

# Group #2

# Self-Compassion

This session has been designed to be run by a single facilitator. A group of individuals might choose to rotate who facilitates each session. The selected facilitator for a given may choose to do extra self-led learning prior to facilitating their topic.

## Facilitator Overview

- 1. Check in- ask how the week has been for participants**
- 2. Review group norms & expectations for participation in exploration**
- 3. Facilitate group discussion asking questions and providing information from manual**
- 4. Deliver take home message(s)**
- 5. Set next meeting**

## Group Expectations/Norms for Participation in Exploration

### **Confidentiality**

All statements made by members in the group must be treated with the utmost respect and confidentiality. Specific group information will be shared with the treatment team; however, only general comments will be made to parents.

Norms will be read at the beginning of group for full understanding in order to create safety for each session.

Confidentiality is expected from all group members, members should not discuss group outside of group, please bring any issues/comments back to the next group.

Confidentiality creates a safe & trusting environment for the work of therapy. All cell phones/technology MUST be turned off.

### **What are the expectations of the group?**

Arrive, and leave on time.

Group is voluntary. Group will be led by a different member each week. Can be on a rotation.

Sharing about yourself is necessary for you to benefit from group. This may feel difficult for some members initially however small disclosures build trust and safety within the group, which in turn will increase your comfort level when sharing. The premise is what you put into group is what you get out of group.

Note that we encourage balance sharing so that all members get the opportunity to share equally.

There is some structure to each session in that there will be themes for each week.

Direct advice giving and discussion of superficial topics is not helpful in this group.

Feedback is welcomed, as it connects the person giving and receiving and if non-blaming, constructive and relevant to what's occurring within the group it can be deeply meaningful.

Do not come to group under the influence of drugs/alcohol or other non prescribed medicine by your doctor.

Group offers the opportunity to learn more about how you relate to others. Group members are encouraged to ask questions, to wonder about things said or not said, to share associations and thoughts.

# Self-Compassion

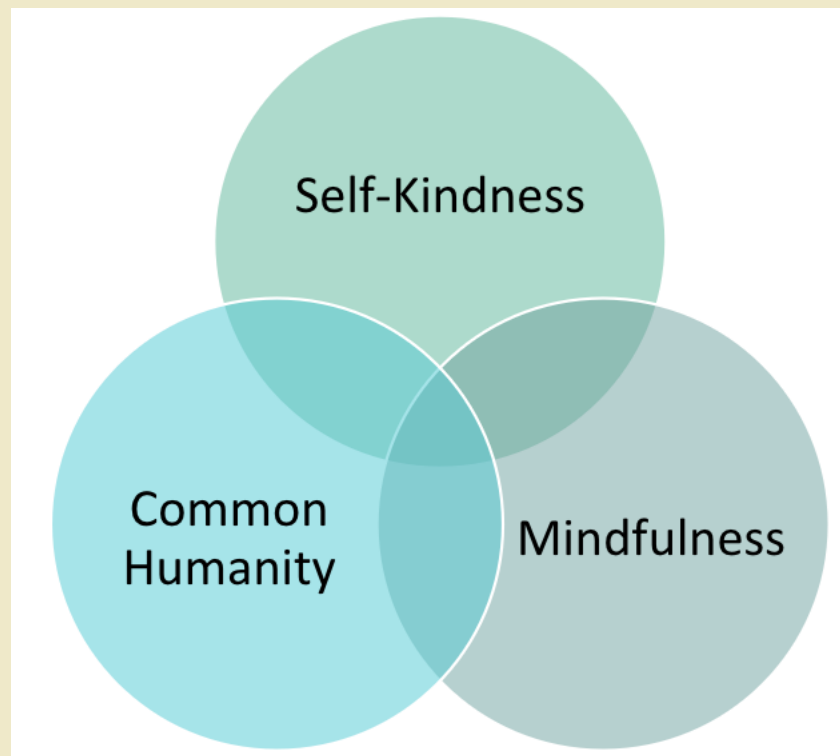
**Check in.** Ask each member how their week has been. Did they practice any mindfulness skills from the previous week? If yes, how? If not, what got in the way?

**Ask Question:** *What is self-compassion?*

*Facilitate discussion, when appropriate provide some or all of the below information.*

Answer: Compassion involves sensitivity to the experience of suffering, coupled with a deep desire to alleviate that suffering. Self-compassion is simply compassion directed inward. self-compassion consists of three main elements: kindness, a sense of common humanity, and mindfulness

**Provide This Information:** *Self compassion has three pillars often represented like this:*



## **Ask Question: *What is Self-Kindness***

*Facilitate discussion, when appropriate provide some or all of the below information.*

Answer The tendency to be supportive and sympathetic toward ourselves when noticing personal shortcomings rather than being harshly critical. It entails relating to our mistakes and failings with tolerance and understanding, and recognizing that perfection is unattainable. Self-compassion is expressed in internal dialogues that are benevolent and encouraging rather than cruel or disparaging. Instead of berating ourselves for being inadequate, we offer ourselves warmth and unconditional acceptance. Instead of getting fixated in a problem-solving mode and ignoring our own suffering, we pause to emotionally comfort ourselves when confronting painful situations. With self-kindness, we make a peace offering of warmth, gentleness, and sympathy from ourselves to ourselves so that true healing can occur.

By doing this we open the door to acceptance, experiencing life, and connecting to ourselves and the world around us. We have richer information and experiences.

## **Ask Question: *What is Common Humanity?***

*Facilitate discussion, when appropriate provide some or all of the below information.*

Answer: All humans are flawed works in progress; everyone fails, makes mistakes, and engages in dysfunctional behavior. All of us reach for things we cannot have and have to remain in the presence of difficult experiences that we desperately want to avoid. With self-compassion, however, we take the stance of a compassionate “other” toward ourselves. Through this act of perspective taking, our outlook becomes broad and inclusive, recognizing that life’s challenges and personal failures are simply part of being human. Self-compassion helps us to feel more connected and less isolated when we are in pain.

**Ask Questions: *What is Mindfulness and how does it relate to self-compassion?***

*Facilitate discussion, when appropriate provide some or all of the below information.*

Answer: Mindfulness involves being aware of the moment-to-moment experience in a clear and balanced manner. It means being open to the reality of the present moment, allowing all thoughts, emotions, and sensations to enter awareness without resistance or avoidance. Mindfulness is important to allow ourselves to be able to turn toward and acknowledge when we're suffering, to "be" with our pain long enough to respond with care and kindness. Many people don't acknowledge how much pain they are in. Mindfulness counters the tendency to avoid painful thoughts, and emotions, allowing us to face the truth of our experience, even when it is unpleasant. To be self-compassionate, mindfulness is the first step we need to take -we need presence of mind to respond in a new way.

**Questions to ask group members to facilitate discussion**

- *What are the ways you have practiced self-compassion?*
- *What has been successful/unsuccessful?*
- *How can you practice self-compassion this week?*

**Deliver Take Home Messages:**

Think about how you would treat a friend. What advice would you give them for the same situation you are going through. This is often the same response you can offer yourself.