

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.



Curiosity



Compassion



Calm



Clarity



Courage



Confidence



Creativity



Connectedness



Playfulness



Perspective



Patience



Persistence



Presence

