

PROTECTOR PART AUDIT

PAGE 1: IDENTIFY & NOTICE

Oh... a Protector is driving.

This is a live research check-in. When a Protector activates, we're not trying to get rid of her. We're collecting data. Start here to identify what's showing up and how it feels in your body, mind and soul. Then move to page 2 to understand what she's trying to protect you from and how you can work together.



A QUICK REMINDER

This is an experiment, not a verdict. Our brains make predictions based on past experiences. These predictions are called hypotheses or expected results. Sometimes those conclusions were completely reasonable at the time. But when we gather new information, we can update the hypothesis.

You are allowed to change your mind when new information becomes available. That isn't inconsistency, that's research.

1

WHICH PROTECTOR IS DRIVING RIGHT NOW?

You might recognise the behaviour before you recognise the protection. Start with what you can see.

The Protector is the costume. The Shadow Self is the survival response underneath.

- | | | | | | |
|---|---|---|--|---|--|
| ☐ The People-Pleaser
Keeps everyone happy. | → | SHADOW SELF:
FAWN / connection-protection response | ☐ The Overachiever
Proves her worth. | → | SHADOW SELF:
FLIGHT / achievement-protection response |
| ☐ The Peacekeeper
Smooths things over. | → | SHADOW SELF:
FAWN / conflict-avoidance response | ☐ The Busy Bee
Always has something to do. | → | SHADOW SELF:
FLIGHT / distraction-or-escape response |
| ☐ The Control Freak
Needs to be in charge. | → | SHADOW SELF:
FIGHT / control-protection response | ☐ The Ghost
Disappears or goes quiet. | → | SHADOW SELF:
FREEZE / withdrawal-or-overwhelm response |
| ☐ The Fixer
Solves, organises, helps. | → | SHADOW SELF:
FIGHT / helplessness-protection response | ☐ The Numb Button
Checks out or shuts down. | → | SHADOW SELF:
FREEZE / shutdown-or-numbing response |
| | | | ☐ Other: _____ | → | Shadow Self: _____ |

RESEARCH NOTE

You can have more than one Protector. Self show up in the same situation.

Sometimes your Protector Self changes costumes as the situation unfolds.

You might start fawning, shift into overachieving, then move into shutting down when it becomes too much.

Notice what changes, when it changes, and what seems to trigger the switch.

Every shift gives us more data.

2

NOTICE HER

What changed when your Protector activated?
Take a moment to check in with your body, mind and soul.



BODY

What's happening in my physical body?
Energy / physical capacity:

1 2 3 5

Notable sensations or health information:



MIND

What's happening mentally?
Mental space / clarity:

1 2 3 5

Any mental loops, thoughts or emotions showing up?



SOUL

What's happening inside my personal space?
Connection / attunement:

1 2 3 4 5

Do I feel a sense of making myself smaller or expanded bigger right now?

Do I feel connected within or tuned more externally?

3

WHERE DO I FEEL HER?

Mark an X on the body where you feel the activation. If you have coloured markers or can mark digitally, feel free to use colour, texture, shapes or symbols to witness it fully on the body map.

SENSATION GUIDE

(you can tick multiple)

- ☐ Tight / tense
- ☐ Hot / activated
- ☐ Heavy / collapsed
- ☐ Restless / buzzing
- ☐ Numb / disconnected
- ☐ Shut down / overwhelmed
- ☐ Other: _____



What does it feel like in this area?

What colour, texture, shape or sensation does it have?

Where is it located?

PROTECTOR PART AUDIT

PAGE 2: UNDERSTAND

Why is my Protector here?

Following from page one, let's explore the story behind this pattern. Your Protector didn't show up randomly. She was called in for a reason. This page helps you understand the original experience, what your Shadow Self went through, and how your Protector provided relief.

A QUICK REMINDER
This is an experiment, not a verdict.

Your Protector developed this strategy based on what she learned from past experiences. The original conclusion made sense at the time.

We're not here to prove your Protector wrong. We're here to understand what happened, so we can decide what might be true now.

1 THE ORIGINAL EXPERIMENT

Following from page one, think of a previous icky time when you felt that same Shadow Self and originally decided that it would be best to engage this Protector Self to help.

Originally, when I felt _____ (my Shadow Self),
I decided it was best to _____ (my Protector Self),
because if I didn't _____ could happen,
and I couldn't have handled that.

2 THE STORY BEHIND IT

Let's go deeper into that original experience to understand what happened, what it meant and why your system made this decision.



What was happening at the time?
Where were you? What was the situation?



What was I experiencing, feeling or needing?



What did my Shadow Self do in response?
How did I try to survive or cope in that moment?



What felt unsafe, overwhelming or threatening?
What was I trying to avoid?



How did my Protector show up?
What did my Protector do or make me do?



What changed once my Protector took over?
How did this provide relief at the time?



What did this protection help me avoid, gain or control?
What did it successfully prevent, provide or create?



What was the outcome of this original experiment?
What conclusion did I come away with?

3 THE RESULT & MY PROTECTOR'S HYPOTHESIS

From this experience, my system drew a conclusion about what would keep me safe in the future.



The result of that original experiment was...

"If this happens again, then I need to _____"



My Protector's current hypothesis seems to be...

"If I _____ will happen,
then _____ so I need _____"

4 WHAT DOES THIS GIVE MY SHADOW SELF?



☐ Safety
☐ Relief
☐ Control
☐ Feel chosen
☐ Belonging
☐ Certainty
☐ Avoid conflict

☐ Avoid yuck feelings/sensations
☐ Avoid a hard conversation
☐ Rest/room to breathe
☐ Protection from rejection
☐ Protection from failure
☐ Protection from disappointment
☐ Other: _____

5

BODY · MIND · SOUL RECHECK

Now that I understand more of the original story, what do I notice?
Has anything changed in how I feel, think or understand?



BODY

Energy ☐
Tension ☐
Sensations ☐
Capacity ☐

Notes: _____



MIND

Thoughts ☐
Clarity ☐
Emotional load ☐
Overthinking ☐

Notes: _____



SOUL

Connected ☐
Calm ☐
Grounded ☐
Aligned ☐

Notes: _____

6 A NOTE ABOUT THE ORIGINAL STORY



Sometimes a Shadow Self experience keeps surfacing because it hasn't had the opportunity to be fully witnessed, processed or reintegrated. You might notice the same theme appearing again and again. That's useful information. It may mean there is something here that needs more than a new experiment.

If this story feels particularly sticky, overwhelming or difficult to shift through self-exploration, professional support is available. You don't have to do this alone.



THE ORIGINAL DATA MAY BE REAL.

You may have had very little capacity, fewer resources, less power or support at the time. The result was real. The question is whether the same conditions exist now. Let's carry this understanding forward as we explore whether we're ready to try a new approach.

PROTECTOR PART AUDIT

PAGE 3: EXPLORE

Team up & Become Research Partners

Now that we understand the original story and why your Protector shows up, it's time to bring the whole team to the table. We're not here to push your Protector away. We're here to explore whether a new experiment might be possible with updated conditions, greater safety and more support.

A QUICK REMINDER

There's no rush to change anything. Your Protector is doing her best with the data she has. This page is about exploring options, not forcing a solution.

The goal is to include all parts of you so you can find a new approach that feels safer, more supportive and more aligned with who you are now.

1 ARE WE READY TO TRY A NEW EXPERIMENT?

Based on what you've learned so far, how do you feel about exploring a new approach right now?



☐ YES

I'm ready to explore a new approach.

- I feel resourced enough right now.
- I'm willing to test new options.
- I feel curious about what might be possible.



☐ MAYBE

I'm open, but I need more safety, support or information first.

- I'd like to explore this further at a slower pace.
- I need more tools or preparation.
- I need more support in place before I try something new.



☐ NOT YET

This isn't the right time.

- I'm not ready to experiment with this just yet.
- I may need professional support first.
- I want to revisit this when I have more capacity.



☐ NEED MORE SUPPORT?

If you'd like to talk through what might be next, you're welcome to book a free consult.

Email Emma at hello@empoweredhealinghub.com.au to discuss a free consult or more support options.

2 BRING THE WHOLE TEAM TO THE TABLE

Give each part a voice. What do they see, feel and need right now?



PROTECTOR SELF

- What are you trying to protect me from?
- What do you believe could go wrong?
- What do you need to feel safe enough to loosen control?



SHADOW SELF

- What are you feeling right now?
- What are you scared might happen if I stop protecting you this way?
- What do you need from me?



FAVOURITE SELF

- What do you notice about this situation from a broader perspective?
- What would you like the team to know?
- How can we support both Protector and Shadow Self while moving towards a more aligned future?

3 THE ROUND TABLE DISCUSSION

Let's bring the team together. What can we all agree on? What needs to be different for this experiment to feel safe enough to try?



WHAT CAN WE ALL AGREE ON?

- What are we going to keep?
- What are we going to change?
- What support or safety conditions do we need?
- What boundaries might help?



WHAT DOES PROTECTOR SELF STILL SEE AS A RISK?

- If Shadow Self is allowed back into the experiment, what could go wrong?
- What limitations or dangers do you still see?
- What would need to be different for you to feel safe?

4 OUR NEW COLLABORATIVE HYPOTHESIS



Using everyone's input, let's create a new experiment with updated conditions. What doesn't have to be big. It just needs to be the next right step.



"If we _____
then we expect _____
so we're going to try _____
and observe what happens.



WHAT DO WE EXPECT TO SEE IF THIS NEW APPROACH IS WORKING?

- What would be different?
- How would I know it's helping?
- What will tell me this feels safer or more aligned?

5 WHAT SUPPORT DO I NEED?

What or who could support me with this new experiment?

- | | |
|--|---|
| ☐ More time | ☐ Professional support |
| ☐ More safety | ☐ Therapeutic support |
| ☐ More information | ☐ Medical / health support |
| ☐ New tools or practices | ☐ Environmental changes |
| ☐ A trusted person alongside me | ☐ Other: _____ |

6 MY COMMITMENT

Based on everything we've explored, what feels like the next right step for me?

We're not trying to prove that your Protector is wrong. We're looking for the most accurate hypothesis available with the data we have now. The goal is proportionate challenge, meaningful growth and maximum fulfilment — without unnecessary danger.

PROTECTOR PART AUDIT

PAGE 4: REDESIGN THE EXPERIMENT

From New Data to Updated Conditions

You've explored the history, gathered new insights and brought the whole team to the table. Now it's time to update the experiment conditions. This page will help you integrate everything you've learned so you can run future Favourite Self experiments more smoothly, with greater safety, support and alignment from all your parts.

A QUICK REMINDER
This isn't about getting it perfect. It's about being curious, kind and willing to try something new.
Small, consistent experiments create big shifts over time.
Your Protector and Shadow Self aren't the enemy — they're part of you. The goal is integration, not elimination.

1 BRINGING THE NEW DATA TO THE TABLE



Let's collate what we've learned so we can update the conditions for future Favourite Self experiments.



THE FAVOURITE SELF ACTION THAT TRIGGERED THIS

The Favourite Self action from my daily experiment that initiated a disproportionate or surprising response was...



THE OLD HYPOTHESIS

This activated my Protector Self and/or Shadow Self because my old hypothesis was...

- If I _____
- then _____ will
- happen, so I need to _____



THE NEW DATA

The new information I have gathered is...

- _____
- _____
- _____
- _____



THE NEW HYPOTHESIS

So the new hypothesis I want to test is...

- _____
- _____
- _____
- _____



UPDATED EXPERIMENT CONDITIONS

I want to experiment with it differently by...

- _____
- _____
- _____
- _____

2 NEGOTIATE THE NEW SAFETY PROTOCOL



What does everyone need to try this again? My Protector Self, Shadow Self and Favourite Self don't have to agree that the old story was completely wrong. They need to agree on what happens if the alarm goes off again.



PROTECTOR SELF NEEDS

For me to feel safe enough to allow this experiment to continue, I need...

- _____
- _____
- _____



SHADOW SELF NEEDS

For me to feel safe enough to stay present instead of disappearing into the old survival response, I need...

- _____
- _____
- _____



FAVOURITE SELF NEEDS

For me to keep moving towards growth without abandoning safety, I need...

- _____
- _____
- _____



OUR NEW TEAM AGREEMENT

→ If _____ happens again, we will _____ first.

→ Before returning to the old Protector response, we will _____

→ If the alarm still feels valid after we check the evidence, we will _____

→ If the alarm isn't proportionate to what is actually happening, we will _____ and continue the Favourite Self experiment by _____

3 KNOW THE ALARM BEFORE IT TAKES OVER



4 CHECK THE ALARM



Before I follow the old protocol, let's check what's actually happening.



THE SIGNALS TO WATCH FOR

- In my body: _____
- In my thoughts: _____
- In my emotions: _____
- In my behaviour / urges: _____
- The Protector costume I tend to put on is: _____
- The Shadow Self underneath it is: _____



What is actually happening right now?



What is my Protector predicting?



What does my Shadow Self fear I will experience?



What does Favourite Self notice about the situation now?



What else could also be true?

THE ALARM SEEMS TO BE:

- ☐ Valid — something genuinely needs protecting
- ☐ Partly valid — something needs attention, but the old response is bigger than necessary
- ☐ Outdated — the conditions have changed
- ☐ I'm not sure yet — I need more information/support

5 CHOOSE THE ALTERNATIVE ACTION



If the old Protector response isn't needed, how can I respond differently?

6 OUR RESEARCH AGREEMENT

Our shared commitment for running future Favourite Self experiments.

Instead of automatically

I will try _____

This allows me to honour what I need while still moving towards...

My smallest safe, aligned action is...

MY NEW EXPERIMENT STRATEGY



We agree that we don't have to force ourselves through fear to prove Favourite Self is right. We also agree that an alarm doesn't automatically mean we have to retreat into the old story. We will...

- _____
- If the experiment becomes too much, we will...
- If we discover new information, we will...
- The next aligned action we are willing to test is...

PROTECTOR PART AUDIT

PAGE 5: RUNNING THE EXPERIMENT

Take Action, Gather Data & Integrate Your Learning

Now it's time to put your updated experiment conditions into practice. This page will help you run your next round of your Favourite Self experiment, record what happened, reflect on the results and capture the new evidence to build your self-trust over time.

A QUICK REMINDER

This isn't about getting it perfect. It's about being curious, kind and willing to try something new.

Small, consistent experiments create big shifts over time.

Your Protector and Shadow Self aren't the enemy — they're part of you. The goal is integration, not elimination.

1 TAKE THE ALIGNED ACTION



Use your updated experiment conditions and team agreement from Page 4 to guide how you show up this time.



MY INTENTION

What do I want to move towards with this experiment?

⋮



MY UPDATED EXPERIMENT CONDITIONS

What are the key conditions I'm holding this time to feel safe and supported?

⋮



THE ACTION I TOOK

What specific action did I take? When and where did I do it?

⋮



WHEN, WHERE & HOW

When did I do it? Where did I do it? How did I set myself up for success?

⋮

2 WHAT HAPPENED?



Let's get curious about what happened. There's no such thing as failure here — just valuable data.



WHAT DID I NOTICE?

What happened? What did I notice in my body, mind, emotions and behaviour?

⋮



HOW DID IT FEEL?

How did it feel in the moment and afterwards? What felt different, easier or better than before?

⋮



WHAT DID MY PARTS DO?

How did my Protector Self, Shadow Self and Favourite Self show up this time? What was different (if anything)?

⋮

3 WHAT DID I LEARN?



Every experiment gives us valuable data. Let's reflect on what this experience has shown you.



WHAT WORKED?

What supported me? What felt good, helpful or empowering?

⋮



WHAT DIDN'T WORK (YET)?

What was challenging? What do I want to adjust next time?

⋮



MY PLAN TO MOVE FORWARD

Based on what I've learned, what is my plan to move forward with this now?

⋮

4 NEXT STEPS & ONGOING PRACTICE



Let's keep the momentum going. What will I do next, and how will I continue to support myself as I run more Favourite Self experiments?



MY NEXT EXPERIMENT

What is the next step I want to try, with my new awareness?

⋮



HOW WILL I SUPPORT MYSELF?

What tools, practices or reminders will help me stay regulated, grounded and connected to my team agreement?

⋮



WHO CAN SUPPORT ME?

Do I need support from a trusted friend, practitioner or community? What support do I want to have in place?

⋮

5 ADD THIS TO THE EVIDENCE LOG



Capture this experiment in your Favourite Self Evidence Log & Reflection (Part of your Favourite Self Experiment Protocol).



RECORD THE EXPERIMENT, THE RESULT AND YOUR UPDATED HYPOTHESIS

Over time, you're not just remembering experiences. You're building new evidence about who you are, what is safe, what isn't, what you need and what you're capable of.

This evidence builds self-trust.

- ☐ It shows your growth.
- ☐ It reminds you of what's possible.
- ☐ It helps all parts of you feel safer trying again.



SAFETY & SUPPORT NOTE

There are circumstances that fall outside the scope of DIY shadow work and require external support. If you are in an emergency or at immediate risk, please call 000 (Australia).

If you need additional professional support or guidance, please contact Emma: hello@empoweredhealinghub.com.au

You don't have to do this alone. Sometimes the bravest thing you can do is ask for support. ♥

Professional Support for Your Favourite Self Journey ♥

SOMETIMES YOU MIGHT WANT GUIDANCE, A FRESH PERSPECTIVE OR A LITTLE EXTRA SUPPORT TO HELP YOU MOVE FORWARD.

You don't have to do it all alone.

New perspectives can create new possibilities. ♥

HEAL
EXPLORE
ALIGN
GROW
♥

Support yourself. It's part of the plan. ♥



DIFFERENT PATHS. SAME DESTINATION.

Whether you're seeking intuitive insight, therapeutic support, practical guidance or a mix of it all — each offering is here to help you reconnect with yourself and move forward in a way that feels right for you.



A SPACE TO BE REAL.

Bring your questions, your stuckness, your big feelings, your ideas, your dreams. This is a safe, non-judgemental space to be fully you.



GUIDANCE MEETS REAL-WORLD TOOLS.

I combine intuitive insight with therapeutic wisdom, somatic awareness and practical strategies to help you create meaningful, lasting change.



YOU ALREADY HAVE THE ANSWERS.

Sometimes you just need a little support to hear them more clearly, feel them in your body, and take the next step.

MY SUPPORT OFFERINGS

CHOOSE WHAT FEELS ALIGNED FOR YOU RIGHT NOW.



INTUITIVE GUIDANCE

Tap into intuitive insight and energetic guidance to gain clarity, explore possibilities and receive supportive direction for your journey.

Includes psychic insight, energy reading and practical takeaways.



THERAPEUTIC GUIDANCE

Trauma-informed therapeutic support to explore patterns, process emotions and create change. A deeper space to feel, release and reconnect.

Combines psychotherapy principles, somatic awareness and mind-body tools.



FAVOURITE SELF COACHING GUIDANCE

Practical, heart-led support to help you apply your insights, overcome stuckness, stay accountable and take aligned action toward your Favourite Self life.

Integrates your Human Design, Astrology, Gene Keys and personal goals.



COMBINATION SESSIONS

A tailored blend of intuitive, therapeutic and coaching support — because sometimes you need a little bit of everything.

We'll co-create the session based on what you need most in the moment.

Clarity for what's next. ♥

Heal what's heavy. Make space for more. ♥

Ideas into action. You've got this. ♥

A bespoke space for you. ♥

READY TO WORK TOGETHER?

If you feel called to book a session or just have a question, I'd love to hear from you.



Contact Emma here:
hello@empoweredhealinghub.com.au

SUPPORT ♥ CLARITY ♥ HEALING ♥ ACTION ♥ YOU

A calmer you. A kinder you. A brighter tomorrow. ♥

KINDER
BRAVER
CLEARER
YOU