



SELF-COMPASSION TRAINING WEEK TWO



THE
POSITIVE
HABIT
FIONA
BRENNAN



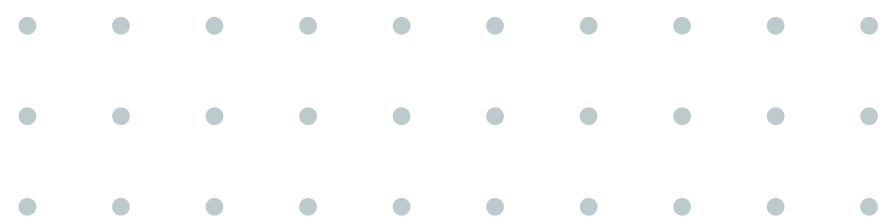


01. **FEEDBACK ON HOMEWORK**
Practice Makes Imperfect

02. **MEDITATION**
Cultivating Your Compassionate Self – the soothing system of safety

03. **10 REASONS TO PRACTISE SELF-COMPASSION – THE COMPASSIONATE SELF YIN & YANG –**

04. **WHY BEING SELF-CRITICAL IS NOT YOUR FAULT – THE TRICKY BRAIN**
Which Emotional Regulation System are you using most?



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

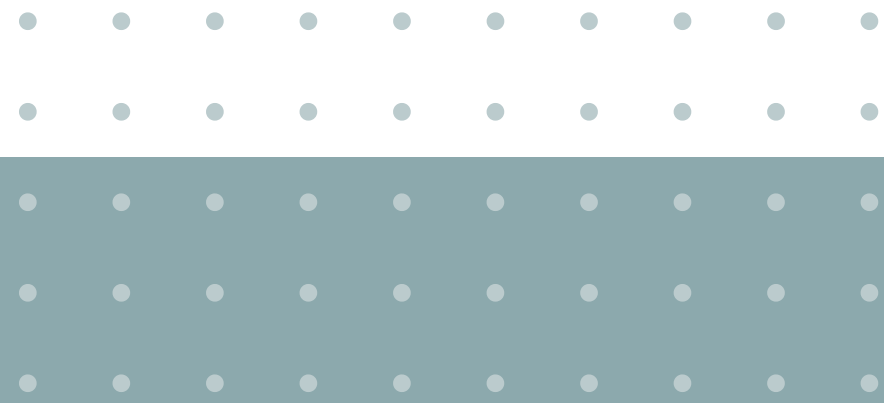
Take a hand to your heart and repeat “I am compassionate to myself now so I can share my kindness later.”

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?




MEDITATION





10 REASONS TO PRACTICE SELF-COMPASSION *

- Reduced Self-Criticism – healthy self-image.
 - Reduced Anxiety & Depression – Reduce emotional distress and negative emotional states.
 - Increased Emotional Resilience: making it easier to bounce back from setbacks.
 - Stress Reduction: counteract the physiological and psychological effects of chronic stress.
 - Improved Relationship with Others: Being compassionate toward oneself can improve one's ability to be compassionate and empathetic toward others.
 - Enhanced Psychological Well-being – a positive mindset, reduces negative self-talk and enhances life satisfaction.
 - Better Emotional Regulation: more able to acknowledge and accept one's emotions without becoming overwhelmed by them.
 - Greater Mindfulness – encourages being present with one's thoughts and feelings without judgment.
 - Less Perfectionism: learn to accept one's imperfections and mistakes with understanding rather than self-criticism.
 - Increased Motivation and Growth: Contrary to the misconception that self-compassion might lead to complacency, research suggests that it can actually motivate individuals to grow and improve.
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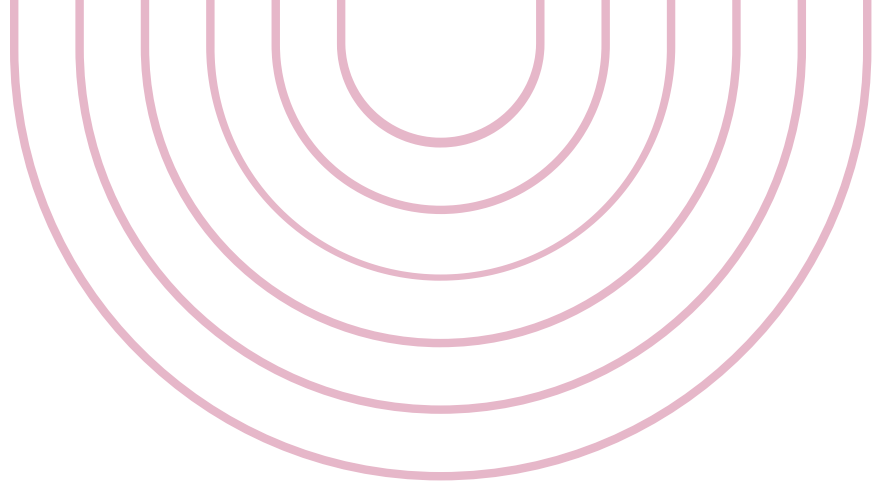
THE 3 STRENGTHS OF THE COMPASSIONATE SELF

1. WISDOM – ACCOUNTABILITY – NO BLAME
2. AUTHORITY – SELF-LEADERSHIP – RESILIENCE
3. KINDNESS – CREATE JOY FOR YOURSELF & OTHERS
– GENTLE BUT FIRM



**WHICH ONE DO
YOU NEED
MORE OF -
YIN OR YANG
COMPASSION?**





THE TRICKY BRAIN

WHY BEING SELF-CRITICAL IS NOT YOUR FAULT – BUT YOU NEED TO TAKE RESPONSIBILITY

PROBLEM

The Tricky Brain

The Old Brain (survival and reactive) + The New Brain (future & past) = Tricky Brain
Self-Critical & Anxiety Loops

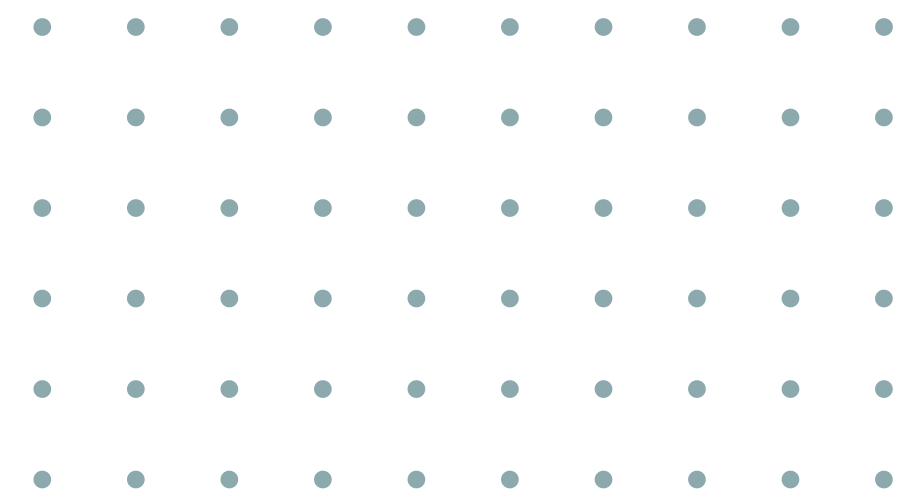
What if...?
How could I be so stupid?

SOLUTION

Mindfulness and Self-Compassion

Notice the loop is adding to the stress

Soothe the survival brain with the compassionate self





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.



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 in or yang?



ONE OF THE MOST CONSISTENT FINDINGS IN THE LITERATURE IS THAT GREATER SELF-COMPASSION IS LINKED TO REDUCED PSYCHOPATHOLOGY.

META-ANALYSES OF STUDIES CONDUCTED IN ADULT AND ADOLESCENT POPULATIONS HAVE FOUND MODERATE TO LARGE EFFECT SIZES INDICATING AN INVERSE ASSOCIATION BETWEEN SELF-COMPASSION AND NEGATIVE MENTAL STATES SUCH AS DEPRESSION, ANXIETY, STRESS, AND SUICIDAL IDEATION

(FERRARI ET AL. 2019, HUGHES ET AL. 2021, MACBETH & GUMLEY 2012, MARSH ET AL. 2018, SUH & JEONG 2021).

IN LONGITUDINAL RESEARCH, STUTTS AND COLLEAGUES (2018) FOUND THAT SELF-COMPASSION LEVELS AT BASELINE PREDICTED LOWER DEPRESSION, ANXIETY, AND NEGATIVE AFFECT AFTER 6 MONTHS, WHILE LEE ET AL.

(2021) FOUND THAT INCREASES IN SELF-COMPASSION WERE LINKED TO REDUCTIONS IN PSYCHOPATHOLOGY AND LONELINESS OVER A 5-YEAR TIME SPAN

THE TRICKY BRAIN VIDEO -[HTTPS://WWW.YOUTUBE.COM/WATCH?V=CRKASFR28EG](https://www.youtube.com/watch?v=CRKASFR28EG)

