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IFS WORKSHEETS

'Manager Protectors'

A Helpful Guide To
**SELF
AWARENESS**

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1

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



DRILL SERGEANT



PROCRASTINATOR



AVOIDER



BUSY BODY

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 of your Manager Protectors 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

If you are able to visualize this Protector, describe it below.

➤ _____

➤ _____

➤ _____

➤ _____

This exercise may be the first time identifying an inner manager part.

What name would you like to use to identify this part?

(For example: Mama Bear, Bulldog, or Fortune Teller)

Name of Protector ➤ _____

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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2

FEEL & SENSE THE PART

Target Manager Protector (From Part #1): ➤ _____

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.

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

Briefly, describe any related memories that came up during this exercise.

➤ _____

➤ _____

➤ _____

➤ _____

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:

3

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

Completed: