

# Manager vs. Exile Parts Integration

**Instructions:** Complete weekly as part of IFS work.

**Date:** \_\_\_\_\_

## Identifying Your Parts

### Manager Part (Protector who learned to regulate others):

- Age when this part developed: \_\_\_\_
- Main job: \_\_\_\_\_
- What this part believes about relationships: \_\_\_\_\_
- What this part fears most: \_\_\_\_\_
- How this part shows up in relationships: \_\_\_\_\_

### Exile Part (Child who needed nurturing but learned to give):

- Age when this part went into hiding: \_\_\_\_
- What this part needed then: \_\_\_\_\_
- What this part needs now: \_\_\_\_\_
- What this part feels: \_\_\_\_\_
- What this part wants me to know: \_\_\_\_\_

## Weekly Dialogue

**Manager Part's Message to Exile:** "I've been protecting you by

\_\_\_\_\_

but I see this is also limiting us by

\_\_\_\_\_

What do you need from me now?"

**Exile Part's Response:** "What I've been trying to tell you is \_\_\_\_\_

\_\_\_\_\_

I need you to understand that \_\_\_\_\_

\_\_\_\_\_

I want us to be able to \_\_\_\_\_

"

## **Integration Plan**

**How can Manager and Exile work together differently this week?**

**What support does each part need from Self?**

- Manager needs:

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- Exile needs:

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