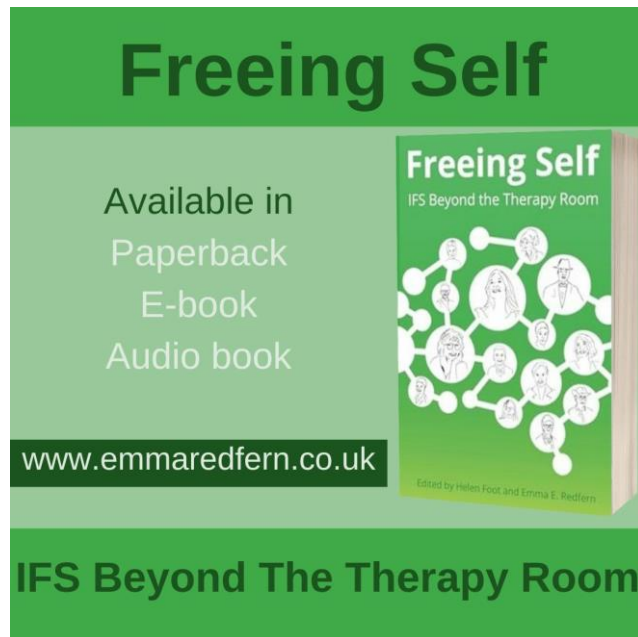


## FREE TEMPLATES

# Beginning to know your Internal Family System: Templates and Suggestions

*(the full exercise version available for attendees of the live or on-demand workshop)*



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for an Onlinevents workshop

Author's Corner: Value-Adding Conversations with Colleagues

“Karin Brauner and Emma Redfern Discuss IFS Beyond the Therapy Room”

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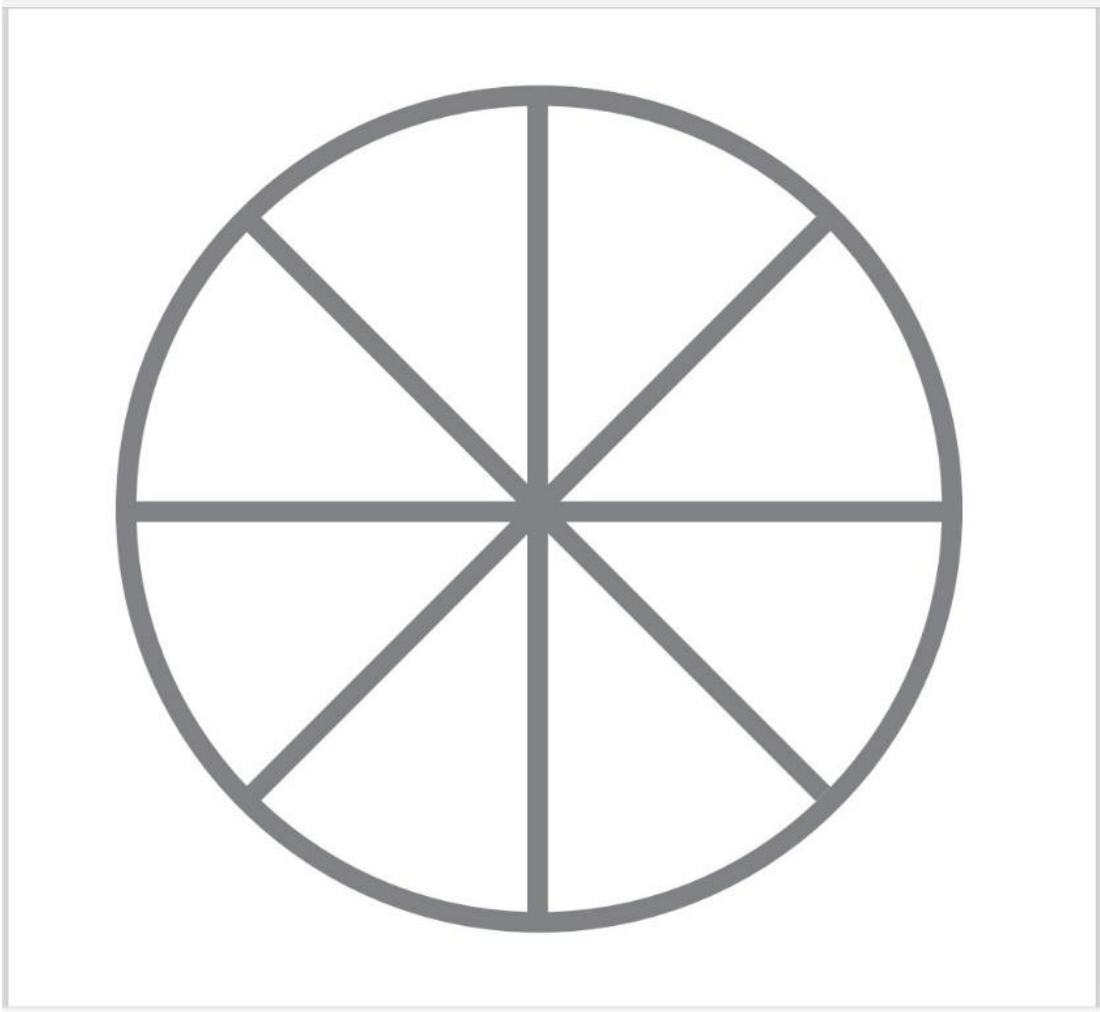


*Freeing Self*

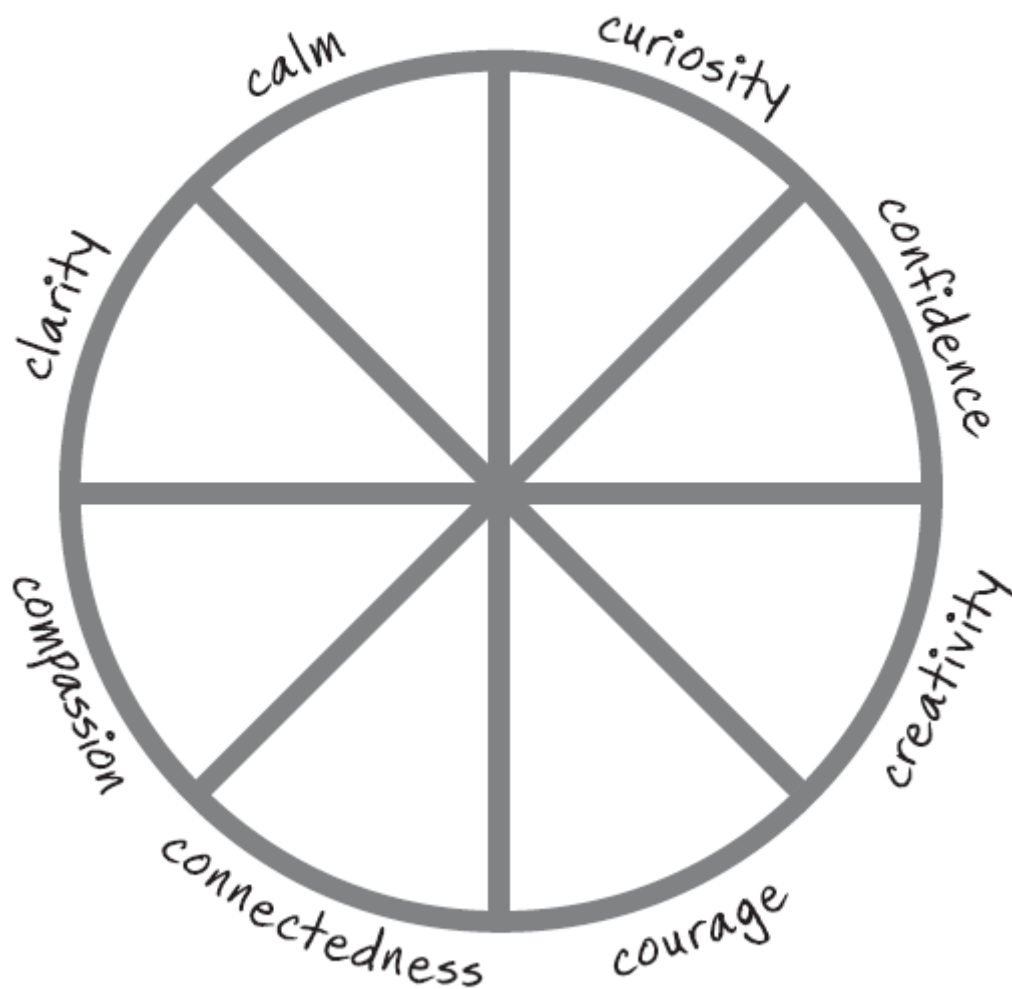
[www.emmaredfern.co.uk](http://www.emmaredfern.co.uk)



# Template 1: Wheel of Life



# The 8 C's



## The 5 P's

Patience
Presence
Perspective
Playfulness
Persistence

0 5

