

AVATAR, THE LAST AIRBENDER

TOPH

BORN INTO DARKNESS

TOPH WAS DENIED A
NORMAL CHILDHOOD

BLIND

TINY

FRAGILE

EXILE

THE HELPLESS CHILD

OVERPROTECTED AND
UNDERESTIMATED BY PARENTS

WEAK BECAUSE SHE IS BLIND

THE UNHEARD ONE

BEING TREATED AS
FRAGILE AND
INCAPABLE

UNSEEN
AND MET
WITH
DISBELIEF

BURDEN



PROTECTORS

THE BLIND BANDIT

A MANAGER PART THAT DOMINATES
WITH A FORMIDABLE STRENGTH TO
KEEP VULNERABILITY HIDDEN AND
CONTAINED

THE RUNAWAY

A FIREFIGHTER PART THAT CHOOSES
FLIGHT AND FREEDOM TO EXTINGUISH
FEELINGS OF HELPLESSNESS

BY LISTENING AND WAITING, WE
RESPOND INSTEAD OF REACTING