Protector interview

15 minutes

One page per protector. Answer only what you get to: half an interview is still worth having.

1. **Which protector is this?**
   The Planner, the numbing part…

2. **How I feel toward it right now**
   Curious or open? Carry on. Irritated or wary? Ask that part to step back a little first.

3. **What it does for me**
   Keeps me three steps ahead so nothing catches me out.

4. **What it is afraid would happen if it stopped**

5. **What it would need from me before it could ease off a little**

6. **Has anything shifted between us?**