

Compassionate Activism Online Seminar - Session 4

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

If you had issues with entering a breakout room, please download the latest version of Zoom at: <http://bit.ly/1XUIDNl>

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Questions from Previous Sessions

- First Practice of Humility and Curiosity
- Second Practice of Distinguishing Realities and Acknowledging External Reality
- Third Practice of Gentle Mindfulness

- Technical Issues - Email josette@everydayfeminism.com

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Choose a Situation

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

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

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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 |

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Compassionate Self-Accountability

- The difference in how systemic oppression versus intersectional feminism/anti-oppression work treats our internal reality
- You can't help what life throws at you but you can choose how to respond to life
- You choose your response through the words, actions, and energies you use => You create your internal reality

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Restoring Internal Justice with Love and Compassion

1. Get in touch with your internal reality through mindfulness.
2. Acknowledge/accept your internal reality as it is and is not.
3. Listen for what you need to take care of.
4. Address the need then or schedule for later.
5. If you resist addressing the need, get in touch with your resistance and the need underlying it until you have a need you are willing to address.

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Quick Formulas for Compassionate Self-Accountability

- I feel X and it's ok / that matters.
- I did/didn't do X and that happened.
- When X happens, I feel Y because I need Z. I will do A / invite someone to do A.

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Practice and Reflect

- Create your self-accountability statement:
“I feel X and it’s ok / that matters.”
- Share what comes up for you as you declare this statement, especially around what feels easy or difficult about it.

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- Create your self-accountability statement:
“When X happens, I feel Y because I need Z.
I will do A / invite someone to do A.”
- Share what comes up for you as you declare this statement, especially around what feels easy or difficult about it.