



01. REVIEW OF HOMEWORK
Feedback on Protector Parts

02. MEDITATION
REVISITING THE COMPASSIONATE
SELF

03. ASKING THE PROTECTOR TO TAKE A
STEP BACK
*No Bad part – practising non-
judgement towards all parts*

04. REFLECTIVE JOURNALLING
EXERCISE – A TIME WHEN YOU
WERE SELF-LED

Homework



OVERVIEW WEEK 2

**“HAPPINESS IS MADE FROM
COMPASSION**

**COMPASSION
IS MADE FROM
UNDERSTANDING “**

THICH NHAT HANH

**ZEN BUDDHIST MONK
1926–2022**



HOMework REVIEW

AUDIO

Listen every day at a time that works for you. If you miss one day – simply commence the next.

MINDFULNESS

Notice what exactly triggers fear/anxiety and or anger/frustration – be specific.

JOURNALLING

How effective is my manager and/or fire-fighter really?

INTERNAL FAMILY SYSTEMS PROTECTORS

MANAGERS

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

e.g. criticising, planning, caretaking, pessimism, judging, numbing.

FIREFIGHTERS

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

e.g. substance abuse, bingeing, dissociating, self-harm, suicidal thoughts, rage.

SELF

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

The YOU that's
not a part

EXILES

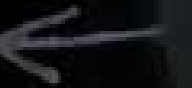
Vulnerable, usually young parts that hold trauma, pain, fear, and shame

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

Reconnecting with compassionate self meditation



Take a Step Back Change Your Perspective



Self- Leadership



REFLECTIVE JOURNALLING EXERCISE

RECALLING A TIME WHEN YOU
PRACTISED SELF-LEADERSHIP



HOMework

AUDIO

Listen every day at a time that works for you. If you miss one day – simply commence the next.

MINDFULNESS

Notice when self is leading and soak in the positive emotions that it evokes.

JOURNALLING

Review/finish the self-leadership questions.