



SELF-COMPASSION TRAINING WEEK FOUR



OVERVIEW



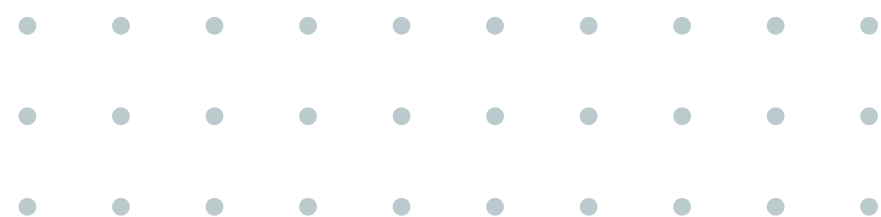
01. THE GESTURES OF YANG SELF-COMPASSION
Feel Empowered & Embody strength

02. FEEDBACK ON HOMEWORK
Practice Makes Imperfect

03. A BIRD NEEDS TWO WINGS TO FLY
Inviting Mara to Tea – Buddhist Story

**04. THE COMPASSIONATE SELF EMBRACES THE
ANXIOUS/ANGRY SELF**

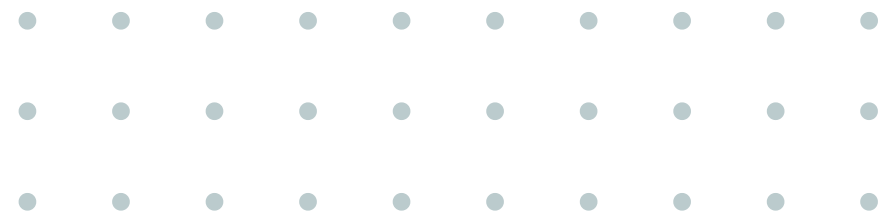
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*Further Resources & Self-
Compassion Level 2 Dates*

YANG SELF-COMPASSION GESTURES

- 1.TO MOTIVATE YOURSELF
- 2.TO PROTECT YOURSELF



HOMEWORK REVIEW

AUDIO

Listen each morning to the compassionate self meditation.

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

MINDFULNESS

The Self-Compassionate Break – see slide from last week and practise at least once.

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







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



FURTHER RESOURCES

VIDEO

The Two Wings of the Bird
<https://www.youtube.com/watch?v=cFCiUIFKuO4>

Kristen Neff TEDx Talk

<https://www.youtube.com/watch?v=lvtZBUSplr4&t>

BOOKS

Self-Compassion
Kristen Neff

Mindful Compassion
Paul Gilbert & Choden

Radical Compassion
Tara Brach

PODCASTS

Tara Brach

Rick Hanson – ‘Being Well’

Dr Rangan Chatterjee –
‘Feel Better, Live More’

Dermot Whelan –
‘Mindfull’

Self-Compassion Training Level 2 Course Commences
29th Jan. [Register](#) for €49 before 18th Dec.