



SELF-COMPASSION TRAINING WEEK THREE



THE
POSITIVE
HABIT
FIONA
BRENNAN





01. THE GESTURES OF SELF-COMPASSION
Embodying compassion

02. FEEDBACK ON HOMEWORK
Practice Makes Imperfect

03. ARE YOU BEING HIJACKED BY THE THREAT
AND/OR DRIVE SYSTEMS?

04. SELF-COMPASSION VERSUS SELF-
ESTEEM

*Homework set – The Self-
Compassionate Break*





THE 4 GESTURES OF SELF-COMPASSION



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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?



HOMEWORK

EMAIL ME ANYTIME

AUDIO

Listen each morning to the compassionate self meditation.

Keep going with the Pathway 5 compassion audio also. You can vary the audios.

MINDFULNESS

Find a self-compassion physical object that you use as an anchor to do your self-compassion training. A piece of jewellery is great. Observe the world for people being kind to you.

JOURNALLING

- How skilled am I at accepting compassion from others?
- Do I believe I am capable of cultivating self-compassion?
- How much compassion did I receive as a child – was it yin or yang?



Which System Do You Operate in Most of the Time?

1. The threat and self-protection system, which generates anger, disgust, or fear to protect us - feeling stressed, frustrated, irritable, and the big one, anxious!
2. A drive and excitement system, which motivates us to seek outside resources like mates, food, and status - feeling driven, ambitious, never enough, overexcited - the ego!
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 -feeling safe, inner peace and we have and are enough.





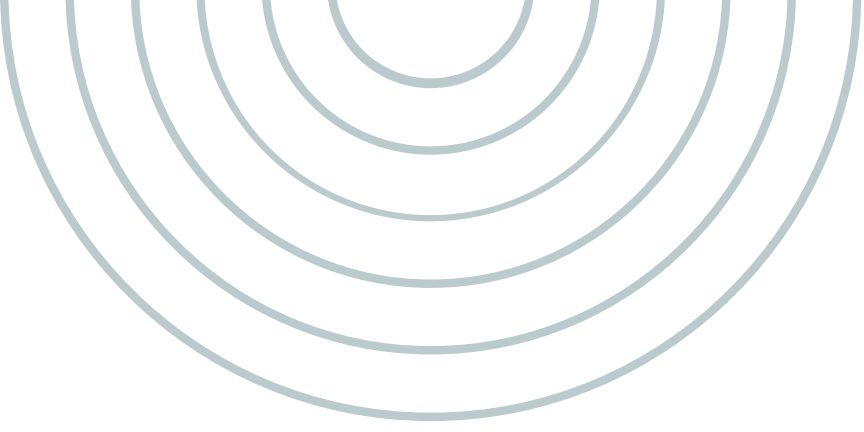
**WHICH SYSTEM DO
YOU ACTIVATE
MOST?**

**THE THREAT AND
DRIVE SYSTEMS ARE
AUTOMATIC**



**THE SOOTHING
SOCIAL SAFETY
SYSTEM REQUIRES
TRAINING AND
IDEALLY IS
ACTIVATED FOR
60% OF YOUR DAY**

**ESSENTIAL FOR
COMPASSION**



SELF-ESTEEM

Positive evaluation of self-worth

Dependent on our latest success or failure. Moves up and down

Operates on comparison

When self-esteem is low - anxiety and low mood increase

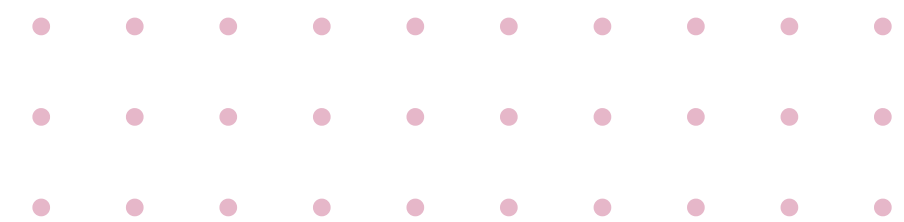
SELF-COMPASSION

Does not operate on judgement

Independent of our success and always there in times of challenge

Understands the common humanity of suffering

If we feel anxious, angry, low self-compassion increases





THE SELF-COMPASSIONATE BREAK – KRISTEN NEFF

THINK OF A SITUATION IN YOUR LIFE THAT IS DIFFICULT, THAT IS CAUSING YOU STRESS. CALL THE SITUATION TO MIND AND SEE IF YOU CAN ACTUALLY FEEL THE STRESS AND EMOTIONAL DISCOMFORT IN YOUR BODY.

NOW, SAY TO YOURSELF:

1. THIS IS A MOMENT OF SUFFERING

THAT'S MINDFULNESS. OTHER OPTIONS INCLUDE:

THIS HURTS
OUCH
THIS IS STRESS

2. SUFFERING IS A PART OF LIFE

THAT'S COMMON HUMANITY. OTHER OPTIONS INCLUDE:

OTHER PEOPLE FEEL THIS WAY
I'M NOT ALONE
WE ALL STRUGGLE IN OUR LIVES

NOW, PUT YOUR HANDS OVER YOUR HEART, FEEL THE WARMTH OF YOUR HANDS AND THE GENTLE TOUCH OF YOUR HANDS ON YOUR CHEST OR ADOPT THE SOOTHING TOUCH YOU DISCOVERED FELT RIGHT FOR YOU.

SAY TO YOURSELF:

3. MAY I BE KIND TO MYSELF

YOU CAN ALSO ASK YOURSELF, "WHAT DO I NEED TO HEAR RIGHT NOW TO EXPRESS KINDNESS TO MYSELF?" IS THERE A PHRASE THAT SPEAKS TO YOU IN YOUR PARTICULAR SITUATION, SUCH AS:

MAY I GIVE MYSELF THE COMPASSION THAT I NEED
MAY I LEARN TO ACCEPT MYSELF AS I AM
MAY I FORGIVE MYSELF
MAY I BE STRONG
MAY I BE PATIENT



HOMEWORK

EMAIL ME ANYTIME

AUDIO

Listen each morning to the compassionate self meditation.

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MINDFULNESS

The Self-Compassionate Break – see slide above and practise at least once. I will do this as a meditation next week.

JOURNALLING

Write down the situations where you are hard on yourself.

Use the following prompts to guide you:

Working routine
People
Places
Times of day
Times of year
When you make a mistake