



CINDY LEVY  
..... L M F T .....  
EMDR & IFS SPECIALIST

# IFS WORKSHEETS

## ‘Finding Your Inner Firefighters’

A Helpful Guide To  
**SELF  
AWARENESS**

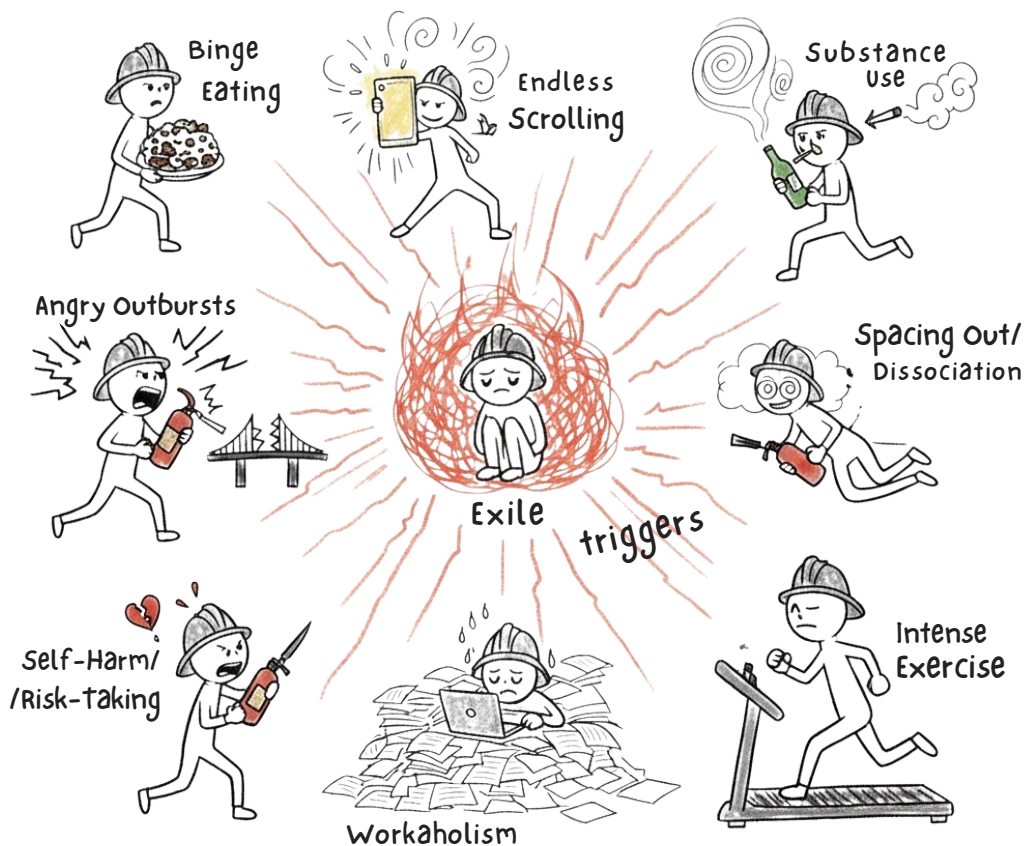
Cindy Levy, LMFT  
2026

# FINDING YOUR INNER FIREFIGHTER PROTECTORS

## What Are Inner Firefighters?

*Inner Firefighters are protective parts that step in quickly to extinguish, put out, or numb painful emotions. They often show up through behaviors such as substance use, compulsive comfort eating, impulsive shopping, high-risk or reckless activities, pornography or sex addiction, excessive social media scrolling, self-harm behaviors, binge TV watching, video game addiction, oversleeping, or dissociating into fantasy.*

*These parts are not "bad." Their goal is to help you survive emotional pain.*



## Reflection Questions

Can you identify a Fire Fighter Protector part that shows up in your life?  
Describe below.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Reflection Questions Continued

Describe a recent situation where this firefighter protector showed up.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What painful thoughts and feeling(s) was this Fire Fighter Protector trying to put out or numb for you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What do you fear would happen if this Fire Fighter Protector didn't show up?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are the costs and benefits of having this Fire Fighter Protector show up for you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Date

Completed: