

MANAGERS

Managers who are not weighed down by burdens exhibit a harmonious approach to their daily duties and obligations. They engage effectively and collaboratively. They can exhibit a caring, parental demeanor, providing nurturing guidance.

Confident
Cooperative
Clear
Discerning

Helpful
Creative in Problem Solving
Competent
Calm

SELF

Self easily flows between and through parts, is more readily in the lead, and is assisted by parts. Embodies mindfulness. Grounded in the present. Is able to heal/comfort parts and speak for them without parts taking over. Inherently curious and compassionate. Acts courageously with an open heart.

Connected
Calm
Creative
Accepting

Compassionate
Intuitive
Curious
Clear
Confident

EXILES

Unburdened exiles are tender and sensitive. They have a childlike curiosity and delight. They advocate for connection and care. With a strong sense of Self as their primary caretaker, they feel more liberated to engage with others. They enjoy being open and trusting of others.

Playful
Spontaneous
Open
Curious

Trusting
Tender
Sensitive
Warm
Innocent

Courageous
Adventurous
Confident
Passionate

Creative
Sensual
Fun

FIREFIGHTERS

Unburdened firefighters seek Self when stress is high. They engage in effective self-soothing activities and diversions.

They add passion, adventure, healthy risk-taking, and humor. They advocate for justice and fairness. They channel courage to act bravely in challenging situations.

THE UNBURDENED SYSTEM