

Compassionate Activism Online Seminar - Session 5

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 trouble being invited into a break out room, please download the latest Zoom version at:
<https://zoom.us/download>

1

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

3

Toxic Swirling of Make Believe World vs. Gentle Mindfulness to Current Reality

- | | |
|--|--|
| • Not focused on the present moment | • Connected to the present moment |
| • Resistant/Denying what's happening | • Accepting/Acknowledging of what's happening |
| • Judgmental/Shaming of what's happening | • No right or wrong with what's happening / It just is |
| • Grounded in your make believe world | • Grounded in your internal reality and external reality |

4

Shifting from the Toxic Swirl to Gentle Mindfulness

1. Stop making your feelings wrong for existing by:
 - Trying to make it go away
 - Change it
 - Judge it
2. Instead acknowledge your feelings and validate their right to exist and mattering. Repeat for the next layer of feelings.
3. Eventually you will become aware of a need and action you can take to take care of that need. You can then choose or not choose to do so.

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Quick Formulas for Compassionate Self-Accountability

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

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Closing Takeaways

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

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