



TRUE NORTH
COUNSELING & WELLNESS

A KINDER RELATIONSHIP
WITH YOURSELF IS POSSIBLE.

Meet Your Protectors

An IFS-inspired journaling exercise
to build curiosity, compassion,
and understanding for the parts
of you that work hard to keep
you safe.

*Every part of you
has a good intention.*



The parts that
protect you may use
different strategies,
but they are all
trying to help.



EXPLORE
GET CURIOUS
BUILD COMPASSION
STRENGTHEN
YOUR INNER TEAM

*Safety within
creates freedom.*

1. Settling In

Before you begin, take a few deep breaths. See if you can bring a sense of calm and curiosity to this exercise. There are no right or wrong answers. You're simply getting to know the parts of you that help protect you.

*You don't have
to do this perfectly.
Curiosity is
enough.*



What feels present for me right now, as I begin this exercise?

What would help me feel more grounded and open (e.g., a few deep breaths, placing a hand on my heart, imagining a safe place)?

2. Identifying a Protector

Think of a time when you felt a strong reaction — such as anxiety, anger, shutdown, people-pleasing, overworking, or self-criticism. These reactions are often driven by protective parts. Choose one reaction or pattern to explore.

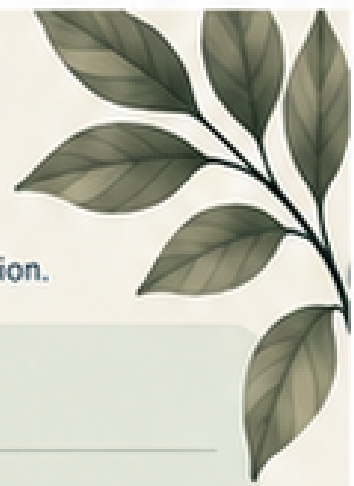
What is a recent situation or pattern I'd like to explore?

What do I notice happening in my body when I think about it?

What might be the part that shows up in this situation?

3. Getting to Know This Part

Now, let's get curious about this protector. Try to approach it with kindness and respect. You might even imagine sitting across from this part, inviting a conversation.



What does this part look like (if it has an image, age, or form)?

What does it do to protect me?

When did it first start doing this? (If you don't know, what do you imagine?)

What does it believe would happen if it stopped doing this?

What does it need from me right now?

*Even the most intense
protective parts are trying
to keep you safe.*



4. Appreciation and Support

Take a moment to thank this part for its hard work. Let it know that you see its positive intentions, even if its strategies sometimes create problems. You might also ask what it needs from you to feel more supported.

*Thank you
for protecting me
in the ways
you know how.*



What do I appreciate about this part?

How can I support this part in a new or different way?

Is there anything else this part wants me to know?

5. Integration and Reflection

As you end this exercise, take a moment to reflect on what you've learned. You can return to this exercise anytime to deepen your relationship with this part or to meet other protectors.

What are my key takeaways from this experience?

How does it feel to approach this part with more curiosity and compassion?

*The more you understand
your parts, the more freedom
you create for yourself.*



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