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IFS WORKSHEETS

‘Finding Your Inner
Firefighters’

A Helpful Guide To
SELF
AWARENESS

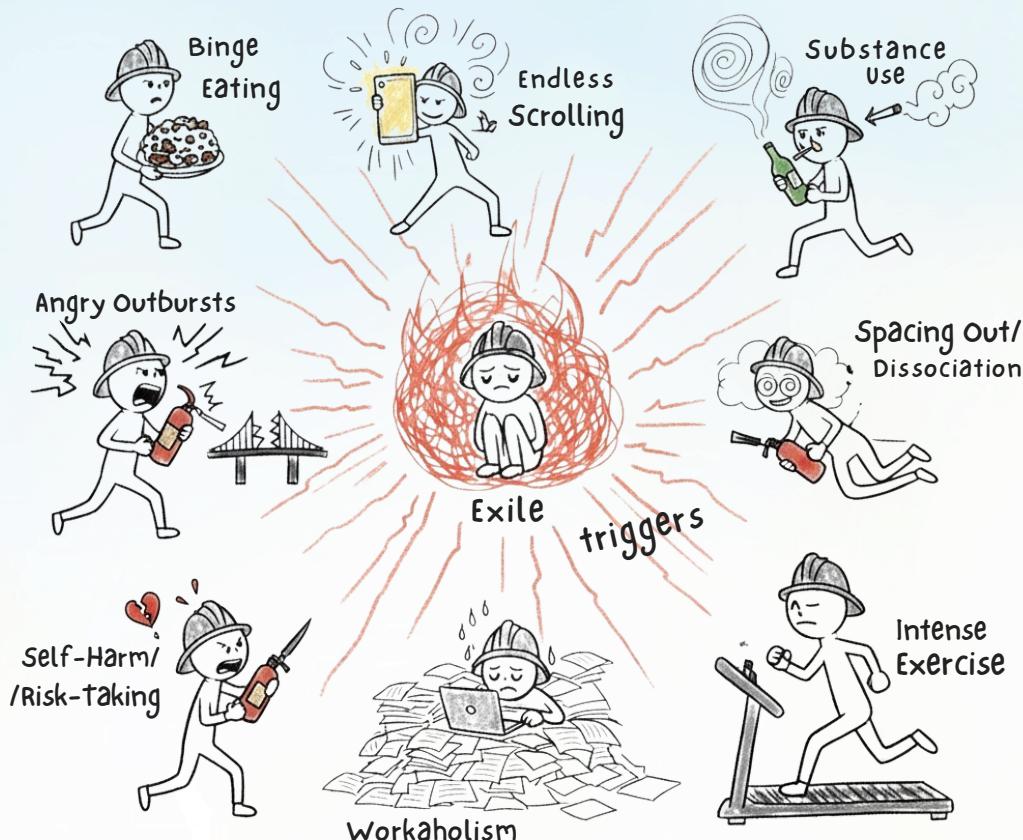
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FINDING YOUR INNER FIREFIGHTER PROTECTORS

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

What personal insight(s) did completing this worksheet reveal to you?

- _____
- _____
- _____

Closing Thoughts

This exercise may be your first time identifying a Firefighter Protector part. You may have been aware of this aspect of yourself for some time and judged yourself for having poor discipline, or for being impulsive or "addictive."

As you complete this exercise, you may begin to understand why this Firefighter Protector does what it does. These parts developed to help you survive.

Take a moment to thank your parts for their efforts. Let them know you will reconnect with them again in the future.

Great job!

Date
Completed: