

Exiles

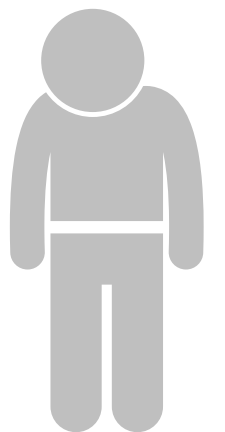
Exiles are the parts who have been exploited, rejected, or abandoned in external relationships as well as subjected to negative judgements from other parts of the system.

Managers want these parts in prison & out of mind. Exiles are frozen in the past. However, exiles can grow & overtime want to break out & tell their stories. Looking for opportunities, Exiles can become more needy, desperate, & hazardous.

Exiles may dull, weigh down the body, mind, & heart or they may overwhelm the system with flashbacks, nightmares & sudden fleeting tastes of pain, fear, & shame, causing protectors to react.



Exiles want care & love. Exiles look for rescue & redemption, usually tapping someone who resembles the person who rejected them in the first place. Often exiles will pay virtually any price for even small amounts of acceptance, hope or protection.



In return, they are willing to endure & often believe they are deserving of more degradation & abuse. When exiles take over the system, the traumatized individual may repeatedly enter & have difficulty exiting abusive relationships.