

Compassionate Activism Online Seminar – Session 7

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>

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The Fourth Practice of Compassionate Truth-Telling and Consciousness- Raising Inquiry

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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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Toxic Swirling of Make Believe World vs. Mindfulness to Your Internal Reality

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| • Not focused on the present moment | • Connected to the present moment |
| • Resistant and denying what's happening and insisting it should be different what it is not | • Acknowledging and accepting of what's happening as happening |
| • Judgmental and 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 |

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Ways We Often Relate

- We make them wrong *as a person*:
 - Judge them
 - Shame them
 - Police them
 - Punish them
 - Dismiss them
- We resist their experience of the situation (aka their internal reality):
 - Deny and minimize what they're feeling
 - Focus on how they 'should' be feeling (aka make believe world)
 - Try to force them to agree with us (aka push our internal reality on to them)

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Reflection Questions

1. How do you think they might have been relating to you? What did their toxic swirl feel like to you?
2. What the impact of that on you and your ability to receive what they were saying?
3. How did you relate to the other person in the situation? Identify your toxic swirl of make believe.
4. What do you think the impact of that might have been on the other person and their ability to receive what you were saying?

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Reflection Questions

1. How did you relate to the other person in the situation? Identify your toxic swirl of make believe.
2. What do you think the impact of that might have been on the other person and their ability to receive what you were saying?

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5-Minute Break!

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What This Conversation Is About

- It's not about making them wrong. It's about sharing your truth.
- It's not about them changing their minds. It's about you wanting to understand their truth.
- It's not about getting them to stop. It's about you taking care of yourself and treating yourself like you matter.

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Reflection Questions

1. What was your intention in this conversation?
2. What type of world were you creating in this conversation with that intention?
3. What would be different if your intention was to be compassionate toward yourself and focus on what you need from yourself?
4. What type of world would you be creating with that intention?

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Toxic Swirl versus Mindfulness for Their Internal Reality

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|---|--|
| • Focus on how they 'should' know better and it never should have happened | • Let go of your make believe world and acknowledge that what happened did happen |
| • Assume you know what their internal reality is | • Get curious about what happened in their internal reality |
| • Resist their internal reality and make them wrong as a human being for it | • Acknowledge their experience and feelings of the situation as having happened |
| • Tell them why they're wrong for having that experience | • Ask them questions to help them unpack their own experience |
| • Try to force your internal reality onto to them | • Offer other perspectives for them to consider based on your anti-oppression analysis |
| • Not care about where they're coming from or how they got there | • Listen for their pain and how it got created, which is underneath their initial reaction |
| • Demand agreement even if it's coerced or feel silenced | • Offer another approach that is more inclusive and addresses their pain and/or values |

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Final Takeaways

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