



WELCOME TO SELF- COMPASSION TRAINING LEVEL 2



THE
POSITIVE
HABIT
FIONA
BRENNAN

IT IS TIME TO GO DEEPER...

HOW MANY LAYERS ARE THERE IN SELF-
COMPASSION?



BE SLOW...
BE GENTLE...





INTENTION FOR 2024

“I GIFT MYSELF SELF-COMPASSION”





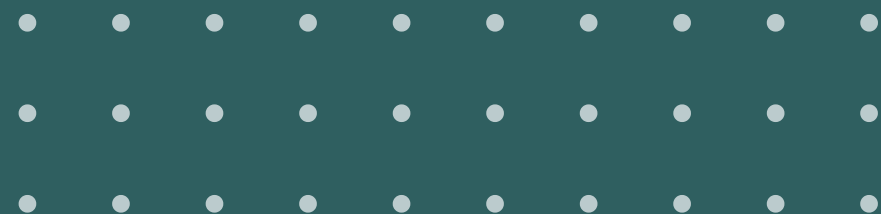
01. **THEORY & SCIENCE OF SELF-COMPASSION**
*Empower yourself with
knowledge and solid research*

02. **EXPERIENTIAL**
*Meditation, Embodiment,
Reflective Journaling –*

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

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

**STRUCTURE
EACH WEEK**



01. REVIEW OF LEVEL ONE
Definition & Your Key Learnings

02. PARTS THERAPY
*Internal Family Systems
Richard Schwartz*

03. WHICH PART OF YOU NEEDS
COMPASSION MOST?
Journalling

04. MEDITATION
REVISITING THE COMPASSIONATE
SELF

• • • • Homework • •

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OVERVIEW
WEEK 1

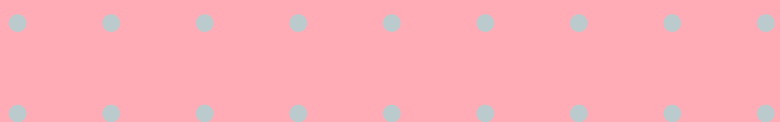
REVIEW OF LEVEL ONE

01. PAUL GILBERT'S DEFINITION

02. THE 3 EMOTION REGULATION SYSTEMS

03. YIN & YANG COMPASSION

04. A BIRD NEEDS TWO WINGS TO FLY

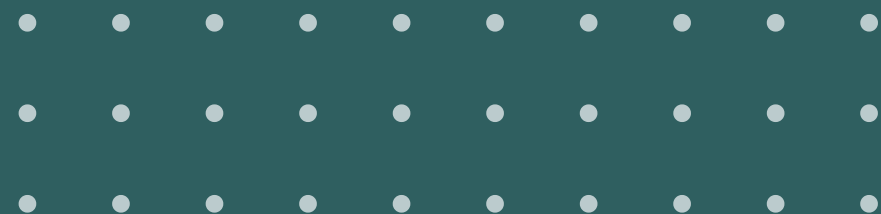


family

IFS
INTERNAL FAMILY
SYSTEMS
EVIDENCE BASED*
THERAPY
DR RICHARD SCHWARTZ



*[HTTPS://IFS-
INSTITUTE.COM/RESOURCES/RESEARC
H/IFS-SHOWN-REDUCE-PAIN-AND-
DEPRESSION-AND-IMPROVE-
PHYSICAL-FUNCTION-RHEUMATOID](https://ifs-institute.com/resources/research/ifs-shown-reduce-pain-and-depression-and-improve-physical-function-rheumatoid)



INTERNAL FAMILY SYSTEMS

PROTECTORS

MANAGERS

Proactive parts that try to keep us safe by controlling other parts, people, or situations

e.g. criticising, planning, caretaking, pessimism, judging, numbing.

FIREFIGHTERS

Reactive emergency responders that swoop in when the system is at risk of overwhelm

e.g. substance abuse, bingeing, dissociating, self-harm, suicidal thoughts, rage.

SELF

calm, curious, creative, clear
connected, compassionate
confident, courageous

The YOU that's
not a part

EXILES

Vulnerable, usually young parts that hold trauma, pain, fear, and shame

They are shut away to keep them safe, but also to stop them from overwhelming the system

want to be **HEARD**

have a **ROLE**

HAD TO take on this role

PROTECTING something

WORK very hard and barely get to rest

FRUSTRATED with results

POLARIZED with other Parts

STUCK in time

don't know about **SELF**

IFS JOURNALLING TO UNDERSTAND YOUR PROTECTIVE PART/S – TAKE A PEN AND PAPER AND ANSWER THE FOLLOWING QUESTIONS.

FOCUS IS ON ANXIETY/FEAR OR ANGER/FRUSTRATION THAT ARISES QUICKLY



Self- Leadership

Reconnecting with compassionate self meditation



HOMEWORK

AUDIO

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

MINDFULNESS

Notice what exactly triggers fear/anxiety and or anger/frustration – be specific.

JOURNALLING

How effective is my manager and or fire-fighter really?