



FIREFIGHTERS

Breaking Through

Firefighters are able to break through the protective control of managers. This can happen when we are physically tired or sick. Firefighters are the parts who react fast when Exiles surface causing the individual to become aware of the avoided & distressing feelings.

Hierarchies

We have a hierarchy of firefighters & when one tactic is not effective, another is right behind. Although the main goal of firefighters is the same as managers, which is keeping the exiles suppressed and repressed, their strategies are different than managers.

Strategies

Contrasting the manager's tactic of control & people pleasing, firefighters react taking the person out of control seen in impulsive behavior & unthinking. While Managers attempt to lock up the Exile, Firefighters try to appease & self-soothe the Exiles through numbing activities such as binge eating, self-mutilation, drug or alcohol abuse, dissociation, sexual risk taking, workaholism, extreme dieting, self-absorption, demanding, insatiable need to be risk-taking, etc.

Attack

Due to the polarity of the Managers' & Firefighter's responses, managers will often go to extreme measures to barrage criticism & attack the firefighters for being weak-willed, indulgent, or insensitive to others. This can result in inner-conflict that will inevitably increase the individual's emotional dysregulation.