

Once, when I was little, the teacher handed me back my exercise and said:

This is rubbish! You're as dumb as a thumb. But at least a thumb is useful ... you're useless!



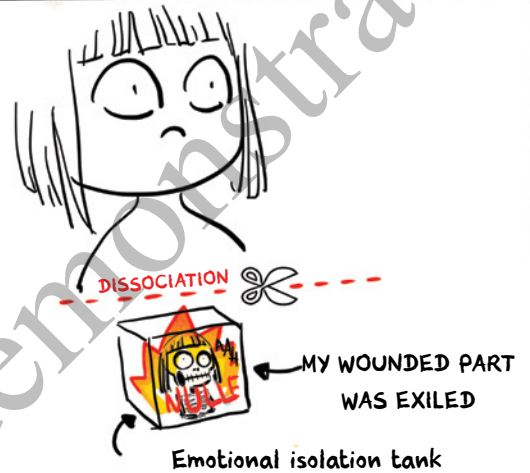
For the little girl that I was, hardwired to just give and receive love, it was like receiving an electric shock!



Since there was no one there to help me deal with these extreme emotions...



... this part was exiled so that the intensity of the emotion wouldn't jeopardize my whole internal system.



In the same moment, out of love for this exiled part, another part said:

It's too painful!
NEVER AGAIN!
NO MORE MISTAKES!



These parts are called "managers", because they try to control the environment to protect the wounded part.

But sometimes, these manager parts aren't able to avoid situations that reopen the wound of the exiled part...

Darn! I wasn't able to avoid it!

It's good, but we could improve this ...

