

WORKING WITH A FIREFIGHTER

This exercise is designed to help you work with the parts of yourself - known as 'Firefighters' in parts work - that may lead you to develop habits as a way to cope with stress or emotional discomfort. Follow these steps to better understand your Firefighter and create healthier alternatives with compassion.

Step 1: Identify the Firefighter

Think about a habit you engage in that you'd like to change (e.g., drinking, snacking, or scrolling through social media). When you feel the urge, pause and ask:

- - What am I feeling right now?
- - What does this part of me want to protect me from?

YOUR THOUGHTS:

Step 2: Understand the Trigger

Once you've identified your Firefighter, get curious about what triggered it. Was it stress, boredom, or fear? Write down your observations below.

Trigger: _____

Emotion: _____

Step 3: Offer Alternatives

Brainstorm healthier ways to meet your emotional needs. What could you do instead of engaging in the old habit? List a few ideas:

YOUR THOUGHTS:

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Step 4: Practice Compassion

Remind yourself that change takes time. Speak kindly to your Firefighter, acknowledging that it's trying to protect you.

Write a short compassionate message to yourself:

Remember: This journey isn't about eliminating your Firefighter, but understanding it. With curiosity and compassion, you can find healthier ways to meet your needs

DEAR ME,

If you'd like to dive deeper into what's keeping you stuck or want more information about parts work, head over to www.jackiejreid.com to schedule a FREE no-obligation chat with me.