

Understanding the SELF in IFS

The foundation of Internal Family Systems is the Self – or the belief that each individual possesses a wise and compassionate center that helps us move through the world. Self has distinct qualities, known as the 8 C's and 5 P's.

C Curiosity

C Compassion

C Calm

C Clarity

C Courage

C Confidence

C Creativity

C Connectedness

P Playfulness

P Perspective

P Patience

P Persistence

P Presence

