



WELCOME TO SELF- COMPASSION TRAINING



THE
POSITIVE
HABIT
FIONA
BRENNAN



MY INTENTION IS:

**“BY THE END OF THE COURSE, YOU WILL
HAVE THE COURAGE AND SKILLS TO BE
KINDER TO YOURSELF.”**

WHAT IS YOUR INTENTION?



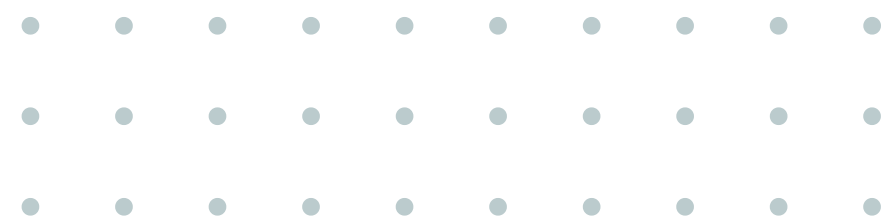


01. **THEORY & SCIENCE OF SELF-COMPASSION**
*Empower yourself with
knowledge and solid reseach*

02. **EXPERIENTIAL**
*Meditation, Embodiment,
Reflective Journalling*

03. **HOMework**
*Audio & Mindful practices –
noticing*

04. **INTERACTIVE**
Share to help yourself & others



**STRUCTURE
EACH WEEK**



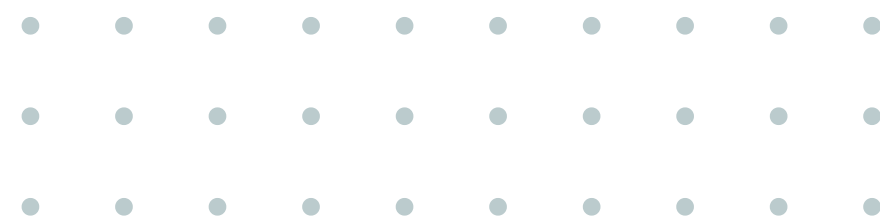
01. **WHAT IS COMPASSION?**
*Collective & Subjective
Definition*

02. **MINDFULNESS IS THE FOUNDATION**
*Why you can't have compassion without it
The 3 Emotional Regulation Systems*

03. **THE 6 ATTRIBUTES OF COMPASSION**
Paul Gilbert

04. **WHY SELF-COMPASSION IS A SKILL
TO BE LEARNED**
Identify your blocks

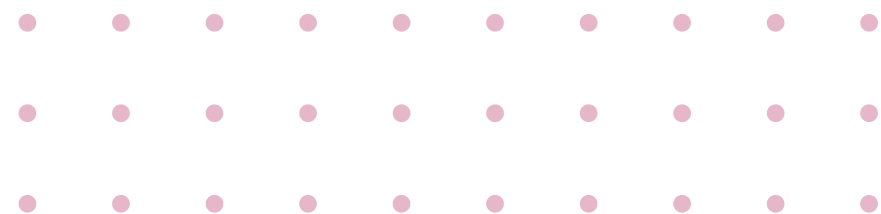
OVERVIEW
WEEK 1



DEFINITION OF COMPASSION

“Compassion is defined as being sensitive to the suffering of self and others with a deep commitment to try to prevent and relieve it.”

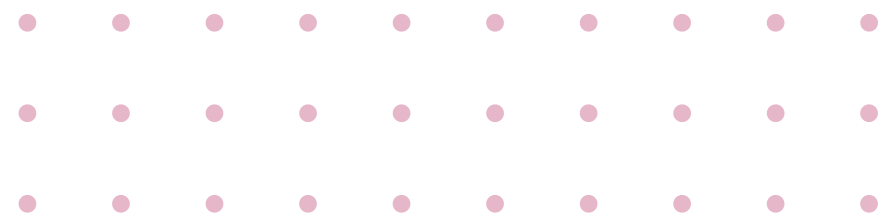
Paul Gilbert.



DEFINITION OF SELF-COMPASSION

“With self-compassion, we give ourselves the same kindness and care we’d give to a good friend.”

Kristin Neff

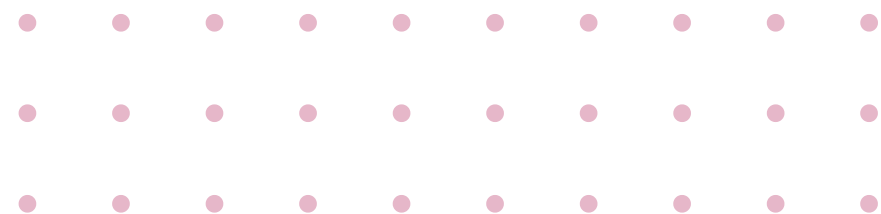


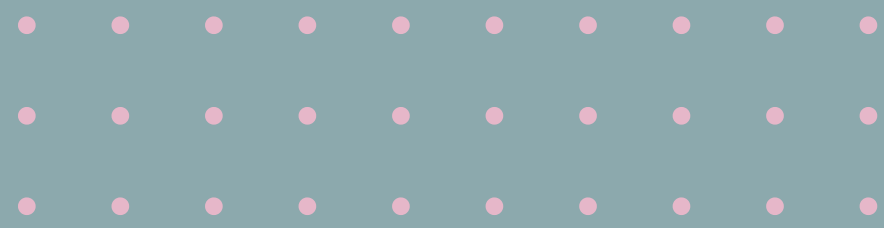
DEFINITION OF SELF-COMPASSION

"A compass that operates from my heart and always brings me home to the truth of who I am – this allows me to help others find their way."

Fiona Brennan

Now Yours?





MINDFULNESS & COMPASSION

Awareness is imperative

**Without mindfulness, we are building
castles in the sand**

Alexithymia- aka emotional blindness


Mindfulness alone is not enough





Compassion Focused Therapy

The 3 Emotion Regulation Systems:

1. A threat and self-protection system, which generates anger, disgust, or fear to protect us
 2. A drive and excitement system, which motivates us to seek outside resources like mates, food, and status
 3. A soothing and social safety system, which is activated when we feel peaceful and content enough that we are no longer compelled to seek outside resources - this is what we want to access in S-C
- 

THE 6 ATTRIBUTES OF COMPASSION – PAUL GILBERT

1. Sensitivity

The ability to recognise suffering for yourself and others.

2. Sympathy

The capacity to feel emotionally connected to suffering.

3. Empathy

The ability to stand back from and understand suffering

4. Motivation/ Caring

The motivation/willingness to address suffering and/or facilitate flourishing

5. Distress Tolerannce

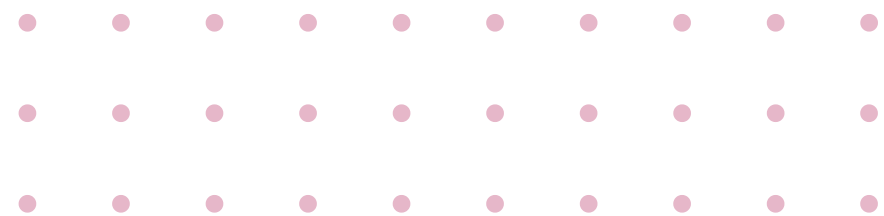
The ability to stay with and tolerate rather than avoid or deny emotions

6. Non- Judgement

The ability to take an accepting, non-critical, and non-condemning approach

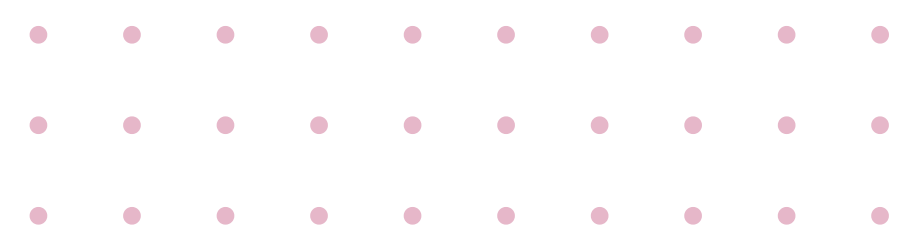
SELF – COMPASSION IS A SKILL

Before you learn a new skill –
we need to remove the
misconceptions and blocks.

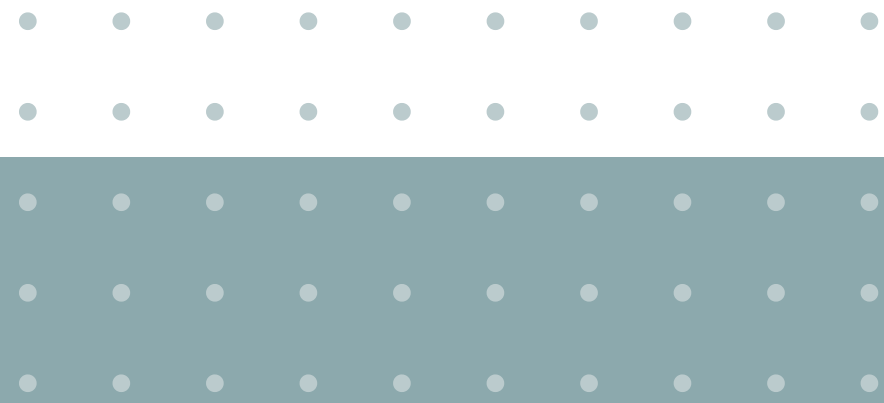




- 01.** SELF-COMPASSION IS NOT SELF-PITY -YIN
- 02.** SELF-COMPASSION IS NOT SUPPRESSION -YANG
- 03.** FEAR OF FEELING NEGATIVE EMOTIONS
- 04.** FEAR OF NOT PROGRESSING LOSING MOTIVATION



THE MAIN BLOCKS



MEDITATION



HOMEWORK

EMAIL ME ANYTIME

AUDIO

Listen every day at a time that works for you. If you miss one day – simply commence the next.

MINDFULNESS

Take a hand to your heart and repeat “I am compassionate to myself now so I can share my kindness later.”

What do you notice in your body?

JOURNALLING

What blocks/misconceptions do I have?

What impact does being my own best friend have on my life? How does it impact those I love?