

Our Managers

Managers have many behavioral options, but the primary purpose of the manager is to protect the system from the exile's feelings & thoughts. Managers work to keep exiles out of mind.

When the control spills over into the external world of the person, it begins to threaten the individual's functioning. It can be people-pleasing, over focus on outward appearance or how others perceive them, controls relationships, etc.



1

Managers tend to contain, suppress, hold, freeze and control – tend to show up in the muscles in the fascia. Managers can be found in the energies at junctions - joints, pelvic & respiratory diaphragms, the throat & jaw, shoulders, & lower back.

2

Managers are thinkers, controllers, perfectionists, worriers, or have a victim persona. Some strive for career success or wealth in order to be in a place of power & distract from difficult feelings. Managers are strivers, motivated, critical, & may never be satisfied with outcomes of one's performance.

3

Managers tend to leave Exiles in the past and moves the rest of the system forwards. They lock up Exiles, fearing their escape will dysregulate the system. Often they are afraid the slightest activation of a young, hurt part often try to control their environment. The rigidity & severity of managerial strategies will match the degree to which the manager thinks the person is in danger of being reinjured.

4

Managers can be deniers who distorts perceptions to keep the person from seeing and responding to risky feedback. Managers may be passive pessimist eroding the person's self-confidence, sabotages the person's performance, keeping the individual apathetic & withdrawn so that (s)he will not try to get close to anyone or have the courage to pursue goals or look for accentuate any flaws in an object or person in order to avoid or undermine attraction, vulnerability, or intimacy.