



Self is always present in the living room, but can be overwhelmed by other parts



There are many parts waiting in storage for the right external and internal conditions to need them



Exiled parts are parts that have been wounded with a distorted belief about themselves and the world



Some parts are Managers and tasked with keeping the exiled (wounded) parts locked away

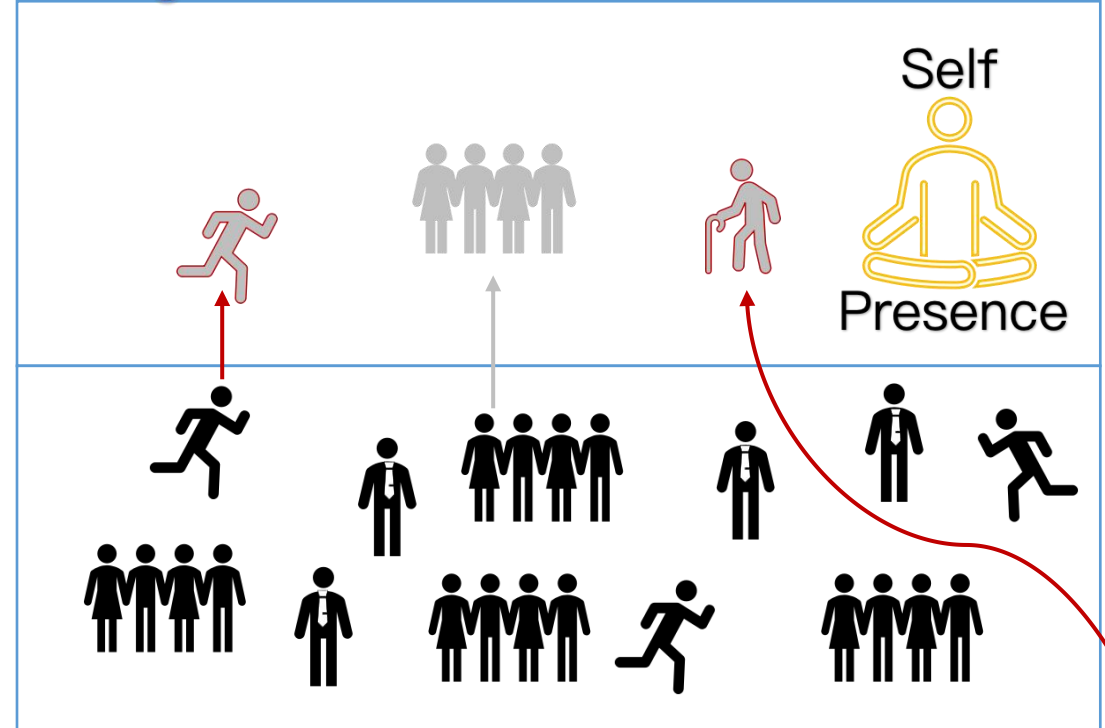


When Managers are overwhelmed or unable to keep exiled parts at bay, the Firefighter parts step in

Trauma Response

- Wounded parts are triggered by external conditions and internal conditions that allow them opportunity to escape the “basement”
- Wounded parts overrun Managers and make their way into the living room
- The Self becomes overwhelmed by the wounded part(s) and calls for Firefighter part(s)
- Firefighter parts now rush in to try and protect the system from the wounded part, and exile it back to the basement
 - This process creates “symptoms” as the firefighter parts take over and try to protect the system from exiled parts

Living Room



Storage

Basement

