



The wounded parts are those that are afraid of... :

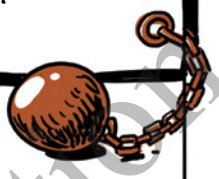
- being abandoned
- being rejected
- being humiliated
- being judged
- being betrayed
- not fitting in
- not having their place
- suffering injustice
- etc.



They carry **BURDENS**, usually something like:  
"I'm not allowed to...":

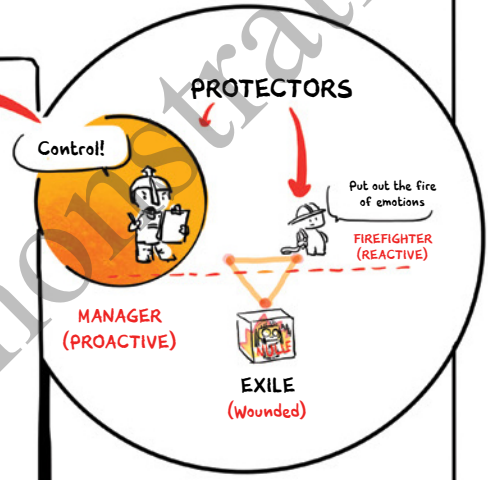
- say no
- have needs
- shine
- cry
- show my weaknesses
- make mistakes
- have fun/be fulfilled
- be loved
- be myself
- etc.

(Some burdens come from personal history. Others are inherited through culture and family, and can go back several generations! ... See p. 72)

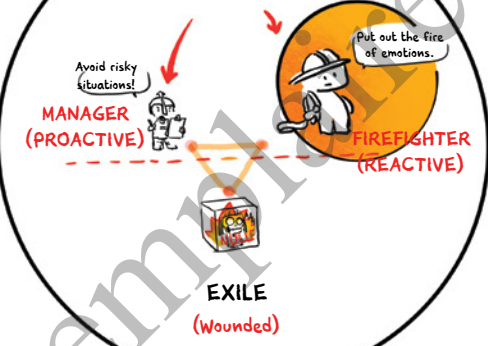


The **MANAGERS** have plenty of strategies to avoid risky situations:

- criticizing myself (trying to control my inner world)
- criticizing others (trying to control my outside world)
- being kind/helpful
- seeking perfection
- having high expectations of others/myself
- wearing masks/over-adapting
- self-sabotaging myself
- etc.



**PROTECTORS**



The firefighters have plenty of strategies to create a diversion and avoid feeling the pain of the wounded parts:

- eating
- daydreaming
- fooling around to create a distraction
- creating distance
- all forms of addiction (work, sex, drugs, alcohol, social media, shopping, TV series, video games, etc.)
- getting angry/into a rage, attacking
- and even self-harm/suicide
- etc.

Oh wow! I feel like I'm making sense of so many things in my life!! It's crazy!!

Yes, me too! It's completely changed the way I see things!