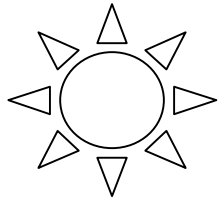


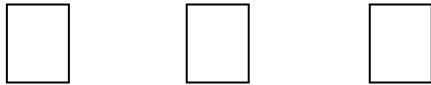
# INTERNAL FAMILY SYSTEMS™



## Self

### Qualities of the Self

<b>Compassion</b>	<b>Confidence</b>
<b>Curiosity</b>	<b>Calm</b>
<b>Courage</b>	<b>Clarity</b>
<b>Creativity</b>	<b>Connectedness</b>



**Managers**  
“Just Do It”  
“Brace Up”

- ❖ Proactive, future-oriented, analytic parts
- ❖ Run daily life
- ❖ Attempt to keep control for survival
- ❖ Attempt to protect parts from hurt/rejection
- ❖ Ex: Inner Critics, Worriers, Counterphobic Parts

**Protector  
Parts**



**Firefighters**  
“Whatever it  
Takes”

- ❖ Reactive Parts that attempt to control and extinguish feelings from Exiles
- ❖ Protect person from feelings of Exiles and Exiles from being hurt again
- ❖ Same goal as Managers, but more extreme and automatic strategies
- ❖ Ex: eating disorders, substance abuse, dissociation, self-injury, workaholism, suicidal feelings



**Exiles**

- ❖ Young, often traumatized, parts that carry extreme emotions and beliefs, “Burdens”
- ❖ Can be desperate to be rescued and get their story told, flooding person with feelings
- ❖ Can be triggered by circumstances and flood the person – “flashbacks”
- ❖ Can leave person feeling vulnerable, fragile, overwhelmed

**Exiles**