

## Common Parts in Christians

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### Pseudo Spiritual Parts

- Performer
- Passivity
- People Pleaser
- Scripture quoter/claimer
- Inner cheerleader, encourager
- Peace Seeker
- Grace Seeker (striver)
- Editor of 'unacceptable' parts such as anger
- Fix it, want to get better- usually coercive or bulldozing of parts
- Caregiver
- Count your Blessings part, aka, Spiritual Minimizer- points out the positives of everything
- Perfectionist- often blended due to teaching of striving and "Be perfect as your heavenly Father is perfect" being taught inaccurately or being internalized as a boundary or structure that certain parts crave.
- Good works part
- Driver, achiever, striver, tasker
- Agenda- Pressures to achieve particular life goals that the Christian culture sets as unspoken expectations or standards. Ex. Getting married and having a family.

### Common Burdens

- "Don't be selfish" leads to healthy selfishness (self care and appropriate boundaries) being exiled
- Have to please God
- Have to be a witness
- Have to be a good example
- All or nothing/ black and white thinking/beliefs
- Have to sacrifice my needs over others'
- Anger is bad
- Be Perfect
  - Matthew 5:48, "Therefore you are to be perfect, as your heavenly Father is perfect."

### Shame Cluster

- a) Shamer / Guilt Tripper
  - b) Part that believes the Shamer
  - c) Part that defends from the Shamer
  - d) Part that is scared of the Shamer (sometimes this is the same part that believes the Shamer)
  - e) Truth Teller (usually polarized with the Shamer)
  - f) Distraction to quiet all the noise (focus on helping others)
- Distinguish between Holy Spirit guilt and shame (toxic guilt)
  - Other words for shame
    - Embarrassed
    - Guilt (false)
    - Shy
    - Foolish/ Stupid
  - Self-Control/ Self-Discipline- often views spiritual practices as spiritual duties and motivates with shame.