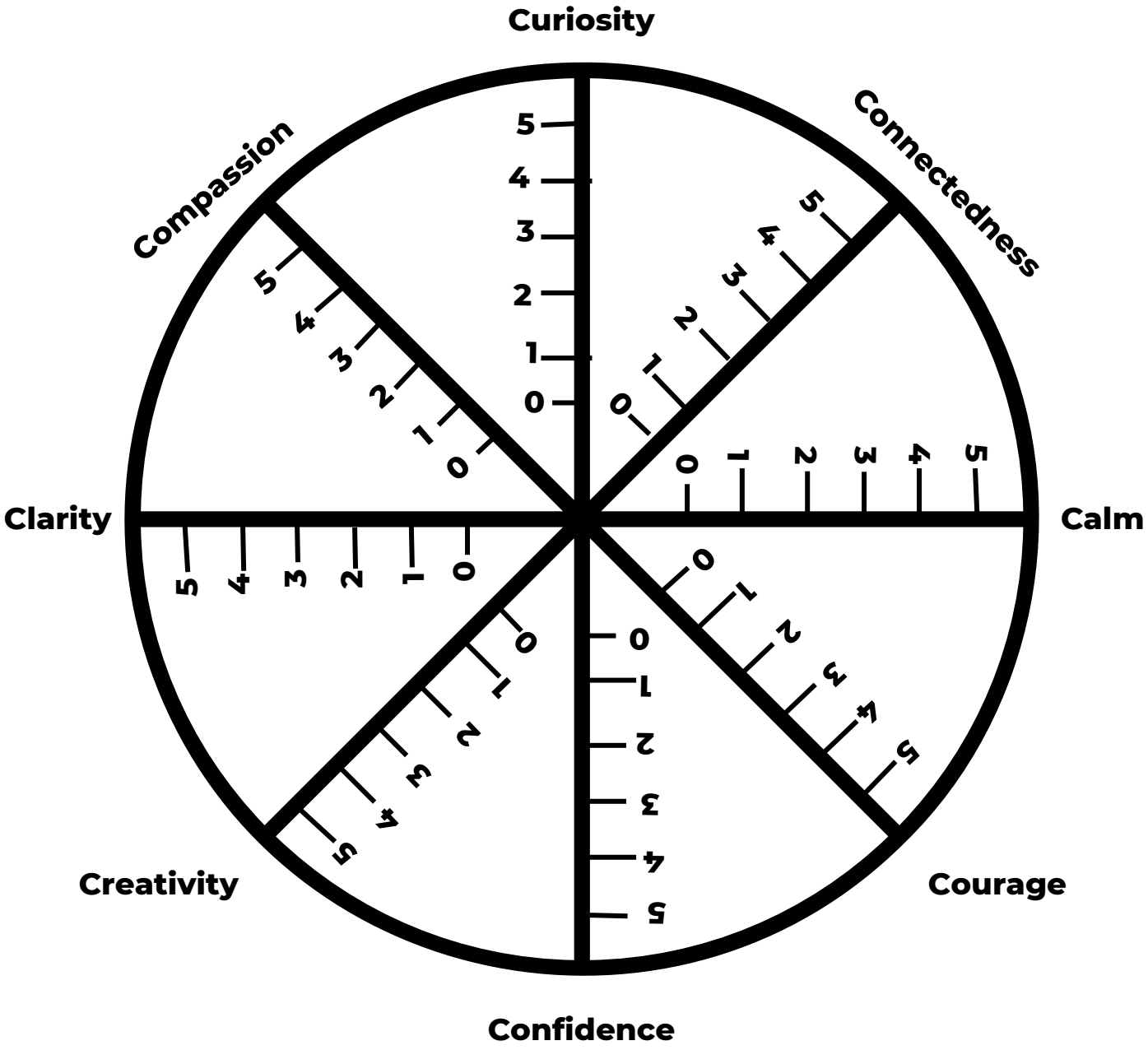
The 8 C's of IFS

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.

Rate how much of each quality you feel in this moment.
On a scale of 0-5 for each of the 8 C's.



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Adapted from R. C. Schwartz (IFS, 1997)
& Julia Sullivan (Wheel)