

common parts

manager

perfectionist

must do to prevent
judgement

firefighter

numbing

blanks out emotions
to avoid overwhelm

exile

shame

believes you are
not enough

firefighter

angry

gets loud, sharp or
explosive to defend

exile

fearful

holds anxiety, panic or
terror from past

manager

pleaser

focuses on others'
needs to feel safe

firefighter

avoider

procrastinates or
detaches to escape

exile

lonely

feels deeply
isolated or unseen

manager

inner critic

self-critical to keep
you in line

firefighter

addicted

seeks relief in drugs,
screens, or habits

exile

abandoned

feels unwanted
or rejected

manager

overthinker

stuck in loops trying
to solve or prevent

firefighter

comfort

binges food, shopping
or shows to sooth

exile

helpless

feels stuck, small or
powerless

manager

controller

controls outcomes,
people or emotions

manager

planner

strategizes to avoid
uncertainty or pain

exile

unlovable

believes acceptance
is out of reach

firefighter

saboteur

derails progress to
prevent exposure

manager

responsible

must carry all to
prevent collapse

exile

grieving

carries sadness
and loss

all parts are
welcome

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