

SELF ENERGY

*“IFS asserts that the Self exists, cannot be damaged, can often be accessed quickly, knows how to heal, moves to correct inner or outer injustice with an open heart, and becomes the good attachment figure for parts and people.”
(Schwartz & Sweezy, 2019)*

- Self energy exists in everyone and has a different resonance than parts' energy.
- Self knows that we are all connected to each other and to the great web of life all around us.
- Self energy is present at birth. Self needs parts for human development. Parts are resources for Self.
- All parts have Self energy at their core.
- Like any energy, Self is both a particle and a wave, or a noun and a verb:
 - Particle/noun: An active, compassionate inner leader
 - Wave/verb: An expansive, boundaryless state of mind
- Self can be experienced as feeling centered; a state of calm, well-being, and lightheartedness; and other positive healing qualities – more of who they really are down deep.
- Self can and should lead the internal system with its clarity of perspective and other qualities. However, it has no power that is not granted by the parts.
- Self can be distinguished from parts in that they have agendas (strategies to obtain outcomes) vs Self has intention to restore balance, harmony, connectedness, and healing to the system.
- Self energy can be thought of as the absence of parts It's also greater than the sum of all the parts and is a part of a much larger Self.
- Self energy is a matter of degree, so instead of saying “I am IN Self” or “I am OUT of Self,” we consider how much Self energy is available in any given moment.

- **Self must be embodied to be able to lead the inner system of parts.**