

## Compassionate Activism Q&A Practice Session

Please join us as we wait for the other participants to arrive.

We will begin shortly at 1 pm EST / 10 am PST / 6 pm BST.

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## How Systemic Oppression Teaches Us Our Pain Isn't Real

When we share that we've been violated - whether that's physically or emotionally, we're told that:

- It didn't really happen -> **Denying**
- It wasn't that bad -> **Minimizing**
- It was your fault -> **Blaming**
- You were asking for it -> **Shaming**
- You should have behaved differently -> **Policing**
- You need to stop talking about it -> **Silencing**

**And we learned this lesson well. So now we're the ones making ourselves wrong for our feelings and suppressing our pain.**

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## The Fifth Practice of Shared Envisioning and Compassionate Non-Cooperation

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## Choose a Situation

Select a recent specific situation that is moderately emotionally charged for you where you felt stuck.

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## Apply to Yourself First!

1. Practice of Humility and Curiosity
2. Practice of Distinguishing Realities and Acknowledging External Reality
3. Practice of Gentle Mindfulness and Compassionate Self-Accountability

## Then Apply to the Other Person!

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## Co-Creating a Shared Vision

1. Through the Fourth Practice of Compassionate Truth-Telling and Consciousness-Raising Inquiry,
  - Get connected.
  - Identify shared values/goals/interests that are core to each other's realities.
2. Given your new understanding of each other's realities, create a solution that honors the shared core values.
  - Do not get fixated on the position you've taken previously (yes, X but, Y). Focus on the shared interest.
  - Try "Yes [*insert their perspective*], and [*your perspective*]. So how about we try X together?"
3. If fear from the past presents itself through feeling stuck, go through Practice 1-3 again.

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## Compassionate Non-Cooperation

- You can't control their behavior but you can choose yours.
- If you can't co-create an agreement, then choose to disengage - while hoping for their best, including being able to co-create in the future.
- It's also important to grieve for the unfulfilled hope and lost opportunity to create something meaningful together.

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## More Toxic Swirl versus Compassionate Non-Cooperation

- |  |   |
|--|---|
| • Assume you know what's best for them at that moment                            | • Acknowledge that their perspective is their perspective and it doesn't have to be the same as yours in order to be legitimate                               |
| • Want to make them agree with you and not willing to accept a no (aka coercion) | • Invite them to agree with you and being willing to accept a yes, no, or counter offer   |
| • Make them wrong as a person for not agreeing with you                          | • Acknowledge while you don't agree with their position, it makes sense to them in this moment  |
| • Not care about where they're coming from or how they got there                 | • Get curious about what happened in their internal reality. Listen for their pain and how it got created, which is underneath their position.                |
| • Remain silent and resentful.   | • Hope they receive the healing they need in order to become more free from their pain and be more open to co-creating and aligning their values and actions. |

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## **Compassionate Activism Model**

1. 100% Committed to a Vision
2. 100% Acknowledging of Current Reality
3. In Community, In Every Moment

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**Breath, Listen, Invite**

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**What's Your Main  
Takeaway?**

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