

Example of a Parts Cluster

Inner Critic Cluster

- M1 Critic
- E1 Criticized exile gets triggered by the Critic's judgments & believes the Critic
- M2 Defender of the exile that believes the Critic; argues with the Critic
- M3 Critic hater wants to get rid of the Critic (critic of the critic: ex. Double-headed dragon)
- E2 Exile the Critic is protecting; sometimes the same part as the criticized exile
- FF1 Quiets the noise of the polarizations between various Critics, between the Critic and the exile(s), and the exiles hijacking the person

Inner Critic Sequence Map

- | | | | |
|-----------------------------|-------------|-----------------|-----------------------|
| 1. Critic | 3. Defender | 4. Critic Hater | 6. FF-quiet the noise |
| 2. Exile
Believes Critic | 5. Exile | | |

1. Critical Manager
2. Exile part that believes the Critic
3. Manager part that defends the exile that believes the Critic...from the Critic
4. Critic Hater
5. Exile part that is scared of the Critic (Sometimes this is the same part that believes the Critic.)
6. Fire Fighter to quiet all the noise (ex. Focus on helping others and forget your problems.)

Tasker Critic

← Part that's angry at the Tasker Critic)
"Resent it because it keeps me from peace."

"Do X so people don't think you're lazy."

"Push through the pain" so you're productive and therefore accepted.



(Exile)

"Afraid of disappearing"

"Afraid I won't matter."

"You're right, if I don't perform or produce, that does mean I'm lazy and then I won't matter and will eventually disappear."



BIG PAIN shuts down the anxiety