

Managers

Protectors of the system. Attempt to keep the person in control of every situation and relationship in order to protect him or her from feeling hurt or rejected.

Controller - Striver - Caretaker

Judge - Passive - Pessimist

Planner - Self-critical

Self

Core, or center of the person. When differentiated, acts as active, compassionate leader.

Calmness - Curiosity - Compassion

Connectedness - Confidence

Creativity - Courage - Clarity

Firefighters

Firefighters also protect the system but act after exiles are upset to either soothe them or distract from them. Any activity can be used to get away from exiles, but common ones include:

Addictions (sleep, shopping, work, sex, diet, exercise, computer, video games, and more)

Binge eating

Suicidality

Self-harm

Violence

Dissociation

Distraction

Obsession

Compulsion

Fantasy

Rage

Exiles

Hold painful emotions that have been isolated from the conscious self for protection of the system or for the parts' safety. Become increasingly extreme in an effort to be cared for and share their story. Carry burdens from being wounded.

Dependency - Shame - Worthlessness - Fear/Terror

Grief/Loss - Loneliness - Neediness - Pain