

## Compassionate Activism Online Seminar - Session 3

Please join us as we wait for the other participants to arrive. We will begin shortly at 6 pm EST / 3 pm PST.

## Questions from Previous Sessions

- First Practice of Humility and Curiosity
- Second Practice of Distinguishing Realities and Acknowledging External Reality
- Technical Issues - Email  
[josette@everydayfeminism.com](mailto:josette@everydayfeminism.com)

## Choose a Situation

- Select a recent specific situation that is somewhat emotionally charged for you but not extremely charged

## **#3: The Practice of Gentle Mindfulness and Compassionate Self-Accountability**

## Toxic Swirling vs. Gentle Mindfulness

- |                                       |  |
|---------------------------------------|--|
| • Not In Touch with Present Moment    | • Connected To the Present Moment                        |
| • Resistant/Denying                   | • Accepting/Acknowledging                                |
| • Judgemental/Shaming                 | • No Right or Wrong/Just Is                              |
| • Grounded in Your Make Believe World | • Grounded in Your Internal Reality and External Reality |

## Shifting from the Toxic Swirl to Gentle Mindfulness

- Use first Practice of Humility and Curiosity and second Practice of Distinguishing Realities and Acknowledging External Reality (optional but helpful)
- Bring gentle attention to your internal reality and acknowledge it without trying to change it, judge it, minimize it, etc.

## Reflecting on Practicing Mindfulness

- Share briefly what your typical toxic swirl is around the situation.
- Share what it was like when you brought mindfulness to your reaction to the situation.
- How was mindfulness different or similar than the toxic swirl?

## Closing Takeaways

If you could remember just one thing from today's session, what would it be?

## Next Session

Tuesday, April 26<sup>th</sup>  
6 pm EST / 3 pm PST

See you then!