

# Common IFS Firefighters & Their Unburdened Gifts

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## 1. Addictive Behaviors

- **Firefighter:** Overeating, substance use, compulsive shopping, pornography, gaming, binge-watching.
  - **Unburdened Gift:** Pleasure, play, beauty, creativity, healthy rest.
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## 2. Anger / Rage

- **Firefighter:** Explosive temper, verbal attacks, aggression, slamming doors.
  - **Unburdened Gift:** Strength, assertiveness, protection, healthy boundaries.
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## 3. Numbing / Shutting Down

- **Firefighter:** Dissociation, scrolling, oversleeping, emotional withdrawal.
  - **Unburdened Gift:** Calm, peace, stillness, true regulation.
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## 4. Self-Harm / Risk-Taking

- **Firefighter:** Cutting, reckless driving, risky sex, flirting with danger.
  - **Unburdened Gift:** Courage, vitality, passion, creative adventure.
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## 5. Humor / Sarcasm

- **Firefighter:** Joking, sarcasm, clowning to deflect pain.
  - **Unburdened Gift:** Joy, levity, healing laughter, perspective.
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## 6. Overworking / Over-Busy

- **Firefighter:** Busyness, over-productivity, task obsession.
  - **Unburdened Gift:** Dedication, diligence, contribution, meaningful engagement.
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## 7. Sexual Acting Out

- **Firefighter:** Promiscuity, pornography, compulsive sex, flirting.
  - **Unburdened Gift:** Healthy intimacy, connection, playfulness, sensual joy.
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## 8. People-Pleasing / Over-Socializing

- **Firefighter:** Over-helping, caretaking, avoiding solitude.
  - **Unburdened Gift:** Hospitality, generosity, empathy, genuine connection.
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## 9. Food as Comfort

- **Firefighter:** Emotional eating, bingeing, compulsive snacking.
  - **Unburdened Gift:** Nourishment, gratitude, mindful enjoyment, appreciation of provision.
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## 10. Dissolving in Fantasy

- **Firefighter:** Escapist daydreaming, fantasy novels, excessive TV/social media.
- **Unburdened Gift:** Imagination, creativity, vision, grounded hope.