

A list of protectors

These are common protectors that show up before psychedelic and plant medicine experiences:

- **The losing control part** – Fears that surrender will lead to madness, psychosis, or irreversible loss of control.
- **The medical risk part** – Worries about physical danger, contraindications, or something going seriously wrong.
- **The rational part** – Distrusts non-ordinary states and prefers logic over felt experience.
- **The skeptical part** – Doubts whether the medicine works or whether anything real will happen.
- **The overanalyzing part** – Tries to understand, interpret, or control the experience while it is happening.
- **The therapist-self part** – Observes the process clinically rather than participating in it.
- **The high expectation part** – Believes the ceremony must be deeply transformative or life-changing.
- **The fixing part** – Wants the medicine to heal trauma quickly or solve long-standing problems.
- **The comparing part** – Measures the experience against others' stories or previous journeys.
- **The pain-avoiding part** – Tries to prevent contact with grief, fear, shame, or despair.
- **The emotional regulating part** – Keeps feelings within a “manageable” range to avoid overwhelm.
- **The numbing part** – Reduces sensation and emotion to protect from intensity.
- **The humor or lightness part** – Uses joking or detachment to avoid emotional depth.
- **The competent part** – Needs to stay capable, composed, and emotionally in control.
- **The spiritual identity part** – Protects an image of being conscious, evolved, or “advanced.”
- **The helper part** – Focuses on others' processes instead of their own.
- **The independent part** – Resists receiving support or guidance.
- **The self-reliant part** – Equates surrender with weakness or dependence.
- **The “no expectations” part** – Claims neutrality while holding hidden hopes or fears.
- **The chill part** – Performs relaxation and openness without real vulnerability.
- **The observer part** – Watches the experience instead of entering it.
- **The spiritual bypassing part** – Uses spiritual language to avoid meeting fear directly.
- **The detached part** – Appears present while staying emotionally disconnected.
- **The mistrusting part** – Questions the intentions, competence, or safety of facilitators or the setting.
- **The authority-resisting part** – Pushes back against guidance or structure.