



I Love This For YOU!

Week 4

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Timeline

COMPASSIONATE
THOUGHTS

COMPASSIONATE
ACTION

WEEK
01

WEEK
02

WEEK
03

WEEK
04

COMPASSIONATE SELF

COMPASSIONATE SPIRIT



Week 3 Review

- High value questions.
- Notice compassion.
- Compassionate spirit.
- Homework for creativity, and imagination.



Share a moment of self compassion
you experienced this week.

Put your answer in the chat.

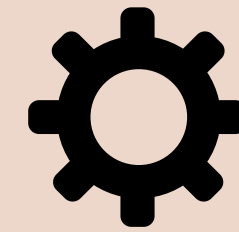
What You Can Expect Week 4



**Imagine a
Compassionate
World**



**It starts
with
you**



**Compassionate
Action
Plan**



Compassion Towards Others

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Recall a time where you showed compassion in the
world.

How did you feel afterwards?

Put your answer in the chat.

Does self compassion lead
to other compassion?

An abundance
of literature
says yes!

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Compassion for Others

- A curious study unpacked how.
- 530 people assessed self-compassion and compassion for others.

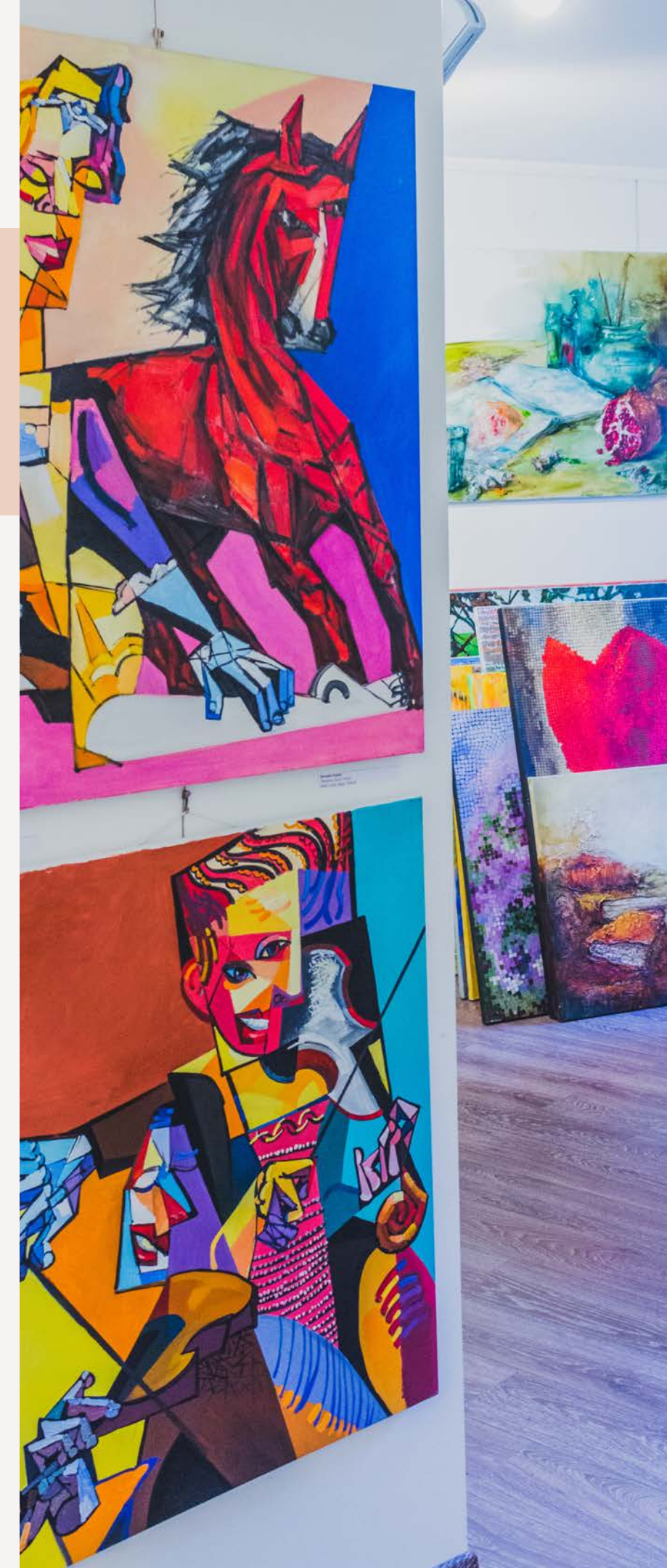
(Bayır-Toper, Sellman & Joseph, 2020)

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Compassion for Others

- They found the expected positive association between self and other compassion.
- But the effect was not strong.
- So, they kept looking at the data...



Moderating variables

- The found a moderating variable between self and other compassion.
- A moderating variable explains an association; something unexpected that explains the outcome.
- Example: wearing less clothes & eating more ice cream.



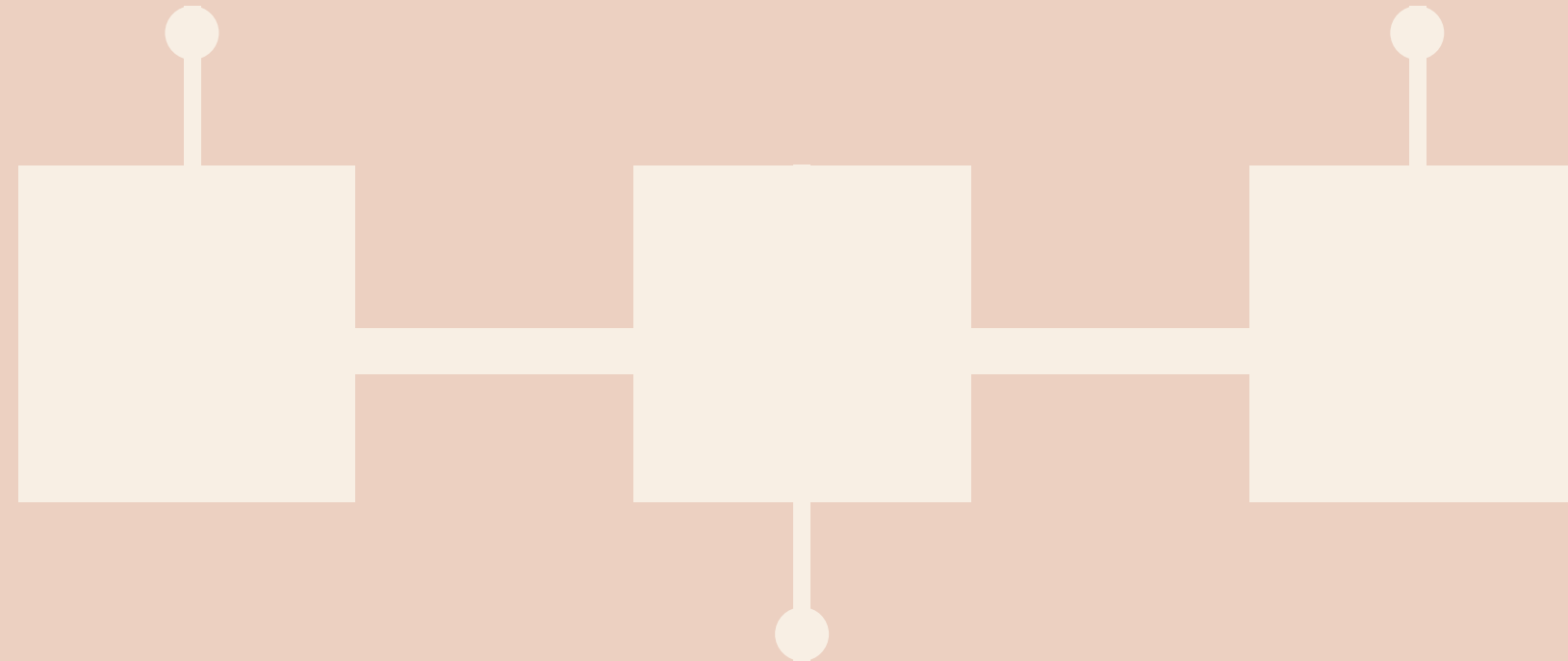
What is the moderating variable?

- The presence of authenticity in people with higher levels of self compassion predicted compassion for others.



SELF
COMPASSION

COMPASSION
TOWARDS
OTHERS



AUTHENTICITY

Compassion for Others

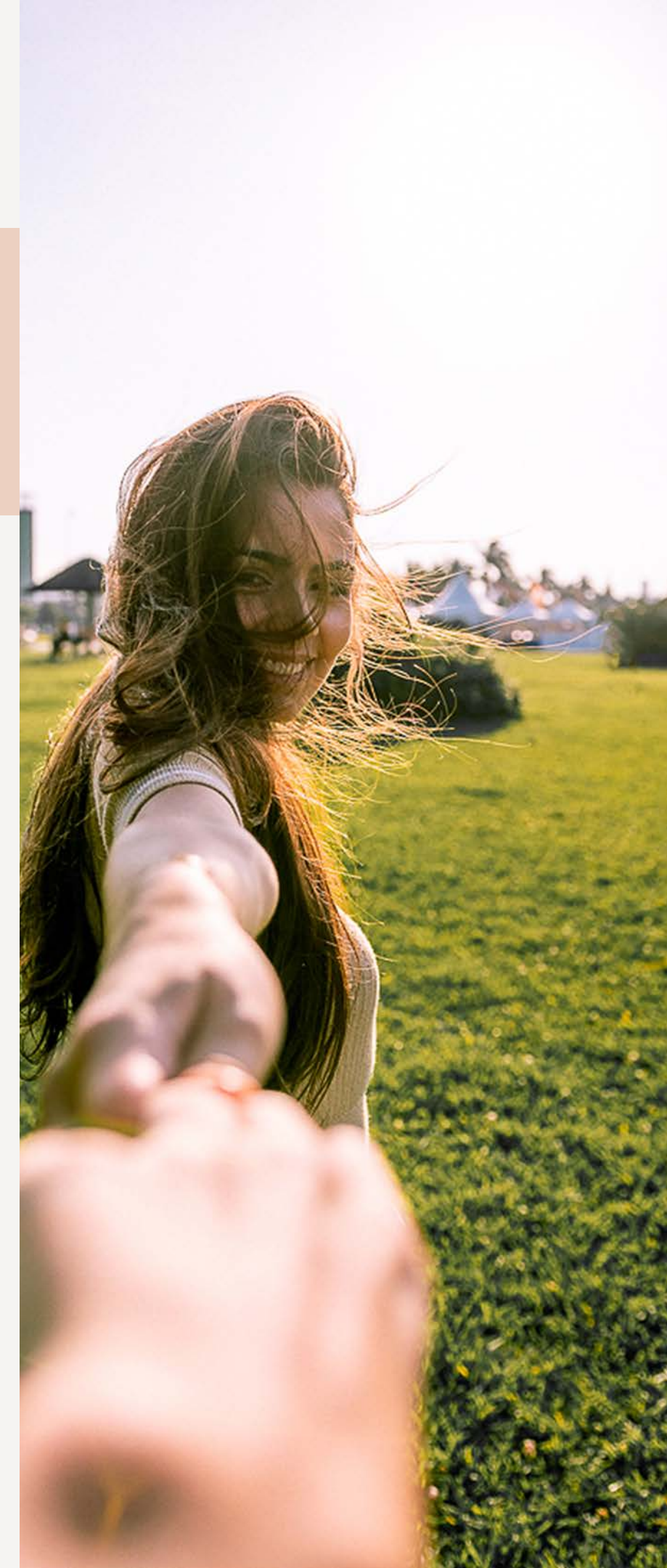
- Highly authentic and self-compassionate individuals showed the greatest kindness towards other people.
- They were more mindful about others, & more aware of the suffering of others.

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Researchers Concluded

"To cultivate a more compassionate world, we need to start with ourselves and search for our own inner authenticity".

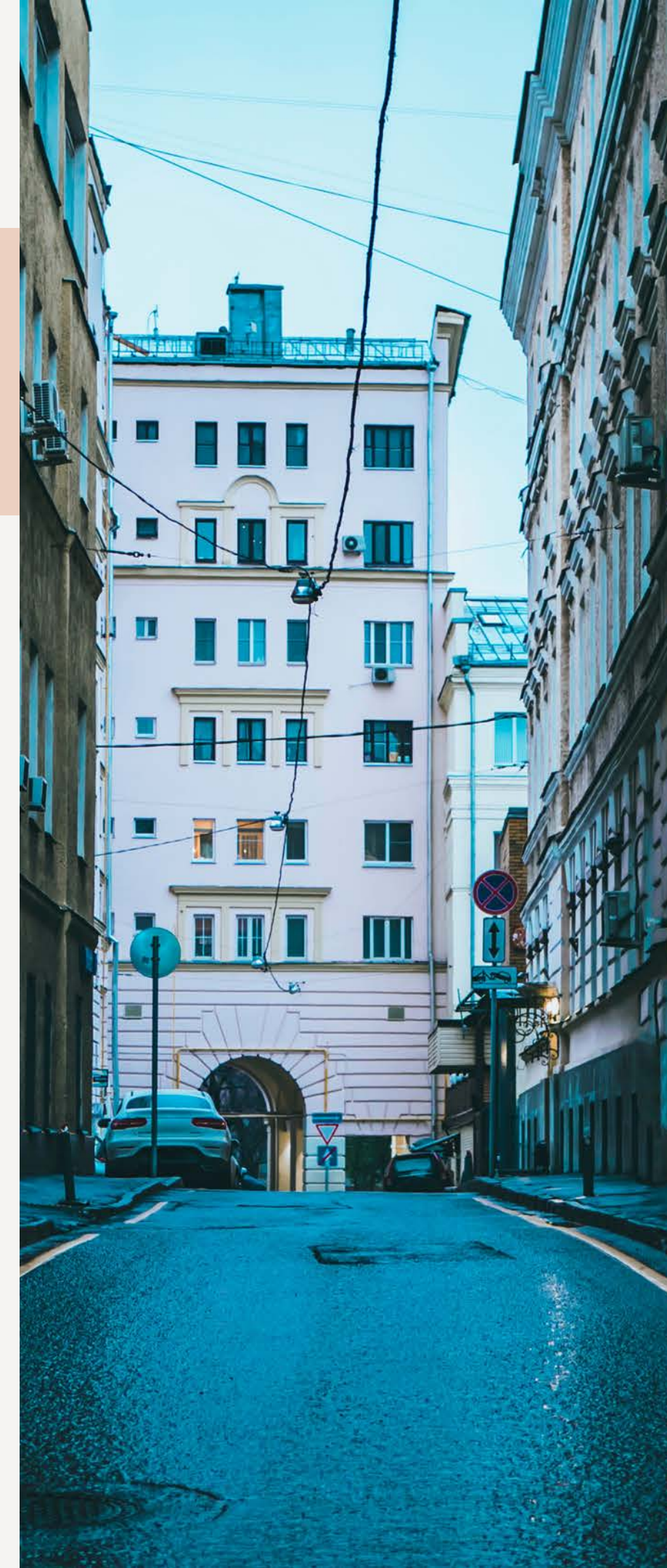


Sage Advice

Let everyone sweep in front of
his own door, and the whole
world will be clean.

Johann Wolfgang von Goethe

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Sage Advice

If each of us would only sweep
our own doorstep, the whole
world would be clean.

Mother Teresa

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Sage Advice

Keep your side of the
street clean.

Alcoholics Anonymous

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Authenticity

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Authenticity

- True to one's own personality, spirit, or character.
- Authentic behavior is freely chosen, expresses who we are, reflects values.
- It's different for everyone.



Authenticity


- Authenticity involves feeling and acting like *yourself*.
- Not feeling like you're wearing a "mask" that prevents others from seeing who you are.





When/where do you feel your most
authentic self?

Put your answer in the chat.



A Compassionate World: Altruism

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Defining Terms

- Compassion: emotional response when perceiving suffering & real desire to help alleviate suffering.
- Empathy: visceral or emotional experience of another person's feelings.
- Altruism: an action that benefits someone else.

Altruism Research

- Compassion and altruism is biological and social.
- Animals & human have a “compassionate instinct.”
- Natural and automatic response that has ensured our survival.
- Compassion is an adaptively evolved trait that "makes us more attractive to potential mates".



Altruism Research

- Babies pupils dilate (sign of concern) when they see another suffering.
- Pupils shrink when the babies could give help or watched someone else give help to someone.
- They simply felt better when suffering was alleviated.
- Babies helping was not because of reward or social training.



Impulse to Help

- Adults' and children's primary impulse is to help others, not compete with them.
(David Rand at Harvard University)
- And yet, we stop short of helping so many times!

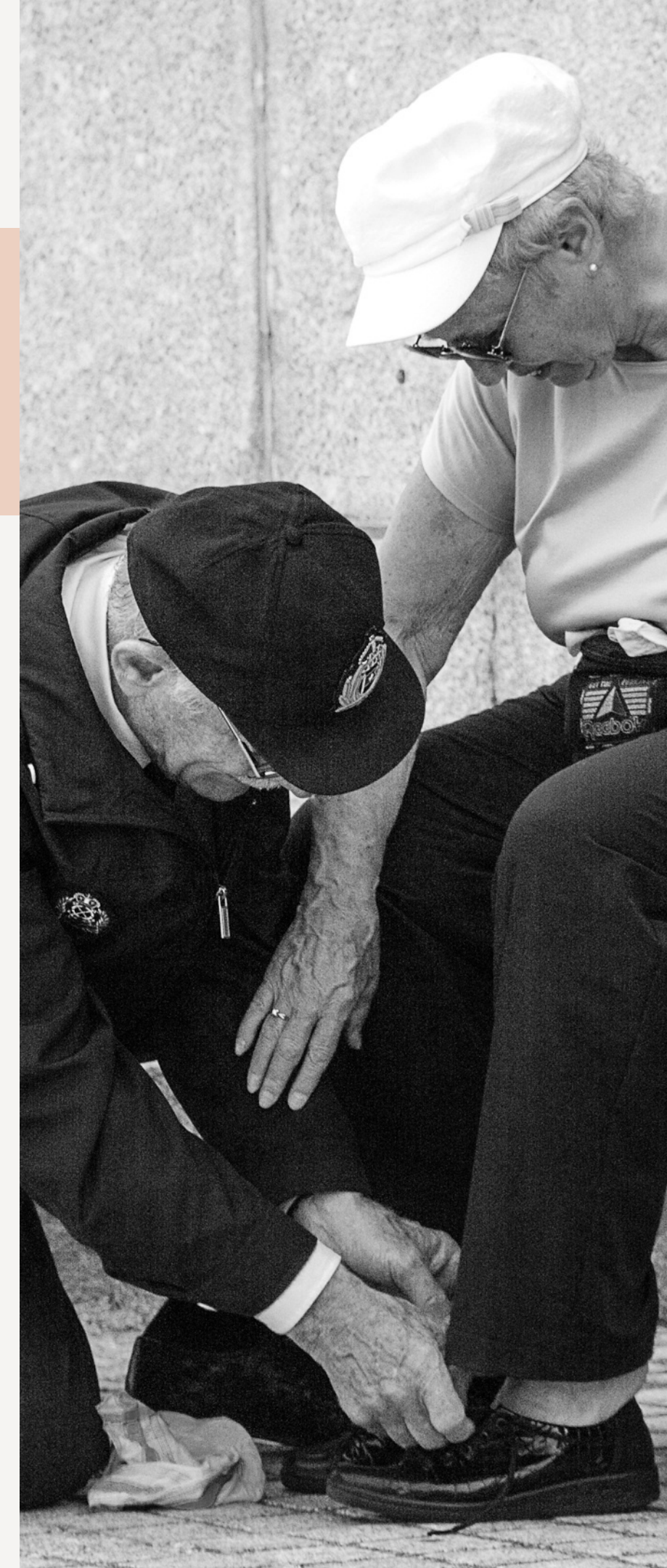
What stops us?




Why we don't help

- People curb their impulse to help when they worry that others will think they are acting out of self-interest.
- We perceive social pressure that we should act in our own best interest and not help others.

(Dale Miller at Stanford's Graduate School of Business)





Imagine
Peace,
Happiness
&
Joy

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Imagine without Reservation

- ☐ Peace and justice.
- ☐ Joy and happiness.
- ☐ Safety, sufficiency and abundance.
- ☐ Fairness and compassion.



How did you feel when you imagined
compassion, peace, safety, etc?

Put your answer in the chat.

Where we can use more compassion

Self
Work
Home
Friends
Family of choice or origin
Neighborhood
State
Government
Country
World

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**The great news
is...
you are only
responsible for
you.**

Imagine Compassion

To create compassion in any environment...

Increase self compassion

Increase authenticity

Increase compassion for others



Example

- I would like to increase compassion at the dinner table.
- Why: My family is talkative and loud. We have a teenage son. Sometimes it feels stressful.
- Task: Increase self compassion and authenticity, and practice compassionate to my family.





Where specifically do you want to
increase compassion with others?

Put your answer in the chat.



Self Compassion Actions

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In review

Acceptance

Forgiveness

Positive Self Talk

Ho'oponopono

Values

Creative Expression

High Value Questions

Meditation

Visualization

Brainstorm

Non-judgement

Imagination

Noticing

Spirit

Breathing

Action



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.

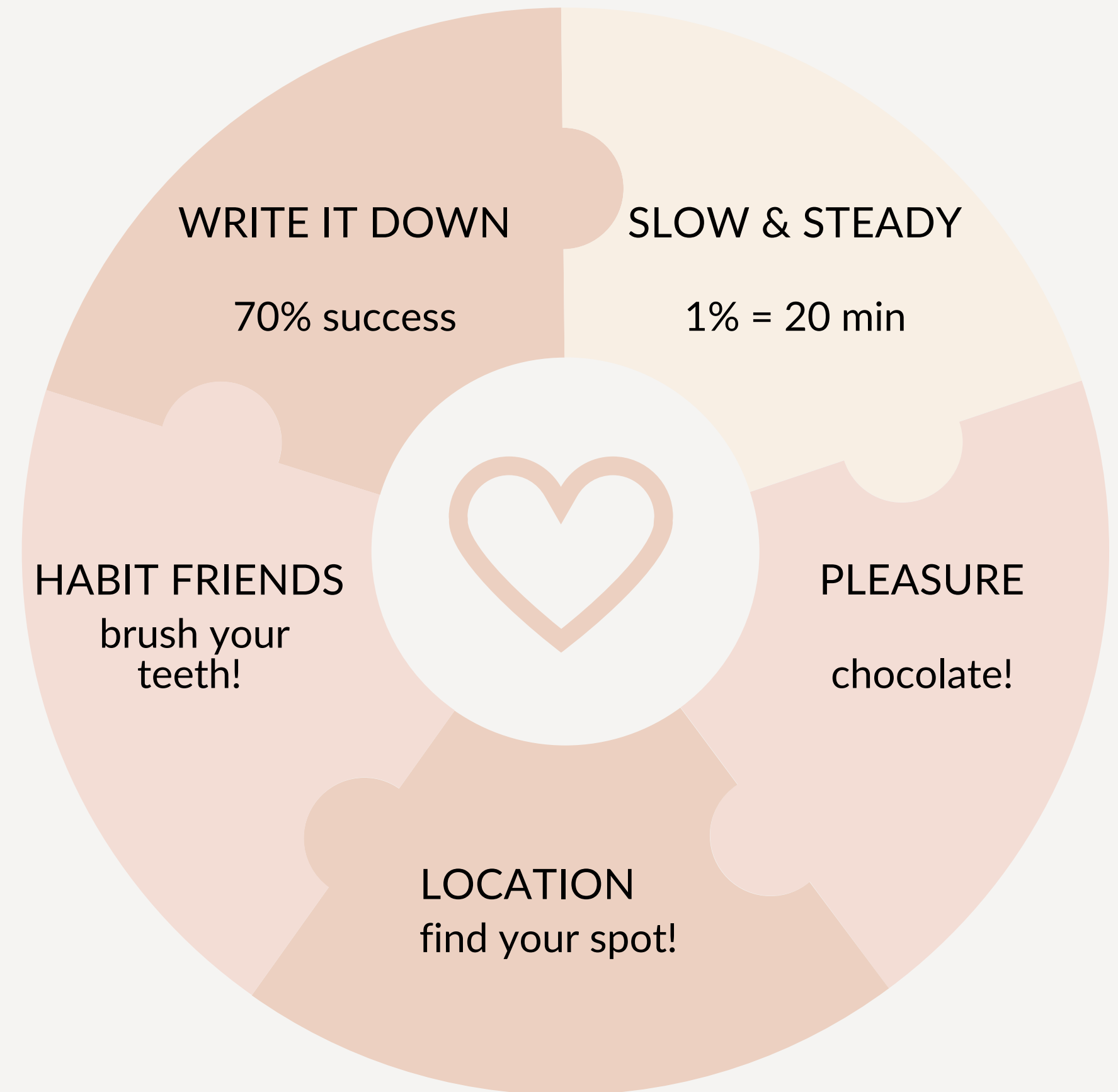


Making Change

Use these five steps to make any kind of change.

It takes 66 days to make an action automatic.

So far you have been working 21 days! 11 hours! (4 hours in class and 7 hours on homework)





What would you be feeling tonight if
you decided to make the rest of today
devoted to self compassion?

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

**Compassionate
World**

2

**Start with
You**

3

**Compassionate
Action Plan**

4

**Creative
Expression &
Reflection**



Vision for a Compassionate World

Week 4: pg. 47

- Imagine what your world would look like if you and others used compassion.
- What would your daily interactions be like?
- How would your school or work place be different?
- How would the systems you interact with be different?
- Dream big! Imagine compassion! Imagine Peace!



Example: Compassionate World

Week 4: pg. 47

- Solitary work: My work tasks would take on elevated meaning as each time I complete a task, I make something better. Attention to value of each task.
- Work with colleagues: Interactions could be peaceful and focused on shared values. Smiles, checking in with one another. Creative vision and greater impact.
- Work with students: Peaceful focus on listening fully and being fully present. Shared vision for making the world a better place.



Brainstorm: Begin with Self

Week 4: pg. 48

Philosophers, peace makers musicians poets, and spiritual leaders note that change in the world happens when we begin to change ourselves.

- Brainstorm is quick, generates lots of ideas with zero evaluation of them.
- Each idea leads to the next, so suspend judgement. Only evaluate when the brainstorm is over.
- If your mind begins to judge, say thank you for the thought and return to brainstorm thinking.

Example: Brainstorm

Week 4: pg. 48

These kinds of questions invite your brain to appreciate you, your relationships, and contributions.

- Imaging the compassion I am adding to the world.
- Link my boring spread sheets to "better serving my university students".
- Remove my ego from my tasks - the reactions of others are not about me.
- The only thing that needs to change is how I see things.





Compassionate Action Plan

Week 4: pg.49

Identify two ideas you can implement for increasing your compassion.

- Be very specific including what you will do and when you will engage in your compassionate acts.
- You can choose something that increases compassion towards yourself or towards others.
- Something small that takes only a minute or a few minutes, and can be completed each day.

Example: Compassion Action Plan



- Pause for three breaths when I feel frustration or annoyance.
- High five and smile in the mirror.
- Celebrate each time my family comes in the room with a smile.
- Use 5-4-3-2-1 to motivate my value based actions.



Visual Expression

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- Show how you will bring compassion to the world 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!



Example: Visual Expression

Title: Creating compassion

Three words or phrases to describe my art:

using my tools

finding new tools

seeing how simple it is once I decide

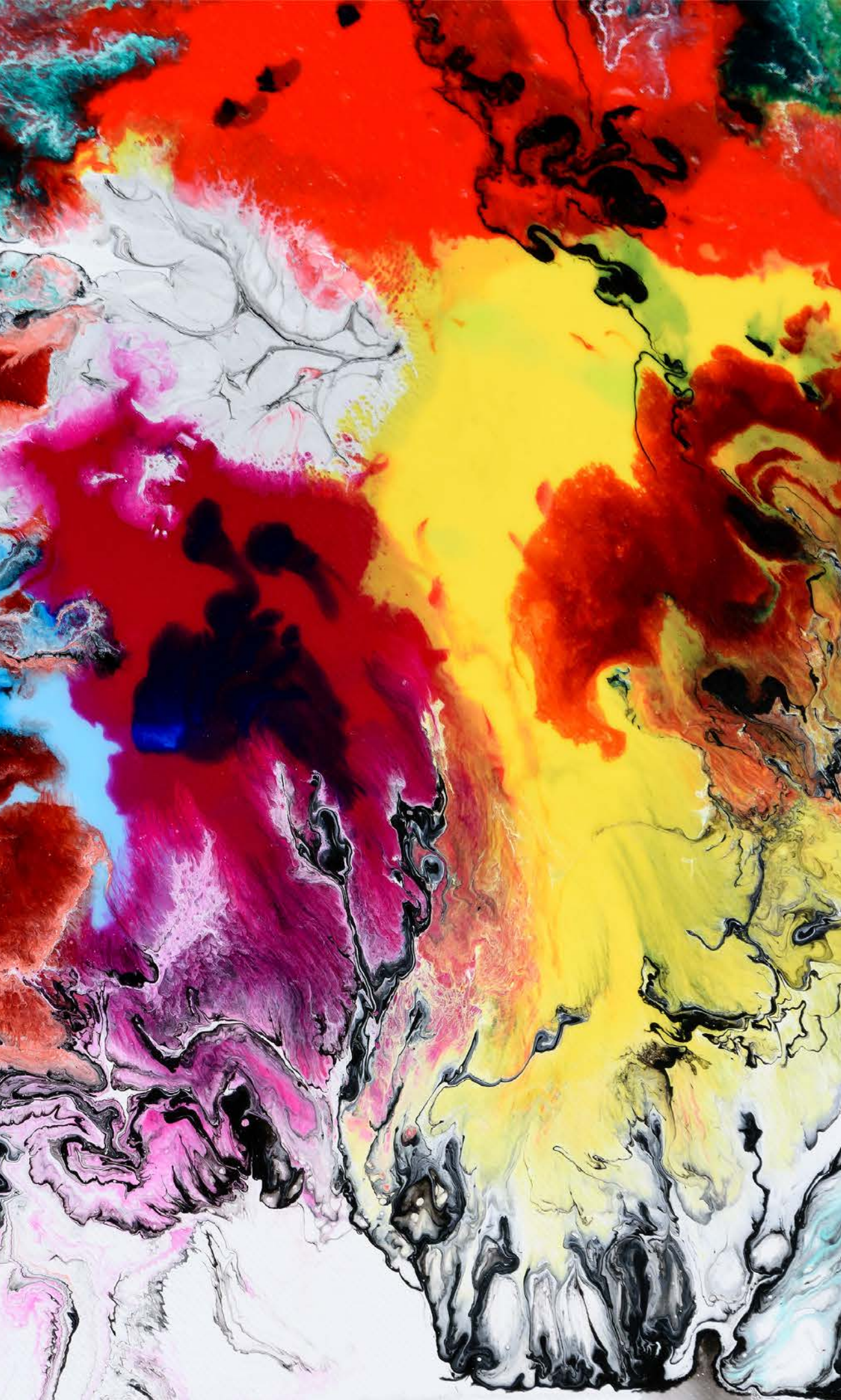
How I feel: compassionate, joyful, happy



Week in Reflection

Week 4: pg. 51

- Reflect on what you learned about your compassion in action. This summary is essential to create meaningful learning.
- Appreciate your strengths, and positive actions.
- Notice thoughts, feelings and actions in alignment with your compassionate actions.
- Avoid judgment.



Example: Reflection

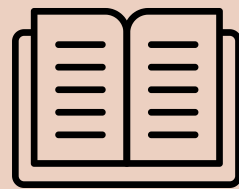
- I am moving towards a more authentic self.
- Authenticity is bringing me more ease in being compassionate towards others.
- I am still working towards willingness to be vulnerable with others.
- I am so proud to have brought compassion to this online workshop.
- I keep imagining the value I am putting into the world and that keeps me motivated and inspired.



What questions do you have?

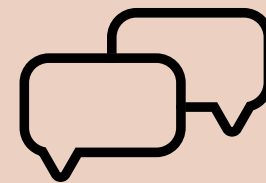
Put them in the chat or message me.

What To Do Next



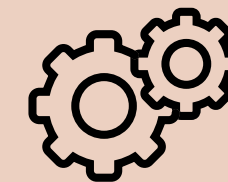
Review

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 4 worksheets and move towards action.



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

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Want More?

"Creating Joy"

May Workshop

First four Tuesdays in May

12-1PST

4 Classes - online or recorded

Member page

Workbook

\$97

Would you consider referring a friend?

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A scenic view of a sunset over the ocean. The sun is low on the horizon, casting a bright orange glow across the sky and reflecting a shimmering path of light on the dark blue water. In the foreground, a concrete bridge with a metal railing runs diagonally across the bottom left corner. The overall mood is peaceful and inspiring.

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Thank you!

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