

Exiles in Internal Family Systems (IFS): Inner Child Wounds

Abandonment Wound

- Feels “left out”
- Fears being left
- Hates being alone
- Co-dependent
- Threatens to leave
- Normally attracts emotionally unavailable people

Guilt Wound

- Feels “sorry” or “bad”
- Doesn’t like to ask for things
- Uses guilt to manipulate
- Is afraid to set boundaries
- Normally attracts people who make them feel guilty

Trust Wound

- Is afraid to be hurt
- Doesn’t trust themselves
- Finds ways not to trust people
- Feels insecure and needs lots of external validation
- Doesn’t feel safe
- Normally attracts people who don’t feel safe

Neglect Wound

- Struggles to let things go
- Has low self-worth
- Gets angry easily
- Struggles to say “no”
- Represses emotions
- Fears being vulnerable
- Normally attracts people who don’t appreciate them or make them feel “seen”