

Our Inner System: When we are looking to make changes in ourselves or in our lives, it is helpful to explore and understand the parts of us that are involved in creating or maintaining the way things currently are.

(This information is adapted from Richard Schwartz's Internal Family Systems model.)

**Common
Protectors:**

Judgmental
Avoidant
Intellectual
Critical
Anxious
Hypervigilant
Perfectionist
People Pleaser
Anger
Distracting
Hiding
Addiction
Dissociation
Care Taking
Self-Sacrificing
Controlling
Skeptical
Martyr
Guilt

Protectors – Anticipate, react to, or manage real or perceived danger.

They always have a positive intention to help or protect you, despite the way they are going about it. They attempt to protect the Self from being overwhelmed by the pain of the exile and from ever getting hurt again.

Common Feeling: Fear

Exile – Parts of us that are exiled.

Exiles are stuck in the past holding the pain, trauma, and vulnerability alone.

Common Feelings: Emotional Pain, Physical Pain, Fragile, Unlovable, Worthless, Not Enough, Abandoned, Alone, Rejected, Empty, Hopeless, Helpless, Terror, Sad, Powerless.

