

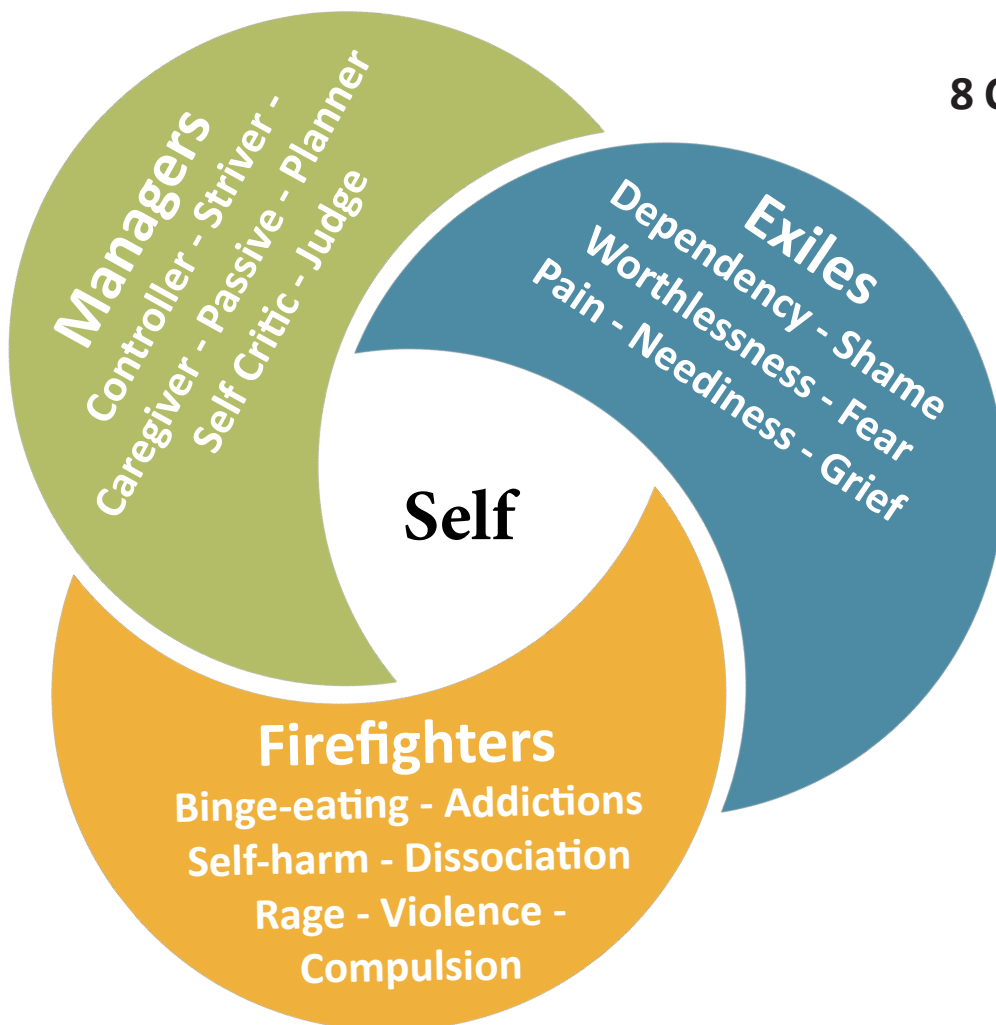
# Understanding Parts

*(identify parts and their functions)*

According to the Internal Family Systems theory, all people have different internal parts that help them to feel safe and in control, as well as a self who can and should lead the individual's internal system.

## The Internal System

- **Managers** are protectors of the system. They attempt to keep the person in control of every situation or relationship to protect him or her from being hurt or rejected.
- **Exiles** hold painful emotions that have been isolated from the conscious self for protection of the system. They become increasingly extreme in an effort to care for the system and share their story.
- **Firefighters** protect the system, but act after exiles are upset to soothe or distract them.
- **Self** is the core or center of the person that can act as a compassionate leader.



## 8 C's of Self Leadership

Calmness  
Curiosity  
Compassion  
Connectedness  
Confidence  
Creativity  
Courage  
Clarity