

# common parts

manager

perfectionist

must do to prevent judgement

exile

fearful

holds anxiety, panic or terror from past

manager

inner critic

self-critical to keep you in line

firefighter

comfort

binges food, shopping or shows to sooth

exile

unlovable

believes acceptance is out of reach

exile

shame

believes you are not enough

firefighter

avoider

procrastinates or detaches to escape

exile

abandoned

feels unwanted or rejected

manager

controller

controls outcomes, people or emotions

manager

responsible

must carry all to prevent collapse

firefighter

numbing

blanks out emotions to avoid overwhelm

manager

pleaser

focuses on others' needs to feel safe

firefighter

angry

gets loud, sharp or explosive to defend

exile

lonely

feels deeply isolated or unseen

manager

overthinker

stuck in loops trying to solve or prevent

exile

helpless

feels stuck, small or powerless

manager

planner

strategizes to avoid uncertainty or pain

firefighter

saboteur

derails progress to prevent exposure

exile

grieving

carries sadness and loss

all parts are welcome

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