# The 8 C's of IFS

One of the beliefs of IFS Therapy is that we all have a "Self". When we embody self-energy, we are in a state of being characterized by the 8 C's of IFS.

**The 8 C's of Self Leadership in IFS:**

1. **Calm** - Serenity regardless of circumstances. The ability to react to triggering situations mindfully.
2. **Clarity** - The ability to perceive situations clearly, without distortion caused by beliefs. Able to remain objective in situations where you have an interest in the outcome.
3. **Curiosity** - A strong desire to non-judgmentally explore and learn something new about a topic, situation or person. To have a sense of wonder about the world.
4. **Compassion** - Being open-hearted, present, and appreciative of others -- without feeling the urge to fix, change distance or judge.
5. **Confidence** - The ability to stay fully present in a situation and effectively handle anything that happens. Internalized growth that comes from healing past traumas and an understanding that life includes making mistakes.
6. **Courage** - Having the strength to overcome threats, challenges or danger; taking responsibility for one's actions and being willing to reflect and improve upon the past.
7. **Creativity** - A flow state, where your imagination is capable of producing ideas and expression spontaneously; a state of pleasure from immersion in the activity at hand.
8. **Connectedness** - Feeling connected to others, lower defenses and allow companionship; being a part of a team, community, organization, or group.

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Adapted from R. C. Schwartz (1997)