

EXPLORING PARTS *Reflective Questions*

Integration & Self-leadership **MANAGERS**

Think about the power of Self-leadership. Reflect on how you can show up for yourself with Self-leadership when your Manager Part becomes active and tries to take control.

How can you act differently from a place of Self-leadership?

What would others notice about you?

How would this impact your thoughts, emotions and behaviors?

When your Manager Parts tries to take control, how can you practice Self-discipline and emotional self-control to stay aligned with your goals and values?
