

MEET YOUR PROTECTOR EXERCISES

DIRECTIONS: Use this template to get to know your protectors. Look over our list of common protector roles and add any we don't mention that are relevant for you.

Notice if this protector is proactive for you (trying to stop feelings from arising) or reactive for you (trying to distract from feelings).

Once you have permission to get to know this protector, ask:

What does it believe would happen if it stopped doing its job? Write down what you hear.

Who does it protect? Write down what you hear.

Ask for permission to help the part it protects.

If it did share who it protects, set an intention to do so, write that down here and work with the vulnerability in a way that is familiar to you.

If your protector is uncomfortable giving you permission to help that part, stay curious.

- Or, if you are not curious, help your reactive parts to unblend and ask why.

If it says something along the lines of: "You will be overwhelmed by that vulnerable part," ask for permission to ask the exile to not overwhelm.

- Then ask the exile if, in return for getting the attention it needs, would it be willing to stay differentiated and not overwhelm.

If it says: "You are not capable of helping that part," ask it if it would be willing to get to know you better.

- Then ask it to look you in the eye and let you know who it sees there.

If it sees a reactive part, take a moment to help that part differentiate.

If it sees some quality of Self, ask, "What is it like to meet me?"

- And, "Do I have your permission now to help that vulnerable part who you protect?"