

Source: https://lifeasawave.net/2013/06/30/ifs-you-in-the-pilot-seat/

## The Unburdened Internal System

## Unburdened Managers

Self

Energy

Easily flows

Take on a balanced approach to daily

responsibilities. Are effective & collaborative, encouraging other parts and people. Advocate for growth & contributing talents. Can be lovingly parental and nurturing.

Confident Cooperative Clear Discerning Helpful Creative in Problem Solving Competent Calm

Unburdened Firefighters

Signal Self directly when stress levels are high. Use effective self-soothing activities & diversions. Add spice to life with passion & adventure, healthy riskbetween & through parts, is more readily in the lead & assisted by taking & humor. Advocate for fairness & stand up to injustices. Lend courage & confidence to act bravely in parts. Embodies mindfulchallenging situations.

ness. Is grounded in the present moment, holding a perspective broader than the parts'. Is able to heal/comfort parts & speak for them. Is inherently curious & compassionate about people & parts. Is able to act courageously & with an open heart.

Connected Calm Intuitive Creative Accepting Compassionate Curious

Clear Confident

Unburdened Exiles

Are tender and sensitive parts with childlike curiosity and delight,

advocating for connection & care. Feel secure with Self as primary caretaker, feeling freer to reach out to others. Offer intuitions about others' feelings. Enjoy being open & trusting.

Tender Playful Spontaneous Open Curious
Trusting Sensitive Warm Innocent

Courageous Adventurous Confident Passionate Creative Sensual Fun

The Self-led person looks and acts comfortable in her own being, interacting with others from integrated parts and awareness. Parts work more harmoniously together with fewer burdens causing them to overreact. Many parts may be released from protective roles, while others will effectively protect only when needed. Over time, the person is less easily destabilized and better able to recover from challenges in general. The inherent gifts of each part are more available, weaving in and out consciously. A Self-led person brings an abiding sense of curiosity, acceptance, and openheartedness to their relationships, naturally inviting others' Self energy to increase. Self energy flows seamlessly within a person, with a sense of connectedness to the Self energy that surrounds him.