

The Different Parts of You Series: Part 4 – The Three Selves

We are all complex beings, created by God with the capacity to feel, think, act, and grow. One powerful model for understanding your inner world is the framework of the Three Selves: the Child, the Warrior/Defender, and the Adult. These three parts work together to help you navigate life. When integrated and healthy, they allow you to respond with balance, wisdom, and maturity.

The Child Self

- Represents your core emotions and unmet needs
- Holds your innocence, creativity, and vulnerability
- Desires to be seen, soothed, safe, and secure
- When unacknowledged, can show up in reactivity or emotional dysregulation

The Warrior/Defender Self

- Protects you from harm, rejection, and pain
- Activates in times of danger or threat (real or perceived)
- Can take the form of perfectionism, people-pleasing, withdrawal, or control
- Its intention is good—but it often uses outdated strategies from past experiences

The Adult Self

- Your wise, regulated, Spirit-led part
- Makes decisions aligned with values, not just emotions or fear
- Holds space for the Child and Warrior with compassion
- Grows stronger with emotional intelligence, spiritual maturity, and self-awareness

Scripture teaches us about our inner world and the transformation God desires in us:

- 1 Corinthians 13:11: 'When I was a child, I talked like a child... when I became a man, I put the ways of childhood behind me.'
- Proverbs 4:23: 'Above all else, guard your heart, for everything you do flows from it.'
- Romans 12:2: 'Be transformed by the renewing of your mind...'

These verses remind us that while childlike faith is beautiful, God calls us into growth, wisdom, and maturity.

When the Three Selves are disconnected, we may feel emotionally hijacked, reactive, or stuck in self-sabotage. But when each part is acknowledged and brought into the light of God's truth, healing begins.

- The Child learns to feel safe and secure.
- The Warrior learns new tools to protect without control.
- The Adult becomes the primary driver—grounded in faith, resilience, and love.

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Action Steps for Integration

1. Reflect: When do you notice your Child, Warrior, or Adult showing up?
2. Journal: Write a letter to each part, thanking it for how it's tried to help you.

Additional Habits and Skills to Practice:

Practice Regulation: Deep breathing, prayer, and grounding help shift you back to your Adult Self.

Use 'Parts Language': Say 'A part of me feels afraid,' instead of 'I am afraid.' This helps you observe rather than over-identify.

Invite God In: Ask God to help you live from your Adult Self, rooted in His Spirit and truth.