

The Four Faces of the Protector

Critic

Protective aim: Be Perfect.
Core Traits: Critical. Judgemental.
Bullying.
Core Belief: 'I'm not good enough'.
Core Behaviour: **OVERWORKING**, constant need to prove.
Fears: Losing control, being criticised by others, feeling too much.

Bystander

Protective aim: Wait.
Core Traits: Confused. Fantasy/future Focussed.
Core Belief: 'I don't have enough information'.
Core Behaviour: **OVER THINKING**. Searching for answers. Unable to take action.
Fears: Making the wrong choice. Failure. Looking foolish.

Healthy Adult Self

Protector

Martyr

Protective aim: Be Needed.
Core Traits: Dismiss needs. Rescue others. Never say no.
Core Belief: 'I don't matter as much as you'.
Core Behaviour: **OVER GIVING**, lack of boundaries, self-sacrificing.
Fears: Being abandoned, being disliked, conflict.

Scapegoat

Protective aim: Don't try.
Core Traits: Chaotic. Helpless. Ashamed.
Core Belief: 'It's so much harder for me'.
Core Behaviour: **OVERWHELMED**, dependant, unable to solve problems.
Fears: Responsibility, consistent action, keeping promises.