**Scenario 1: Meeting with Taylor, Exploring the Firefighter Part of Pornography**

Context: Taylor is in therapy to address feelings of loneliness and shame related to their use of pornography.

**1. Feelings:**

Therapist: "Taylor, what feelings arise when you think about your use of pornography?"

Taylor: "I feel lonely and ashamed, but during the act, I feel a temporary escape."

**2. Focus:**

Therapist: "Let’s focus on that escape. Can you identify the part of you that seeks that relief?"

Taylor: "It feels like a part that’s desperate to avoid the pain of loneliness."

**3. Find:**

Therapist: "Can you find that part? What does it look like or feel like?"

Taylor: "It feels like a shadow, lurking and waiting for moments of weakness."

**4. Flesh:**

Therapist: "If this 'firefighter' part could speak, what would it say?"

Taylor: "It would say, 'Just watch; it will make you feel connected, even if it’s just for a moment.'"

**5. Fear:**

Therapist: "What do you think this firefighter part fears might happen if it doesn’t step in?"

Taylor: "It fears that I’ll feel even more isolated and unable to connect with others."

**6. Freedom:**

Therapist: "What would freedom look like for you if this firefighter part could trust that you can handle your loneliness without resorting to pornography?"

Taylor: "I think I could build real connections and feel more fulfilled in my relationships."

Therapist: "What does this firefighter need from you to feel like it can take a step back from its job?"

Taylor: "It needs reassurance that I can handle my feelings and that I have other ways to connect with people."

**Scenario 2: Meeting with Jordan, Exploring the Firefighter Part of Alcohol**

Context: Jordan is in therapy to address issues related to anxiety and reliance on alcohol for coping.

**1. Feelings:**

Therapist: "Jordan, what feelings come up when you think about your drinking?"

Jordan: "I feel anxious and stressed, but when I drink, I feel relaxed and carefree."

**2. Focus:**

Therapist: "Let’s focus on that relaxation. Can you identify the part of you that seeks that relief?"

Jordan: "It feels like a part that just wants to escape the pressure of daily life."

**3. Find:**

Therapist: "Can you find that part? What does it look like or feel like?"

Jordan: "It feels like a heavy weight that lifts when I drink."

**4. Flesh:**

Therapist: "If this 'firefighter' part could speak, what would it say?"

Jordan: "It would say, 'Just have a drink; it will help you forget your worries.'"

**5. Fear:**

Therapist: "What do you think this firefighter part fears might happen if it doesn’t step in?"

Jordan: "It fears that I’ll be overwhelmed by anxiety and won’t be able to function."

**6. Freedom:**

Therapist: "What would freedom look like for you if this firefighter part could trust that you can handle your anxiety without alcohol?"

Jordan: "I think I could face my feelings head-on and find healthier ways to cope."

Therapist: "What does this firefighter need from you to feel like it can take a step back from its job?"

Jordan: "It needs to know that I have a plan for managing my anxiety and that I can reach out for support when I need it."

**Scenario 3: Meeting with Jamie, Exploring the Firefighter Part of Binge Eating**

Context: Jamie is in therapy to address feelings of anxiety and a tendency to engage in binge eating when stressed.

**1. Feelings:**

Therapist: "Jamie, as we start today, can you share what feelings come up when you think about your binge eating?"

Jamie: "I feel shame and guilt afterward, but in the moment, it feels like relief."

**2. Focus:**

Therapist: "Let’s focus on that relief. Can you identify what part of you is seeking that relief?"

Jamie: "I think it’s a part of me that just wants to escape the stress."

**3. Find:**

Therapist: "Can you find that feeling of tightness and tell me more about it?"

Jamie: "It feels heavy, like a weight I can’t shake off."

**4. Flesh:**

Therapist: "If that 'firefighter' part could speak, what would it say?"

Jamie: "It would say, 'Just eat! It will make everything better, even if just for a moment.'"

**5. Fear:**

Therapist: "What do you think this firefighter part fears might happen if it doesn’t step in?"

Jamie: "It fears that if I stop, I won’t be able to handle the stress, and I might fall apart."

**6. Freedom:**

Therapist: "What would freedom look like for you if this firefighter part could trust that you can handle your emotions without resorting to binge eating?"

Jamie: "I think I could feel more in control and actually process my feelings instead of running from them."

Therapist: "What does this firefighter need from you to feel like it can take a step back from its job?"

Jamie: "It needs to know that I can acknowledge my emotions and that I have healthier coping strategies in place."