



# I Love This For YOU!

Week 1

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# About your instructor

Amy Backos PhD, ATR-BC

- Registered and Board Certified Art Therapist
  - Licensed psychologist
  - Author & educator
  - Present, teach and study nationally / internationally
  - 25 years experience
- What I enjoy: family, dog, knitting, reading, learning, art, alone time, cake, being of service, fashion, urban hiking, writing, running, waking up early.

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*Name three things you enjoy / love?*

*Put your answer in the chat.*

# Housekeeping

Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing.

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

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Enjoy!

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# What You Can Expect



## **Self Compassion**

Understand how self compassion can simplify your life & actualize the person you want to be.



## **Tools for Change**

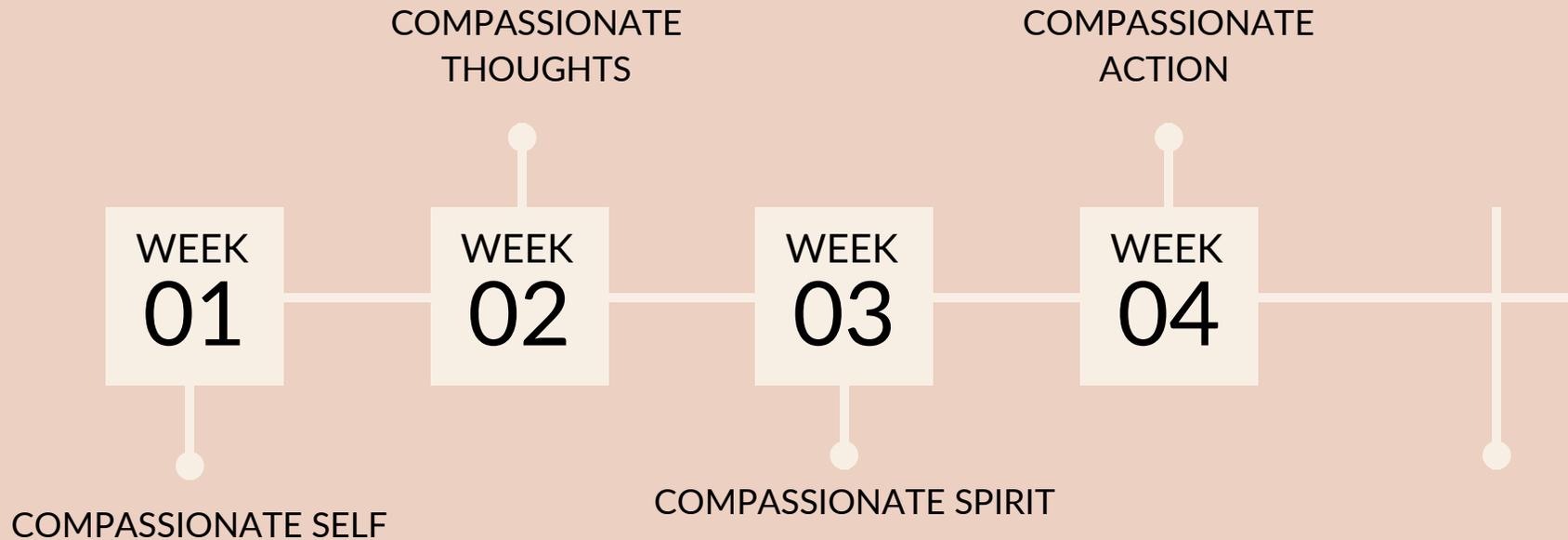
Learn proven techniques to make & maintain change.



## **New Relationship to thoughts**

Daily practice of writing, art, and scheduling.

# Timeline





Call to mind a person who gave you a  
moment of compassion.

Describe how you felt in 3 words.

Put your answer in the chat.

A photograph of a dried, brown flower with a textured, spherical center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, which appears to be a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige. The overall mood is contemplative and artistic.

# What is Suffering?

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# Suffering Definition

- State of undergoing pain, distress, or hardship.
- Dukkha: suffering, discontent, unsatisfactoriness, hollowness, change.
- It is unavoidable in life.
- Mind is trained to think non-suffering can be obtained through temporary things (physical body, material objects, money, etc.).



## 3 Types of Pain

- Physical/emotional pain.
- Constant change.
- Instability/unsustainability/life ends.
- Which ones are you experiencing these days?



# Pain/Suffering

- ❑ Pain is mandatory- part of the human condition.
- ❑ Self-Judgement increases suffering.
- ❑ Isolation increases suffering.
- ❑ Over-identification increases suffering.
- ❑ Avoidance increases suffering.

# Non-compassionate Behavior

## Avoid, control or escape the pain

- Ignoring your pain, carry on, stiff upper lip, stuff it down.
- Drink, shop, binge TV, overeat, doom scroll your phone.
- Focus on the pain by complaining, projecting, giving excuses: "I hate this so much." "Those jerks." "I can't do better at work when they act like that."
- Think cruel thoughts about yourself: "You idiot."
- Think judgmental thoughts: "You should have known better." "Who do you think you are?"

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# Suffering

- There is plenty of suffering in the world.
- **Why do we heap on more suffering and pain in our minds?**
- Our brains want us to fit in, Western ideas of individualism, learned criticism, perfectionism, lack of awareness, non-acceptance, habit.
- "Why?" is far less important than, **"How can we reduce our suffering?"**

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A close-up photograph of a dried, brown flower with a textured, spherical center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, possibly a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige tones.

# What is Compassion?

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# Compassion

- ☐ **Notice** there is suffering.
- ☐ **Feel** moved to act in response to the suffering.
- ☐ Warm, caring, **desire** to help.
- ☐ **Offer** kindness and understanding.
- ☐ Recognize our **shared humanity**

Dr. Kristin Neff



What is one way you have shown  
compassion to another person?

How did you feel?

Put your answer (action & feeling) in the chat.

A dried flower with a dark brown center and light brown petals is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a textured, light-colored background. The overall color palette is warm and muted, consisting of various shades of brown and beige.

# What is Self Compassion?

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# Defining Self Compassion

- ❑ Exact same as compassion for others.
- ❑ Self-kindness vs. Self-Judgement.
- ❑ Common Humanity vs. Isolation.
- ❑ Mindfulness vs. Over-identification.



# Radical self love

Sonya Renee Taylor

- ❑ Owning our "divine enoughness".
- ❑ We arrive on this planet already innately enough "without caveat or addendum."
- ❑ We are enough by being born and alive.
- ❑ "I am worthy."



# Radical self care

Sonya Renee Taylor

- Radical Self-care is the assertion that you have the **responsibility** to take care of yourself first before attempting to take care of others.
- It's necessary to fill your cup first, then to give to others from the overflow.
- Audre Lorde, bell hooks, and Gloria Anzuldúa wrote of the necessity of Women of Color to practice self-care and self-love in order to deal with the daily onslaught of racism, sexism, homophobia, and class oppression.



Why is Self  
Compassion  
important?

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## But wait....

- If I stop pushing myself to work harder, won't my performance at work go down?
- Won't I get lazy/lack motivation if I start being kind to myself? Who will motivate me?
- How will I achieve my goals if I am kind to myself?
- I am pretty sure I need a task master to accomplish my goals, finish this project, get A's at school, get promoted, and keep the house clean. Won't everything fall apart if I am focused on self compassion instead of discipline, critique, and structure?
- I don't have time to do all this self care.

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# Self Care

## Questions...

- Want to be in touch with positive feelings?
- Desire meaning/purpose?
- Want higher quality relationships?
- Crave more enjoyable/productive work?
- Seek better physical and mental health?
- Want more money?
- Desire the strength, patience, and ability to care for others?
- Want to pursue dreams, and enhance creativity?

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# Self Care Values

- Did you say yes to any or all of those questions?
- Remember, valuing self care and self kindness improves all aspects of our lives!
- **Valuing and prioritizing** your self compassion is the best investment of your time for yourself and others!

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# Why bother?

## Harvard Health reports these findings:

- Forgiving and nurturing yourself sets the stage for better physical health, relationships, and general well-being.
- Self-compassion yields lower levels of anxiety and depression.
- Self-compassionate people recognize when they are suffering and are kind to themselves at these times, which reduces their anxiety and related depression.

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# How can I show self compassion?

Five ways to bring self-compassion into your life:

- Physical
- Mental
- Emotional
- Relational
- Spiritual

Harvard psychologist & author Christopher Germer  
[The Mindful Path to Self-Compassion](#)

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# How can I show self compassion?

1. **Comfort your body.** Eat something healthy. Lie down and rest your body. Massage your neck, feet, or hands. Take a walk.

2. **Write a letter to yourself.** Describe a situation that caused you to feel pain (a breakup with a lover, a job loss, a poorly received presentation). Write a letter to yourself describing the situation without blaming anyone. Acknowledge your feelings.

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# How can I show self compassion?

3. **Give yourself encouragement.** If something bad or painful happens to you, think of what you would say to a good friend if the same thing happened to them. Direct these compassionate responses toward yourself.

4. **Practice mindfulness.** Nonjudgmental observation of thoughts, feelings, and actions, without trying to suppress or deny them. Accept the bad with the good with a compassionate attitude.



## Self Compassion happens when...

- ...you are having a difficult time, fail, or notice something you don't like about yourself or a situation.
- ...you adopt a mindful stance, recognize your suffering, give kindness, and recognize shared humanity.

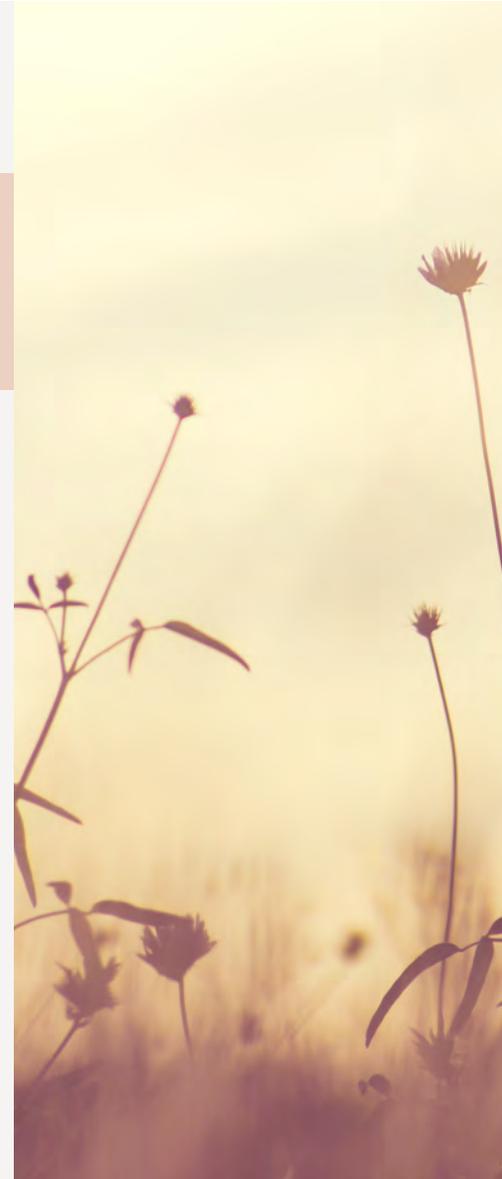
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# Compassionate Experience

- **Mindful Awareness:** Recognize thoughts, feelings & bodily sensations.
- **Acknowledgement:** "This is really difficult right now."
- **Recognize your humanness:** "My feelings make me human and connect me to each person on the planet."
- **Compassionate action:** "How can I comfort and care for myself in this moment?" Make a choice in line with compassion.

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Name one compassionate action you  
will take when you are  
hurting/suffering.

Put your answer in the chat.

A dried flower with a dark brown center and light brown petals, set against a blurred background of a person's face. The flower is in sharp focus, while the background is out of focus, showing the contours of a person's face in a warm, brownish tone.

How do  
you  
show  
your  
compassion?

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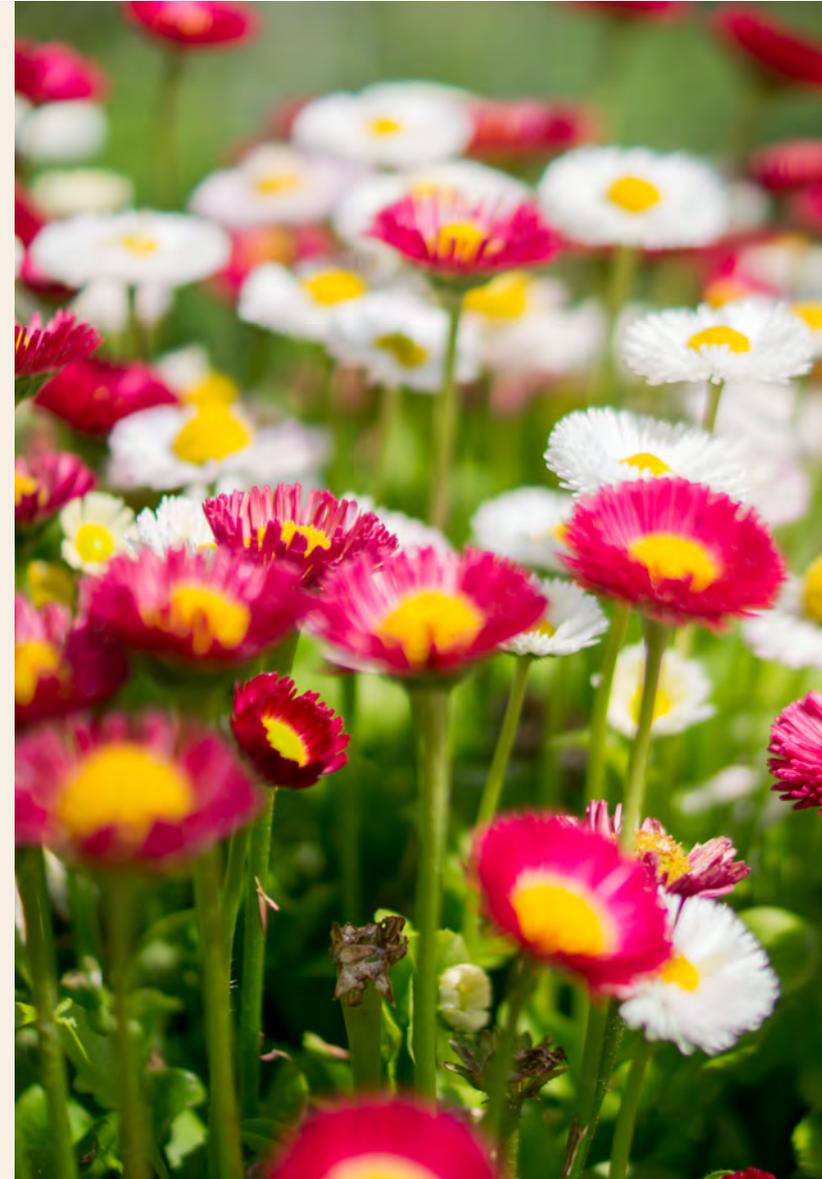
# Make a Commitment

**noun:** the state or quality of being dedicated to a cause or activity

**verb:** actions which reflect your values

- **Committed action** is behaving in the service of your chosen values.
- **Behavior change** includes creating opportunities to respond differently & lots of decisions to persist at chosen actions or alter how you typically respond.

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# Research says...

## Success follows a pattern:

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



# Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for self compassion and self care?

**YES!**

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Committed Action



Why do you want to be better at self  
care?

Name one "why".

Put your answer in the chat

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# Homework Example

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# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

**1**

## **Write about your value**

Let your creative thinking flow to generate a list of behaviors you have done in the past, currently do, or could do in the future to demonstrate your self compassion.

**2**

## **Acknowledge/Accept**

Notice old, negative thoughts. You need to know what you are moving away from so you can create and practice new, compassionate thoughts.

**3**

## **Identify Values & Imagine**

This week we start by identifying your values in self care. Values are aspirational and guide us, like a map, towards the compassionate ways we want to treat ourselves.

**4**

## **Creative Expression & Reflection**

Creativity hones in on emotions and helps connect your feelings with values and brainstorming. Enjoy this process and see what emerges for you! Reflect on the week.



# Valuing Self Compassion

## Your "Why" pg. 23

- 20 minute writing.
- Focus on what is most important to YOU, and how you want to feel, think and act in alignment with the value of self compassion, love and care.
- Aspirational - they give you a map of where you want to go. Answer the question, "Why is self compassion important to me at this point in my life."
- Summarize into three points.

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## Example: "Why" self compassion is important to me

- I want to be my best for others: my family, clients, students and community.
- I have so many dreams to fulfill and I can do my best when I am kind to myself and engage in rest and self care.
- I want to enjoy my own company, feel at ease, create a life that is enjoyable, and unhurried every single day.



## Value Brainstorm pg. 24

- Reflect for a moment about all the ways you already act in alignment with self compassion, care and love.
- Brainstorm all ways you **currently** demonstrate this value, have in the **past**, or easily could in the **future**. Make these actions specific, short and simple.
- Identify a few behaviors you could do this week.



## Example: Value Brainstorm

walk 20 minutes  
smile in the mirror  
make the bed  
journal  
bubble bath  
homework from therapist  
wash dishes before bed  
schedule 8 hours of sleep  
listen to uplifting podcasts

read  
happy jumps  
text a friend  
make art  
knit for myself  
say no  
dance at home  
use my planner  
create wish list



## Example: Value Brainstorm

walk 20 minutes

smile in the mirror\*

make the bed

journal

bubble bath\*

homework from therapist

wash dishes before bed

schedule 8 hours of sleep

listen to uplifting podcasts

read

happy jumps

text a friend

make art

knit for myself

say no

dance at home

use my planner\*

create wish list



## Example: Value Brainstorm

- smile in the mirror: put note on the bathroom mirror which reads "SMILE!"
- bubble bath: schedule every wednesday morning.
- use my planner: schedule my bath in my planner, keep my to do list in my planner.



## Imagine... pg. 25

- Imagine a person who is kind to themselves: an actor, someone you know, a favorite character in a movie or book, a person you admire, or someone you create in your mind.
- Ask them what they tell themselves when they are growing, changing, or have a disappointment.
- Write a list of 9 kind, compassionate thoughts they tell themselves.



## Example: Imagine...

- I imagined Linda Carter as Wonder Woman.
- "Good start...try again."
- "You can do accomplish difficult things."
- "You got this!"
- "What do you need to recalibrate?"
- "Rest."
- "Who can help?"
- "Why does this matter right now?"
- "You have all the time you need."
- "Take it easy on yourself."



## Visual Expression pg. 26

- Show the what self compassion looks like using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Avoid thinking too long about it and be spontaneous.
- Enjoy the process of creating and don't worry about the finished product.
- However you do it will be great!



# Visual Expression pg. 26

**Title:** Excitement

**Three words or phrases to describe my art:**

smile

cheerful

happy

**How I feel:** Inspired, eager, curious



## Week in Reflection pg. 27

- Reflect on what you learned about your self compassion, care and love this week. This seals your learning!
- Appreciate your strengths, and focus on your positive actions.
- Notice your thoughts, feelings and actions in alignment with the value of self compassion.
- Avoid judging yourself for what you did or did not do this week. If you do, do it with compassion.



## Reflection pg. 27

- I have a real responsibility to myself, my family and my profession to take excellent care of myself. Even my code of psychology ethics mandates my self care.
- I appreciate my willingness to keep practicing and never assume I have learned it all.
- Scheduling alone time each morning the past few years has been the greatest gift to myself.
- I am disappointed I am late on a project at work, and I still approve of myself and will finish it with self compassion.



Name something great about you.

Put your answer in the chat

# What To Do Next



## **Review**

Review pages 2-19 in your workbook.



## **Make the commitment**

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 12.



## **Week 1**

Read and complete Week 1 exercises and complete worksheets (pages 20-28).



# Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

See resource section at the back of your workbook.

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A close-up photograph of a single, dried flower with a brown, textured center and several thin, light-colored petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a textured, light-colored surface. The background is a soft, out-of-focus gradient of light brown and beige.

Thank you!

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