

MEET YOUR PROTECTOR PARTS

**A GENTLE GUIDE TO
UNDERSTANDING WHAT
KEEPS YOU STUCK**

Start your journey to calm,
clarity, and self-understanding.

By Lee Tomlinson | Nurture & Move



ABOUT THE AUTHOR

I'm Lee, a certified Somatic Trauma and Internal Family Systems Informed Health Coach.

I help women like you understand your nervous system, gently meet your protector parts, and break free from the patterns that keep you stuck. Together, we'll create space for your true self to lead with calm and confidence.

Lee xo

WELCOME

HI THERE, I AM SO GLAD YOU ARE HERE. THIS GUIDE IS A GENTLE INTRODUCTION TO UNDERSTANDING THE PARTS OF YOU THAT OFTEN GET IN THE WAY - THE PARTS THAT PROTECT YOU, BUT SOMETIMES LEAVE YOU FEELING STUCK, OVERWHELMED OR REACTIVE.



THESE PARTS ARE NOT BAD

In fact, they've been doing an important job: keeping you safe from emotional pain. But now, you might be ready to meet them, understand them, and gently lead yourself into a calmer, more connected life.

Take this guide at your own pace. Be kind to yourself. This is about curiosity, not judgment.

WHAT ARE PROTECTOR PARTS?

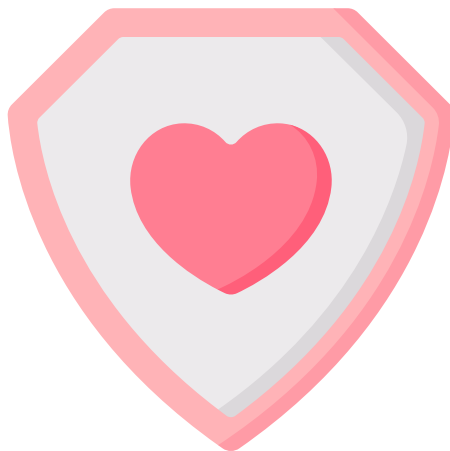
Protector parts are parts of your inner system that work hard to protect you from pain, discomfort, and perceived danger. They are part of you, shaped by past experiences, trauma, and survival needs. There are two types of protectors:

MANAGERS

Proactive protectors. They try to control life to avoid pain (e.g., perfectionism, people-pleasing).

FIRE FIGHTERS

Reactive protectors. They jump in when pain surfaces, often through distraction (e.g., overeating, overworking, shutting down).



They aren't trying to hurt you. They're trying to help.

MEET SOME PROTECTOR PARTS

Here are some protector parts you might recognise.



The Inner Critic



The Perfectionist



The Overachiever



The People Pleaser



The Emotional Eater



The Controller

A GENTLE REFLECTION

Think of a recent moment when you felt stressed or stuck.

- What thoughts came up?
- How did you feel in your body?
- What did you do in response?

Could that have been a protector part showing up?



NOTE:

Sometimes we act or feel in ways that don't make sense but to our protector parts, it does.

They're stepping in to keep us from something they believe would be too much.

THEIR POSITIVE INTENTIONS

Even when they feel overwhelming, protector parts are trying to serve you.

Inner Critic

Trying to stop you from failing.

The Overachiever

Trying to earn you approval and safety.

The Emotional Eater

Trying to soothe your nervous system.

What if instead of fighting them, you could meet them with curiosity?



A GENTLE CURIOSITY PRACTICE

Sometimes the most powerful thing we can do is simply notice.

When you feel overwhelmed or reactive, pause.

- Ask yourself: "What part of me might be showing up right now?"
- No need to change or fix anything. Just notice.
- Be curious. What does this part want you to know?



 Try This:

Next time you feel stuck, write down what you notice. What thoughts, feelings, or urges come up? What might this part be trying to protect you from?



WHAT'S NEXT?

You don't have to figure this out alone.

If you're ready to explore your protector parts more deeply, I offer 1:1 somatic trauma-informed coaching to help you:

- Understand your nervous system
- Meet your protector parts with compassion
- Step into calm, clarity, and confidence

Let's connect.

Click below to book your free 15-minute connection call.

This is a gentle, no-pressure space to talk about what's coming up for you and see how I can support you.

[BOOK CONNECTION CALL HERE](#)