



ENNEAGRAM AND IFS

Practice

OBSERVE A PATTERN

I'm in a part. My Type is active.

GET FAMILIAR

What is this experience like? How do I feel, act, think?

CREATE SPACE

Unblend from Parts allowing for Part to Self connection.

MAKE CHOICE

A Self C quality.

What changes inside of me when I'm free to make a different choice?

Tammysollenberger.com
Creativecollaborations.net