



MEET THE PROTECTOR WITHIN

A FREE JOURNAL

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Introduction

There's a part of you that steps in the moment life feels unpredictable. It plans, organizes, controls, and tightens — trying to protect you from chaos, shame, and danger.

This part isn't bad. It's loyal.

But it's also tired.

This short journal will help you meet this Protector with curiosity and compassion, so it can learn to trust your calm, adult Self again.

How to Use This Journal

- Find a quiet time — even ten minutes is enough.
 - You don't need to force insight; simply notice what arises.
 - Write by hand if you can — the physical movement helps your body integrate new experiences.
 - Keep your tone kind. Curiosity is the healing agent, not control.
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Meet the Protector

Think of a recent moment you felt yourself tense up or snap. What was happening around you? What were you trying to prevent or protect?

If this protective part had a voice, what would it say about why it had to act that way? Write its words exactly, as if you're letting it speak.

Ask the part gently: "What are you afraid would happen if you didn't step in?" Pause and listen. What emotions or memories surface?

Understanding Its Roots

Can you remember an earlier time — maybe in childhood — when being in control or perfect helped you feel safe, loved, or invisible?

Write what that younger version of you needed then.

What messages about emotions, mistakes, or chaos did you absorb growing up?

How might those messages still echo in your daily life?

Befriending and Reassuring

Speak to your Protector as if you're talking to a loyal friend: "I see how hard you've been working to keep me safe. You've done your job well. You can rest now."

How does your body feel when you say this?

If your calm, adult Self could take over part of the Protector's work, what would that look like?

How would life feel if control didn't equal safety — if connection did?

Weekly Reflection

At the end of each week, write a few lines. These reflections build trust over time — in yourself, your parts, and your ability to repair.

- What moment made me proud of how I handled stress?
- What moment felt hard?
- How did I return to connection afterward?

Week 1:

Week 2:

Week 3:

Week 4:

Practice for the Moment of Activation

When you feel the Protector rising (tight chest, anger, urge to control):

1. **Pause and breathe.** Say internally, *“I notice you.”*
2. **Ground:** Name three things you can see, two things you can touch, one thing you can hear.
3. **Reassure:** “We’re safe right now. We can handle this.”
4. **Reconnect:** Make gentle eye contact with your child or partner. Let warmth return before words.

You’re teaching your nervous system a new association: *chaos no longer means danger; it can mean life, movement, and learning.*

Final Words

The Protector’s goal was never to hurt you — only to keep you from pain. As you meet it with understanding, you free its energy for something gentler: boundaries that serve connection, not control. You are not alone in this work. You are learning to try softer.

“Trying harder isn’t healing. Trying softer is.” — Aundi Kolber, *Try Softer* (2020)

For more reflections and free resources like this one, visit me at fromcentowholeness.com