

# CLEARBRIDGE

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**Purpose:** This brief exercise helps you notice when a protector part (Manager or Firefighter) is present and gently unblend from it using the Internal Family Systems® 6 Fs. Move at your own pace. Skip any prompt that feels too much right now. Use an extra sheet of paper or a journal if you like.

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## 1) Find the Protector

- What tells me a protector is here right now? (thoughts, urges, emotions, body sensations) • Is it more like a proactive/preventative **Manager** (controlling, planning, preventing) or a responsive/reactive **Firefighter** (lashing out, numbing, escaping)?

My notes: \_\_\_\_\_

## 2) Focus on Where It Shows Up

- Where do I feel this part in or around my body? • If I gently focus there, what do I notice most?

Location / sensations: \_\_\_\_\_

## 3) Flesh Out the Part

- How does this part look, sound, or move? • How old does it seem? How intense is it (0–10)? • What does it want me to do—or not do—right now?

Description: \_\_\_\_\_

## 4) Feel Toward the Part

- As I notice this part, how do I feel toward it? (curious, annoyed, scared, compassionate, neutral, etc.) • If there's resistance, can I notice *that* as a part too?

My feeling toward it: \_\_\_\_\_

## 5) Befriend the Protector

- What might this part be trying to protect me from? • What do I appreciate about how it's tried to help me survive? • What would it like me to understand about it?

Appreciations / messages: \_\_\_\_\_

## 6) Fears of Unblending

- What does this protector fear would happen if it stepped back—even a little? • What does it worry might happen if it stopped doing its job?

Its fears: \_\_\_\_\_

(If appropriate) • What reassurance or support might this part need right now—not to go away, but to feel safer?

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## Integration & Reflection

Take a breath. Check what has shifted.

- What did I learn about this protector? • Do I notice any space between me and the part now? • What small next step could help me stay connected to Self (e.g., pausing, grounding, gentle check-ins)? • Is there anything I want to bring to therapy or reflect on later?

Reflections: \_\_\_\_\_

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*Reminder: Protectors don't need to be eliminated—they need understanding, respect, and choice.*