

The Self

Some people have a lot of self-energy while others can have the self exiled by shadow parts that run the show



Self is not a part — it's your core essence.
We're all born with Self energy. It's your natural state.
But through trauma, conditioning, or survival, it can get covered over by protective parts that believe they need to run the show to keep you safe.
Yet Self is always there. It can never be destroyed — only obscured.
the Self is known by its 8 C's — qualities that naturally emerge when you're centered in your essence: Calm, Curious, Clear, Compassionate, Confident, Courageous, Creative, Connected (note the cross over here with mindfulness and a ventral vagal state).

Protector Parts often unconsciously drive our behaviours, relationship patterns & thinking styles. We are more likely to be conscious of these parts (often labelling them as personality traits).



The parts of you that were pushed into the background. They operate in the shadows but influence your thoughts, behaviours, and patterns.

Protector Parts

Defensive, controlling, or managing roles that try to prevent pain. E.g: Inner Critic, Perfectionist, People-Pleaser, Overachiever, Controller, Avoider, Caretaker, Numb-er, Distant, Hyper-Independent

Wounded/Exiled Parts

Tender, vulnerable parts that carry unmet needs or pain. E.g: Ashamed One, Lonely One, Scared Child, Grieving One, Joyful Self (shut down), Sensitive One, Playful One, Loving One (rejected)

The Shadow

Deeper into the unconscious are the exiles. When an exile's pain is triggered, protectors will often rush in to shut them down again.

