

INTERNAL FAMILY SYSTEMS PROTECTOR

MANAGERS

Proactive parts that try to keep us safe by controlling other parts, people, or situations

planning, controlling, criticising, caretaking, pleasing, judging, avoidance

FIREFIGHTERS

Reactive emergency responders that swoop in when the system is at risk of overwhelm

soothing, numbing with food/substances, distracting, dissociating, self-harm, rage, suicide ideation

SELF

calm, curious, creative, clear
connected, compassionate
confident, courageous

The YOU
that's not a
part

EXILES

Vulnerable, usually young parts that hold trauma, pain, fear, and shame

They are shut away to keep them safe, but also to stop them from overwhelming the system

www.phildelahaye.com

Upcoming events from Dr Ben Green and Dr Lindsay Aikman

An introduction to Internal Family Systems Therapy - Wednesday 19th March 2025, 9.00-12.30, via MS Teams

More info and booking: <https://www.eventbrite.co.uk/e/1251040619169?aff=oddttdtcreator>

Using ideas and techniques from IFS in Clinical Supervision - Monday 24th March 2025, 9.00-12.30, via MS Teams

More info and booking: <https://www.eventbrite.co.uk/e/1251054179729?aff=oddttdtcreator>

Session recording:

[T.I.L&L Session 7 "Internal Family Systems"](#)