

3 Notions of Self in IFS



SELF as ENTITY

You have a Self. It's an orienting point, an anchor inside, supporting and caring for your parts.



SELF as GROUND

Self isn't in you at all. It's larger, more expansive than your human identity. It flows through you, supporting and caring for your parts.



SELF as ENERGY

You feel Self, but not as a 'thing.' Instead, you experience a powerful energy inside, supporting and caring for your parts.

now it's your turn -- reflect, then write:

first impressions:

which pull me in? which push me away?

my own sense of Self: (draw or describe)

reflections and questions for further discussion: