



## PARTS NAMING INSPIRATION



### INTERNAL FAMILY SYSTEMS (IFS) INSPIRED PARTS

*Different inner roles trying to protect or help*

#### PROTECTIVE PARTS

- The Protector
- The Manager
- The Controller
- The Planner
- The Perfectionist
- The Achiever
- The Caretaker
- The People Pleaser
- The Inner Critic
- The Defender

#### REACTIVE PARTS

- The Firefighter
- The Rebel
- The Avoider
- The Distractor
- The Numbing Part
- The Angry Protector

#### VULNERABLE PARTS

- The Exile
- The Inner Child
- The Wounded Child
- The Lonely Part
- The Scared Part
- The Forgotten Part



### JUNGIAN ARCHETYPE INSPIRED PARTS

- The Shadow
- The Child
- The Warrior
- The Caregiver
- The Sage
- The Hero
- The Explorer
- The Creator
- The Ruler
- The Magician
- The Trickster
- The Lover
- The Rebel



### MYTHOLOGICAL INSPIRED PARTS

- The Dragon
- The Guardian
- The Knight
- The King
- The Queen
- The Wise Elder
- The Oracle
- The Phoenix
- The Monster
- The Giant
- The Healer
- The Wanderer



### NATURE / INDIGENOUS INSPIRED SYMBOLIC NAMES

*Personal symbols connected to nature, wisdom, and instinct*

- The Wolf
- The Bear
- The Eagle
- The Raven
- The Owl
- The Mountain
- The River
- The Storm
- The Flame
- The Tree
- The Roots
- The Ancestor
- The Little One



### 5 S's SHADOW PARTS

*Parts that protect but keep you stuck*

- Scared
- Stressed
- Sad
- Shame
- Saboteur



### 5 C's ADAPTIVE PARTS

*Parts that help you grow & thrive*

- Curious
- Compassionate
- Courageous
- Calm
- Creative

## MY PARTS REFLECTION

*Notice, name, and understand the parts that live within you.*



### PROTECTOR / SHADOW PARTS

*Parts carrying fear, pain, protection, or old strategies.*

EXAMPLES: Shame • Sadness • Fear • Stress • Anxiety  
Saboteur • Critic • Angry Part • Avoider • Protector

1 Part name: \_\_\_\_\_  
Role / what it does: \_\_\_\_\_  
What it is trying to protect: \_\_\_\_\_

2 Part name: \_\_\_\_\_  
Role / what it does: \_\_\_\_\_  
What it is trying to protect: \_\_\_\_\_

3 Part name: \_\_\_\_\_  
Role / what it does: \_\_\_\_\_  
What it is trying to protect: \_\_\_\_\_

4 Part name: \_\_\_\_\_  
Role / what it does: \_\_\_\_\_  
What it is trying to protect: \_\_\_\_\_



### ADAPTIVE / INTEGRATED PARTS

*Parts connected to Self energy and chosen direction.*

EXAMPLES: Calm • Curious • Compassionate • Courageous • Creative  
Confident • Connected • Clear • Wise Self • Loving Parent • Grounded Adult

1 Part name: \_\_\_\_\_  
Quality / strength: \_\_\_\_\_  
How I strengthen it: \_\_\_\_\_

2 Part name: \_\_\_\_\_  
Quality / strength: \_\_\_\_\_  
How I strengthen it: \_\_\_\_\_

3 Part name: \_\_\_\_\_  
Quality / strength: \_\_\_\_\_  
How I strengthen it: \_\_\_\_\_

4 Part name: \_\_\_\_\_  
Quality / strength: \_\_\_\_\_  
How I strengthen it: \_\_\_\_\_

*All parts have a positive intention.  
When we understand them, they can transform and work with us.*

