

That's when the "firefighter" parts get involved, to urgently try to put out the fire of the emotion.

For the firefighter parts, anything goes to create a diversion and put out the emotion :



FIREFIGHTER

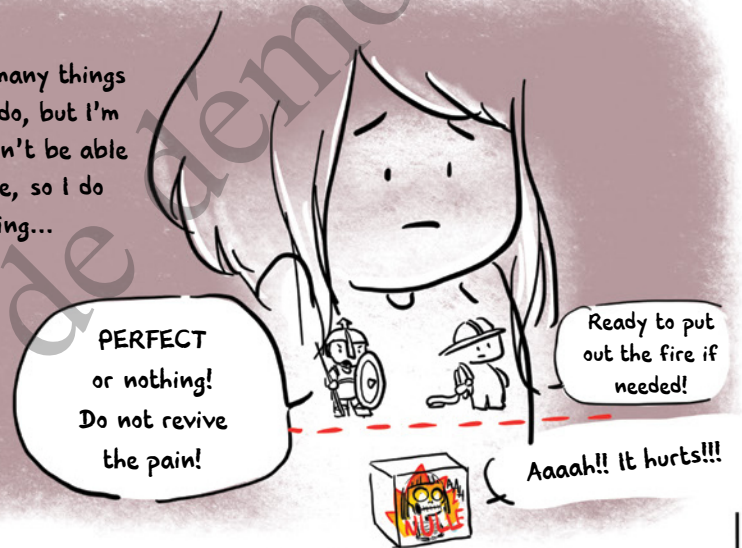
eating, drinking, social media, alcohol, sex, drugs, video games, workaholism, TV series... basically any possible form of addiction that will stop the pain from being felt.

(Every reactivation of the wound reinforces the manager, who becomes more and more extreme.)

I'd completely forgotten about that incident with the teacher...

But until recently that behaviour was still very much present in my life :

There are many things I'd like to do, but I'm scared I won't be able to manage, so I do nothing...



PROTECTORS

Avoid risky situations !

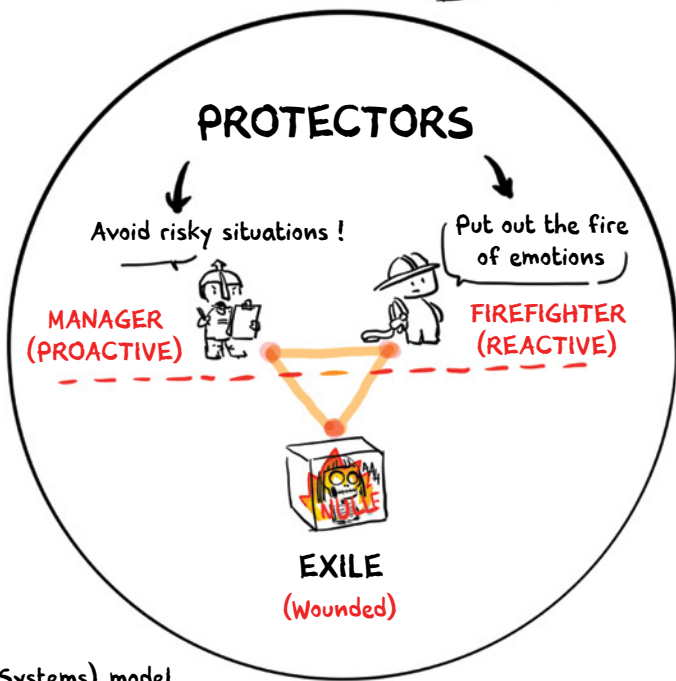
Put out the fire of emotions

MANAGER (PROACTIVE)

FIREFIGHTER (REACTIVE)

EXILE (Wounded)

It's quite a standard triangle*:



*According to the IFS (Internal Family Systems) model.