

# INTERNAL FAMILY SYSTEMS PROTECTORs

## MANAGERS

Proactive parts that try to keep us safe by controlling other parts, people, or situations

e.g. criticising, planning, caretaking, pessimism, judging, numbing.

## SELF

calm, curious, creative, clear  
connected, compassionate  
confident, courageous

The YOU that's  
not a part

## FIREFIGHTERS

Reactive emergency responders that swoop in when the system is at risk of overwhelm

e.g. substance abuse, bingeing, dissociating, self-harm, suicidal thoughts, rage.

## EXILES

Vulnerable, usually young parts that hold trauma, pain, fear, and shame

They are shut away to keep them safe, but also to stop them from overwhelming the system

# Self And Family

**Karin Nielsen-Saines**



## **Self And Family:**

The book delves into Self And Family. Self And Family is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Self And Family, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Self And Family
- Chapter 2: Essential Elements of Self And Family
- Chapter 3: Self And Family in Everyday Life
- Chapter 4: Self And Family in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Self And Family. This chapter will explore what Self And Family is, why Self And Family is vital, and how to effectively learn about Self And Family.
3. In chapter 2, this book will delve into the foundational concepts of Self And Family. This chapter will elucidate the essential principles that must be understood to grasp Self And Family in its entirety.
4. In chapter 3, the author will examine the practical applications of Self And Family in daily life. This chapter will showcase real-world examples of how Self And Family can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Self And Family in specific contexts. The fourth chapter will explore how Self And Family is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Self And Family. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Self And Family.

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