

# QUALITIES OF SELF LEADERSHIP

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How can you recognize the presence of Self Energy? Notice if you begin to sense any of the following qualities (and note that any one quality can lead to accessing the others).

## THE EIGHT Cs

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**CALMNESS** Experiencing a spacious, peaceful quiet inside even in the face of stressful situations. Having a calming presence with other people and parts.

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**CURIOSITY** Being genuinely open about why other parts or other people are reacting as they do, instead of becoming upset with them. An absence of agenda to change another person's (or part's) behavior, wanting instead to genuinely understand it.

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**COMPASSION** Seeing beyond others' angry or reactive parts and recognizing the fear or pain behind them. Feeling tender caring for a part or another person who is suffering and a desire to help without being overwhelmed by their pain.

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**CONFIDENCE** Trusting that even if you've made mistakes, there's an abiding knowledge that your truest Self holds goodness and worth. Internally, Self trusts its competence even when parts are angry or distrustful. Self-confidence involves relating to parts and people in ways that are healing and effective.

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**COURAGE** Approaching formerly feared parts or situations and responding more consciously. Standing up to injustice while also speaking for your own extreme parts and apologizing for any negative impact on others.

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**CLARITY** Having a clear, undistorted view of situations and parts, with a lack of projection.

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**CONNECTEDNESS** Feeling a sense of connection with all parts and other people or a desire to reconnect. Recognizing that all life is connected and that the sense of separateness is an illusion.

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**CREATIVITY** Being free to realize creative potential and to enjoy exploring novelty. Encouraging protectors to relax and allow parts to express themselves, unencumbered by burdens of fear, worthlessness, or shame.