

Cultivating our Wise Self Information sheet

Internal Family Systems and Janina Fischer talk about cultivating our Wise Self. This is much like the Wise, strong parent (as spoken of in attachment models like Circle of Security or Parent Effectiveness Training) most of us wanted and may have had to some degree. By cultivating and connecting to this Self we help ourselves create a centre that is harder to shake and sheltering wing for our more delicate or fraught feelings and experiences.

We can see this Self in action in the ways we get on with daily life, no matter how small or humble our efforts may seem (for some getting up to have a shower is a matter of great courage), or in the way we connect to beauty or loving someone, the moments when we see something clearly about others or ourselves, the moments sitting, perhaps, in the sun or with a cup of tea where we feel a moment of something like peace.

How can we cultivate our Wise Self?

Janina Fischer states that Wise Self has a number of qualities, among them:

- **confidence,**
- **calmness,**
- **creativity,**
- **clarity,**
- **curiosity,**
- **courage,**
- **compassion, and**
- **connectedness**

What are some ways that you can see your Wise Self at play in your life now?

What supports you to connect to this Self?

When the chips are down what might support you to reconnect to this Self?

Please remember that a Wise Self like this is often formed in relationship to others. And that we always need each other for care and support and steadying. So, when asking these questions, one answer can be, "I reach out to my friend/partner/family member/therapist/pet" for support and that helps me reconnect".

