

## Common Fears of Managers\*

*Remember that therapists need to respectfully address the heart of the manager fears before going on to the exiles.*

**Fear #1:** They will be pulled into a black hole from which there is no return – Exiles will take over, overwhelming the system (most common).

**Fear #2:** They don't see any possible benefit from going into the pain. Exiles can't change, damage has been done, and there is no point. "That was then, now is now, don't look back."

**Fear #3:** Going in will trigger dangerous Firefighters.

**Fear #4:** The therapist won't be able to handle their exiles. The therapist will be contaminated, repulsed, or overwhelmed and will reject or abandon the client.

**Fear #5:** Managers fear they will lose their job, be eliminated, lose power.

**Fear #6:** Secrets will be exposed that the system (internal or external) can't handle.

**Fear#7:** The external world doesn't support the change. They need the protective cloak of the Manager. Without it, they will become too dependent, needy, and vulnerable.

*Always give parts permission to come back in if they'd like to or feel the need to.*

Charles Bukowski reading of Bluebird: <https://www.youtube.com/watch?v=lyMS4qJ8NXU>

\*Dick Schwartz's comments transcribed and edited by Nancy Wonder