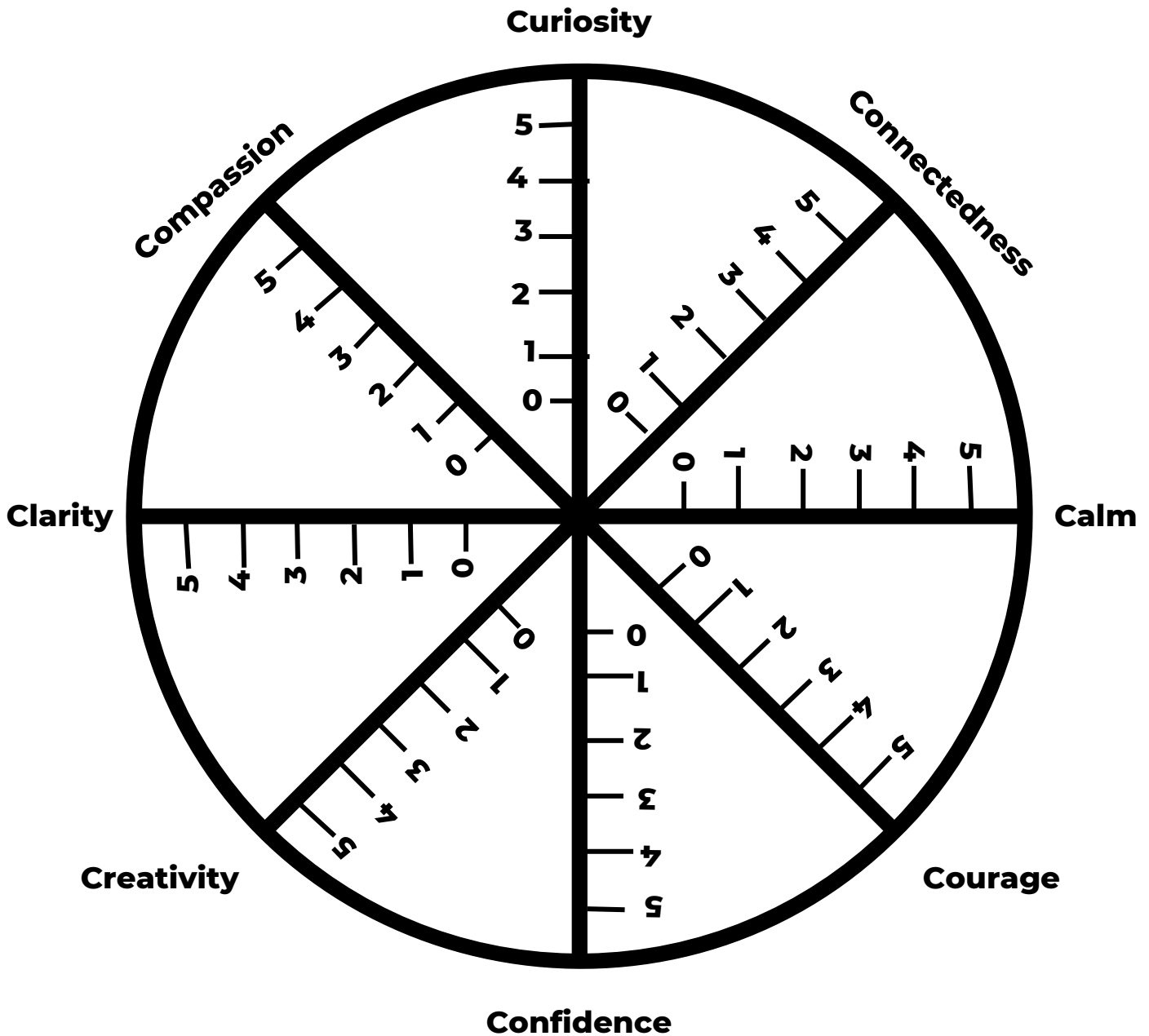


The 8 C's of IFS

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.**



What if...

IFS Therapist Meditation by Gwen Hurd, LCSW

Imagine yourself getting ready to be present with your next client,
whether you will be traveling to the office,
a different room in your house,
or simply turning on your computer.

Feel into this moment and the parts it activates.....

Now ask

What if - I can be connected with myself, being aware of the sacred space within

What if - I can trust that my client will be ignited by the Self Energy I am extending

What if - I can be sensitive to the level of Self Energy in the room

What if - I trusted in the fact that the client is the deepest healer for their system

What if - I made every attempt to get my interfering parts to step back, by noticing, acknowledging and agreeing to attend to them at another time

What if - those parts knew and trusted that I would allow myself time in the future to be with them

What if - just in this moment, just in this session, I allowed my radiance to shine...

and trusted that I was enough to hold the space for whatever was wanting to happen

Now again,

Imagine yourself getting ready to be present with your next client,
whether you will be traveling to the office,
a different room in your house,
or simply turning on your computer.

Notice how it feels inside.....

When you are ready, bring your attention back to this moment, as you enter into today.

The Bus Driver

The 'Self' is like a bus driver who drives the bus of your being, with other Parts of you riding as passengers. Sometimes our Parts disagree, which causes inner conflict.

Think of a situation in your life where you feel inner conflict. Write down what each Part of you wants to express about that situation. What words or images come to mind when you tune into each part?

The situation is:

My "Self" Part says:

Part Name:

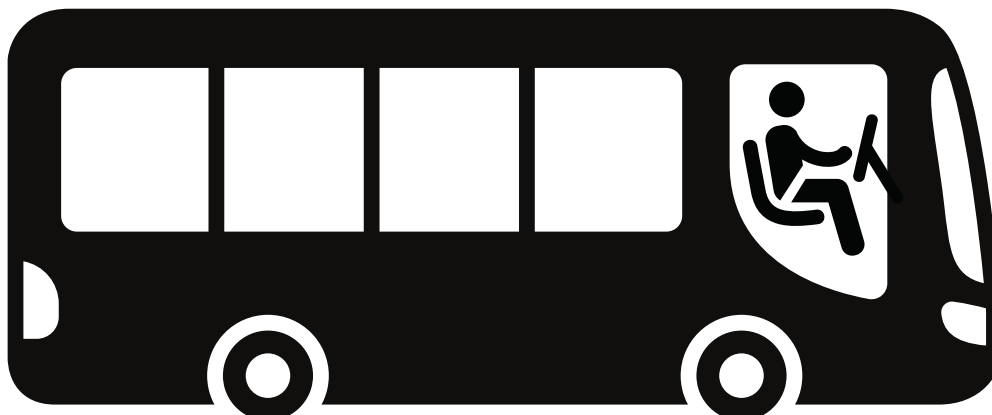
This Part Says:

Part Name:

This Part Says:

Part Name:

This Part Says:



The Bus Driver

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Part Name:

This Part Says:

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Parts Mapping Exercise

Internal Family Systems therapy (IFS) recognizes each person as an ecosystem, with a core self at the center and a multitude of parts that exist around it. The Parts mapping exercise will help you identify & communicate with these these Parts.

With each part, go through the 6F's.

1

Find the part – Where do you feel this part in your body? What thoughts, words, or images are coming to mind?

2

Focus – Focus on that specific element, the place in your body, and see what emerges.

3

Flesh it out – What else do you notice about that part? How far are you from that part? How old do you think it is? What thoughts or emotions are emerging?

4

Feel – How do you feel towards this part? Here you check for self-energy and the 8C's.

5

BeFriend – What would the Part like you to know? What is its role? What is its purpose? How old does it think you are? How old is it?

6

Fears – What is the Part afraid would happen if it stopped doing what it's doing? Each time you may note the answers until nothing more comes.

MentallyFitPro.com

Adapted from R. C. Schwartz (1997)

Exercise Credit: Michael Pasterski, IFS Poland

