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IFS WORKSHEETS

'Manager Protectors'

A Helpful Guide To
**SELF
AWARENESS**

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DISCOVERING MANAGER PROTECTORS

Meet Your Manager

Manager Protectors are parts that help us accomplish goals and maintain control. They protect our more vulnerable childlike parts that often have been exiled.

Some examples of Manager Protector parts include:



PLANNER



CRITIC



ANALYZER



PREDICTOR



CARETAKER



PEOPLE
PLEASER



MIND READER



COMPETITOR



RUMINATOR



DEFENDER



PEACEMAKER



PERSUADER



HERO



JOKER



PERFORMER



WORRIER

Circle any of the above managers parts that you resonate with.
Add any of your own that aren't listed.



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Meet Your Manager

Choose one Manager Protector and describe how it shows up in your life.

- _____
- _____
- _____

*As you think about this part, see if you can connect an image to it.
It may help to use archetypal characters, cartoon characters, professional roles,
animals, inanimate objects, or different versions of yourself.*

*Some examples may include queen/king, fortune teller, soldier, secretary, boxer,
tasmanian devil, shark, butterfly, wall, water, dam, fortress*

✦ (Write three words that describe your manager protectors)

My Manager Is: _____ , _____ , _____

*This exercise may be the first time identifying an inner manager part. You may have
been aware of this aspect of yourself for a while but just considered it who you are.*

*This is called “blending” with your parts. When doing this exercise you “unblended”
to some degree in order to describe the part.*

Great Job!! Always remember to thank the part(s) for the information it gave you
and let it know you will be reconnecting in the future!

Date

Completed:



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FEEL & SENSE THE PART

Target Manager Part: ➤ _____

Describe a situation where this Manager Protector came into action, took over or tried to run the show.

- _____
- _____

What qualities showed up with this part?

Quality Trait	Your Response
Tone of voice?	
Gestures?	
Facial expressions?	
Behavior?	
Thoughts?	

Describe any body sensations you experienced when this part showed up. For example, muscle tension, racing heart beat, stomach pain, pressure in head, adrenaline rush, etc

- _____

Intensity: ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10



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Describe any emotions you felt while this part was active during the above situation, such as anxiety, excitement, panic, fear, anger, or sadness.

- _____
- _____

Describe how you sense or picture in your mind what this part looks like? Some people are able to visualize their parts, while others just sense them. It may help to refer to Worksheet #1, question 3 about archetypes.

- _____
- _____

Before leaving this exercise, it's always important to extend gratitude to the Targeted Part for the work it does to protect you.

*If this is difficult, just notice how you feel toward the part. Always remember to thank the part(s) for the information it has given you and let it know you will be reconnecting in the future. **Great Job!!***

Date _____
Completed: _____



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CONNECTING AND COMMUNICATING

Target Manager Part: ➤ _____

To connect with a part, focus on the qualities, body sensations, emotions and imagery from Worksheet #2. Review worksheet #2.

Once you get a sense of this part, silently send the following questions to it, and wait for an answer. If you get a response, record it in the spaces below.

(Note: Try not to force an answer or come up with an answer you think the part would say. Just pause and give some time for a response to arise. If nothing happens that is ok. The part may not be ready to communicate, or another protector may be blocking it.)

Questions to ask the Target Part:

Your Question	(record the Part's responses)
What is your main job?	
How are you trying to help me?	
What part are you trying to protect?	
What do you fear would happen if you didn't do what you do?	
What do you need from me?	

Before leaving this exercise, it's always important to extend gratitude to the Targeted Part for the work it does to protect you. If this is difficult, just notice how you feel toward the part.

*Always remember to thank the part(s) for the information it has given you and let it know you will be reconnecting in the future. **Great Job!!***

Date

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