

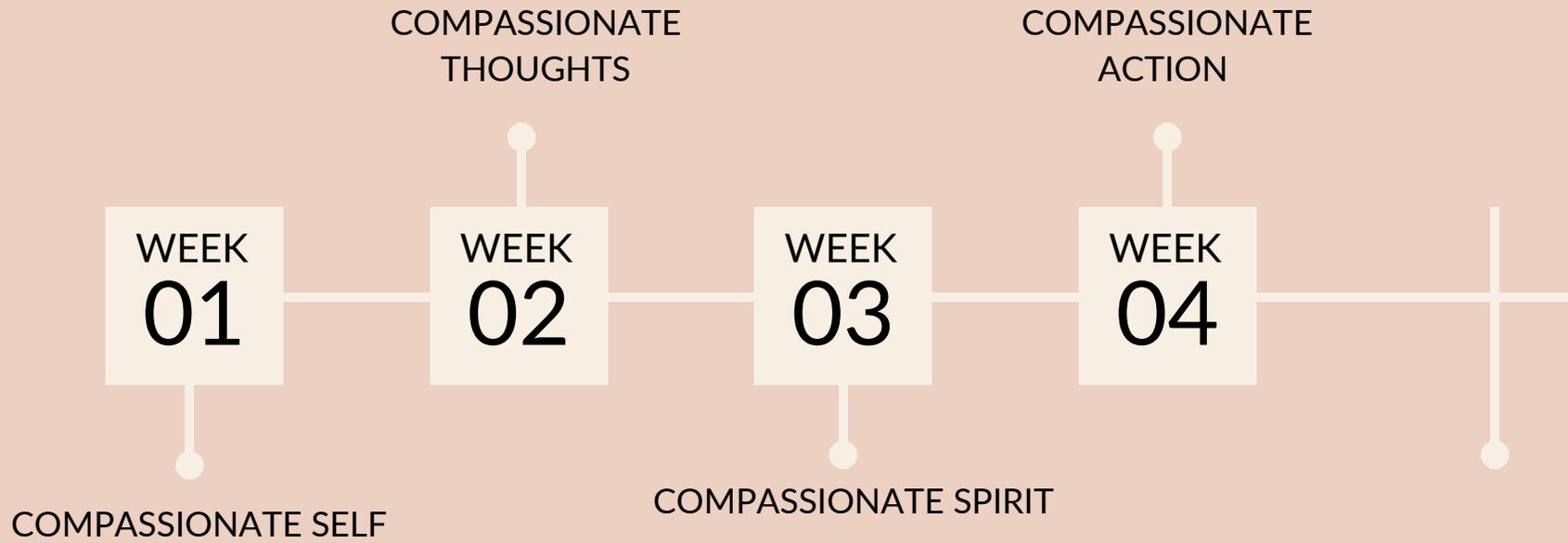


I Love This For YOU!

Week 2

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Timeline





Week 1 Review

- Suffering and Compassion.
- Self Compassion, Self Kindness, Radical Self Love.
- How to make lasting change.
- Homework to stretch your mind & focus on self compassion, creativity, and imagination



What is something unexpected you noticed this week about your self compassion?

Put your answer in the chat.

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What You Can Expect

Week 2



Thoughts
Mindfulness
Non-judgment
Understand how thoughts can be very unhelpful.



Unpacking negative thoughts
Cognitive Defusion
Explore negative thoughts via observation and then disentangle them from strong emotion.



Mastering Compassionate Thoughts
Daily practice of writing, art, scheduling and post it notes.

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 overall lighting is soft and warm, creating a contemplative atmosphere.

Thinking

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Call to mind a moment when you felt confident,
brave, important, strong, courageous, at ease, etc...

What do you imagine you were thinking at the
time?

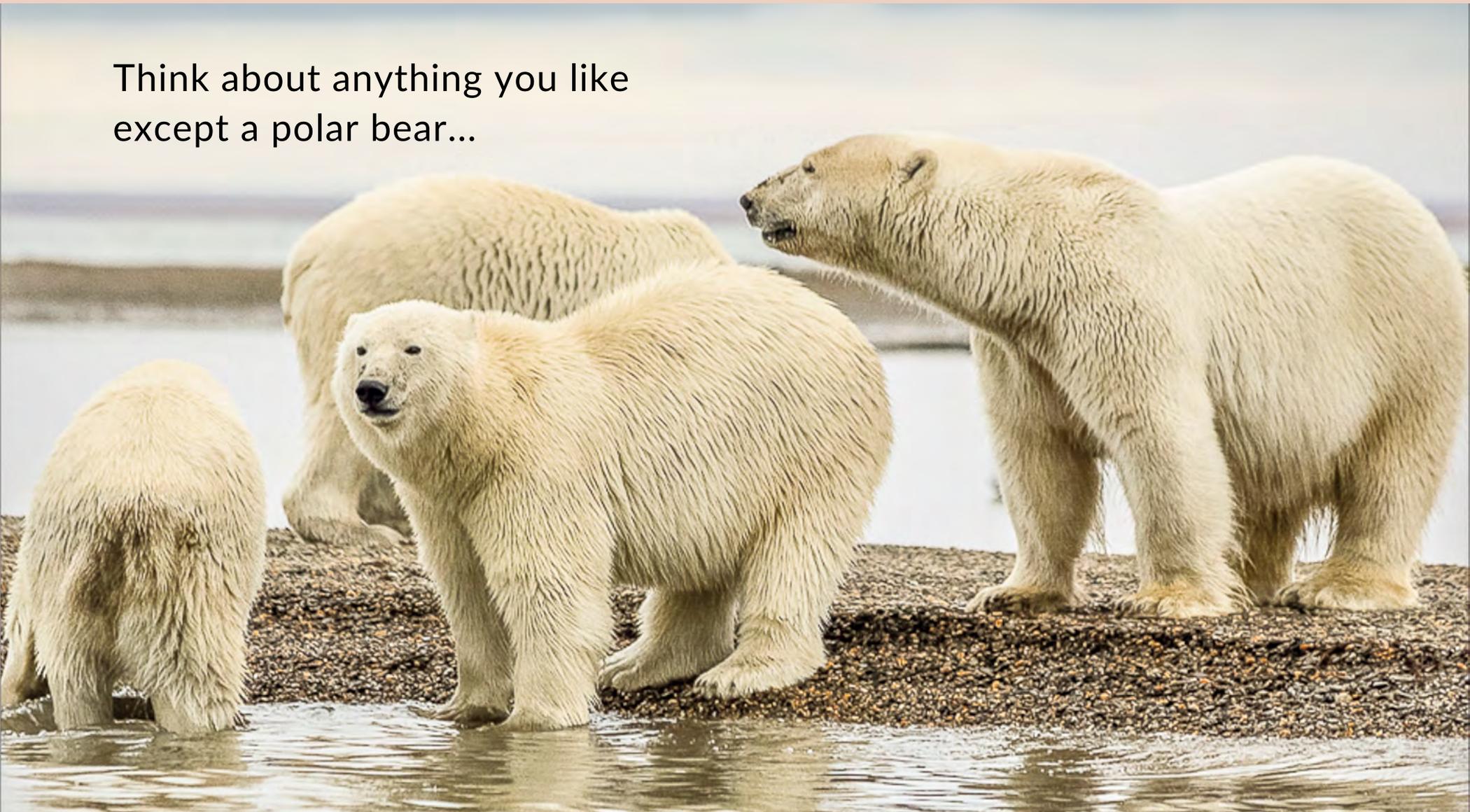
Put your answer in the chat.



Brain Game

- You can think about anything you like for 15 seconds.
- Anything at all...
- ...as long as you are not thinking about a polar bear.
- Think about anything you like except a polar bear...

Think about anything you like
except a polar bear...



A photograph of a large adult polar bear and a smaller cub sitting together in an enclosure. The adult bear is on the left, looking towards the right. The cub is sitting in front of the adult bear, also looking towards the right. The background is a dark, possibly metal, wall. The ground is covered with wood shavings or straw.

Think about anything you like
except a polar bear...

Think about anything you like
except a polar bear...





Think about anything
you like except a polar
bear...

Self compassion
includes noticing the
polar bear in your
thoughts, dropping
the struggle and
loving yourself when
the bear is there.



Brain reactions

- Chase the “good”
- Flee from the “bad”
- Ignore the “neutral”
- These are the brain's natural urges.

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Being in the Moment

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Present moment awareness

Paying attention in a particular way: on purpose, in the present moment, with kindness and without judgment. (Jon Kabat-Zinn)

- Many mindfulness studies discovered people who are low on judgment measures have lower levels of depression, anxiety and stress related symptoms. Remember, present moment awareness facilitates non-judgement.

LOW JUDGMENT = LOW ANXIETY & DEPRESSION, BETTER HEALTH

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Present Moment Awareness Practice

- paying attention in a particular way
- on purpose
- in the present moment
- with kindness & without judgment

A photograph of a single, dried flower with a brown, textured center and 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.

Non- judgment

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Why non judgment matters

1. Non-judgment opens you up to life's beauty.

- Judging something as neutral means it's not worth your attention.
- Remove the judgement of "neutral" to see the beauty and wonder present in every aspect of life.
- Any activity can be a wonderful, enriching experience if you take the time to pay attention to it...walking is a great opportunity!

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Why non judgment matters

2. Non-judgment helps you off the hedonic treadmill.

- Much dissatisfaction comes from endless quest for *more* (money, accomplishments, titles, etc.).
- Motivation for "more" comes from judgment that what you have now is not enough.
- Letting go of judgment, lets you appreciate the countless positive qualities of where you are **now**.

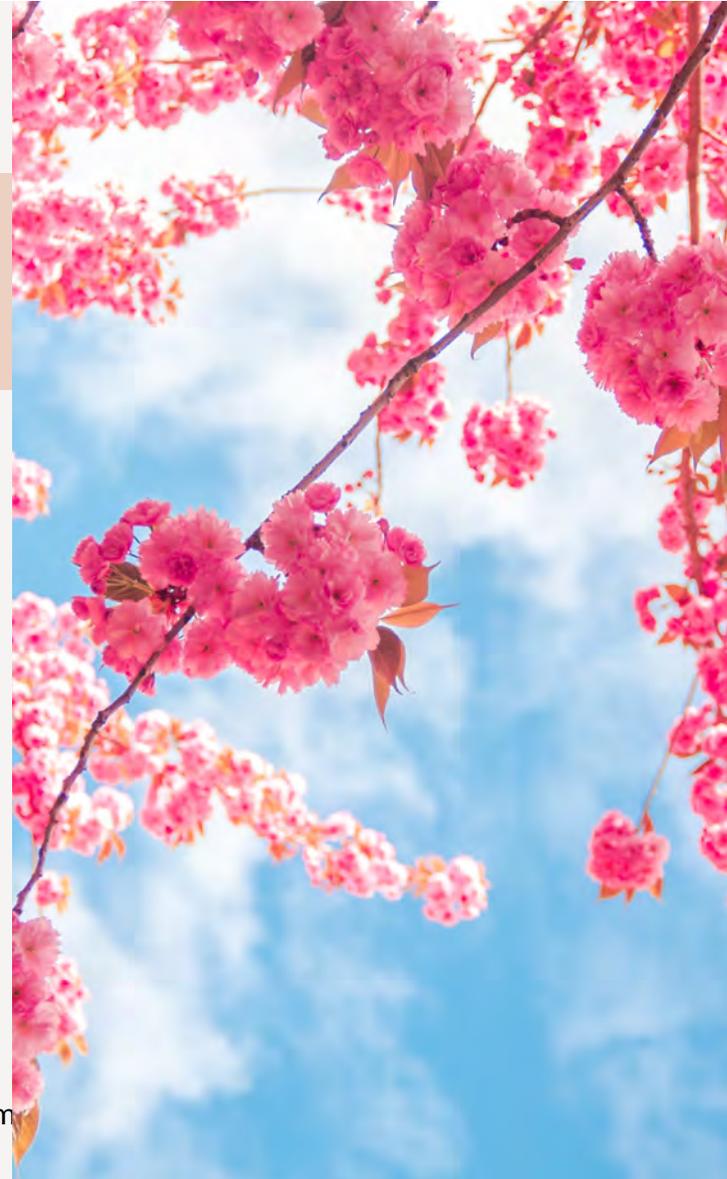
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Why non judgment matters

3. Non-judgment helps you cultivate a peaceful mind.

- Judgments are the only source of stress about the “bad” things in your life, or whatever might happen in the future.
- Letting go of judgment of “bad” frees you from the suffering caused by interpreting it this way. (Less depression, anxiety & stress.)



Why non judgment matters

4. Non-judgment helps you see clearly.

- When reacting to your judgments, you're only seeing your interpretation of what's there.
- Letting go of those judgments helps you see things as they actually are.
- This gives you presence, kindness & efficiency in work and relationships.

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Letting go of Judgment

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Maybe so...maybe not

Chinese tale about a non-judgmental farmer

A farmer and his son had a beloved horse who helped the family earn a living. One day, the horse ran away and their neighbors exclaimed, "Your horse ran away, what terrible luck!"

The farmer replied, "Maybe so, maybe not."

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Maybe so...maybe not

A few days later, the horse returned home, leading a few wild horses back to the farm as well. The neighbors shouted out, "Your horse has returned, and brought several horses home with him. What great luck!" The farmer replied, "Maybe so, maybe not."

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Maybe so...maybe not

Later that week, the farmer's son was trying to break one of the horses and she threw him to the ground, breaking his leg. The neighbors cried, "Your son broke his leg, what terrible luck!"

The farmer replied, "Maybe so, maybe not."



Maybe so...maybe not

A few weeks later, soldiers from the army marched through town, recruiting all boys for the army. They did not take the farmer's son, because he had a broken leg. The neighbors shouted, "Your boy is spared, what tremendous luck!"

The farmer replied, "Maybe so, maybe not."

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Maybe so...maybe not

- Our **reaction** to events labels them good or bad.
- Things happen and our **attitude** determines how we feel - happy, neutral, or unhappy.
- We can choose to observe events without judgement and thus, feel less stress, depression and anxiety.
- Each time you are stressed this week, identify your judging thought and say, "Maybe so, maybe not."

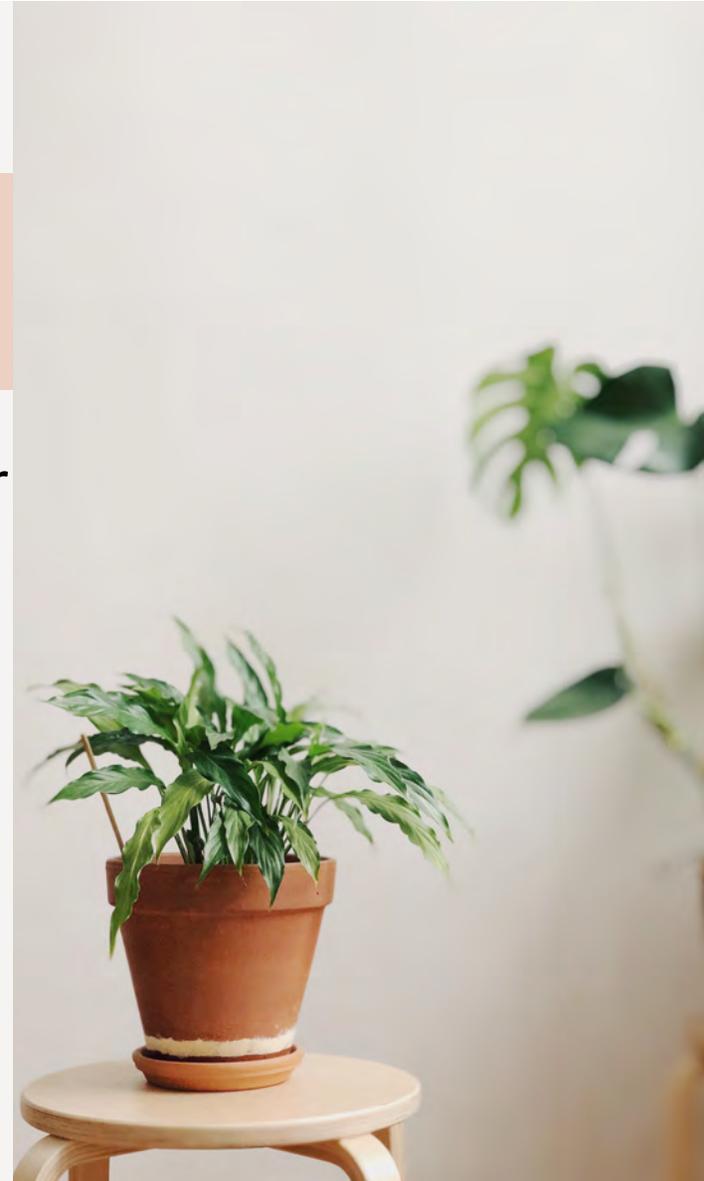
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Summary: Non-judgment

1. **Notice** when judgments arise. Witness whatever comes up in your body or mind in conjunction with that judgment.
2. **Defuse** the thoughts using acceptance and observation - avoid clinging to or pushing away any thoughts or labeling them good/bad.
3. **Act with clarity**, staying present and move towards what you value instead of reacting.

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What is one judging thought you will
pay attention to and accept this
week?

Put your answer in the chat.

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A dried flower with a brown, textured center and thin, light-colored petals is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a background that has a soft, brownish, textured appearance. The overall lighting is warm and directional, creating a sense of depth and texture.

What is Cognitive Defusion?

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Defusion

- **Cognitive defusion:** creating space between ourselves and our thoughts and feelings.
- Cultivates non-judgment.
- Liberates us from old thoughts, feelings, reactions.
- Significant research points to benefits of thought defusion - less stress, anxiety and depression.
- "I am a loser" becomes "I guess I'm only telling myself that I'm a loser."
- "I am always so anxious" becomes "I'm experiencing anxiety at this moment."

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But wait....

"I have piles of evidence that this thought is true!"

- Things you experienced in the past are not happening now.
- The past consists of facts and some kind of interpretation.
- For example - there is great inconsistency in "eye witness" reports.
- Two people interpret the same event and external facts completely differently.
- Thoughts are not facts - they are only thoughts.
- Ask yourself: "Why am I choosing this thought?"

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Defusion Practice

- Both hands 2" in front of your face .
- Create space.
- Slowly extend your arms.
- Notice your widened view.
- See hands & can everything else in the room.



When will you practice defusion?
(with a specific thought, person, task, event, etc.)

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 the central focus, with its stem extending downwards. The background is a soft, out-of-focus portrait of a person's face, rendered in warm, brownish tones. The overall mood is contemplative and artistic.

Self Compassion Actions

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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 self compassion.
- **Behavior change** includes creating opportunities to respond differently & ongoing decisions to alter how you typically respond.

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Research says...

**Use the formula
for success.**



Committed Action

- Commitment of 1% of each day this month (20 minutes a day).
- Is creating loving self talk important enough for you to set aside time for self compassion and self care?

YES!

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Committed Action



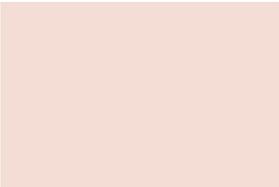
How do you **want** to feel when you
let go of judgment?

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

**Judging
thoughts**

2

**Positive
Thoughts**

3

**Practice
Positive
Thoughts**

4

**Creative
Expression &
Reflection**



Judging Thoughts pg. 31

- Write a list of your judgmental thoughts. These are just old thoughts. They are not something true about you - they are only thoughts.
- Breathe.
- If you become upset, practice your best self care, including calling a friend. Practice the art of self care when feeling down.

Example: Judging Thoughts

- This person really "has it in" for me.
- This is too much - I am unable to handle this.
- "Those people" over there...
- My body...
- I am not good enough, worthy, etc.





Opposite of Judging Thoughts pg. 31

- IMMEDIATELY AFTER: Write down three statements which are kind, generous and joyful. Write uplifting statements, even if you don't quite believe them yet.
- I am full of joy and can bring out this feeling anytime I like.
- I am rich in so many ways.
- I have gratitude for the good things in life.
- I am growing each day.
- I love many people.
- I love my dog and he loves me.



Compassionate Thoughts p. 32

- Create a list of kind, self compassionate statements you can say to yourself.
- Identify five you like with a star.
- Narrow it down to three you really love and write them down.



Example: Compassionate Thoughts

I am worthy.

I am doing great.

Everything is working out in my favor.

Each day I learn more about myself.

I can manage difficult situations.

I am filled with gratitude.

This is an opportunity to grow.

I love myself.

I approve of myself.

Joy is everywhere.

I can choose new thoughts and reactions.

It can be done.

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Example: Compassionate Thoughts (choose five)

I am worthy.*

I am doing great.

Everything is working out in my favor.

Each day I learn more about myself.

I can manage difficult situations.

I am filled with gratitude.*

This is an opportunity to grow.*

I love myself.

I approve of myself.*

Joy is everywhere.*

I can choose my thoughts and reactions.



Example: Compassionate Thoughts

(Choose three)

I am worthy.

I am filled with gratitude.

Joy is everywhere.



Practice Positive Talk pg. 33

Write your three positive thoughts three times.

Use page 33 or you can rewrite them on three different cards...feel free to add art!

Place the cards so you will see at these times:

1. When you first wake up.
2. At mid day.
3. Right before bed.



Practice Positive Talk p. 33

To do (morning, mid day and before bed):

1. Read them out loud to yourself.
2. Whisper them to yourself.
3. Read them silently.

- Do this **everyday** for a month. Research demonstrates this is how you retrain your mind!
- If you live with someone and they ask about your notes, tell them about what you are learning in class!



Example: Positive Self Talk

(Read - Whisper - Silent)

I am worthy.

I am filled with gratitude.

Joy is everywhere.



Visual Expression pg. 34

- Show the what self compassion looks like for you this week using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous.
- Enjoy!
- However you do it will be great!



Visual Expression pg. 34

Title: Creating time to create

Three words or phrases to describe my art:

prioritize

happy

gift to self

How I feel: interested, gratitude, flow



Week in Reflection pg. 35

- Reflect on what you learned about your self compassion, care and love this week. This summary is essential to create meaningful 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 p. 35

- I am still on a personal quest for joy! It was my word of the year last year. I have noticed that my word of the year seems to manifest more fully the following year after spending a year focused on it.
- Even though I disliked reflection about my negative thoughts, it was worth unpacking so I know what I am working with. I am really eager to learn from them.
- It is SO nice to talk kindly to myself every morning!
- I love my notes around the house!



What will one of your positive thoughts be this week?

Put your answer in the chat

What To Do Next



Review

Review your reflection from last week. What is the most interesting part for you?



Make the commitment

Schedule 20 minutes a day & write it on your planner.



Week 2

Read and complete Week 2 worksheets (pages 29-36).



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live or watch it later on my page.

@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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