



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 16 Transcript: Self Compassion

Today, I'm excited to share a "big picture" 4-step process with you that will help you continue your movement forward in this transformational practice.

The first step is identifying our Self-Protection patterns.

We've been exploring this for weeks as we clarify the self-defensive behaviors we've made into habits that are all biologically hard-wired for our survival.

We think these make us safe, but it keeps us from being seen and heard - the thing we desire more than anything.

From here we begin to practice Self-Compassion.

There are 3 attributes of Self-Compassion, according to the brilliant research by Kristin Neff from the University of Texas at Austin.

It begins with mindfulness. Mindfulness is simply being aware of something, in the present moment. We've been developing this skill with the practice of noticing, without judgment, what we are experiencing. And then, getting curious about it without getting hooked in by it.

The second attribute is common humanity. This is understanding, and choosing to believe in the moment, that other people struggle with the same things we do. That we are not alone in what we're going through.

The third attribute is self-kindness. We sometimes think this means treating ourselves to a day at the spa, or going out for a nice dinner. But, it's simply asking the question, "do I talk to myself the way I talk to someone I love?"

The next phase of the process is self-acceptance.



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 16 Transcript: Self Compassion

We're afraid that if we accept that we are enough, right here and right now, with nothing left to prove, we will get stuck here and never reach the fullness of our potential. We utilize self-rejection as a motivating force to push us forward in our lives.

But, that's just it. We must receive the unconditional nature of our acceptance or even if we reach our potential, it will never satisfy the question of our worthiness.

Carl Rogers said: *"The curious paradox is that when I accept myself just as I am, then I can change."* Worthiness and knowing that we are loved and accepted, just as we are, is actually the greatest motivator for change.

This leads us to the Self-Agency phase of this process.

Self-agency is owning our own responsibilities, and letting others be responsible for themselves. This is how we retrieve our power to create options and choose wisely. And, it must come from a place of compassion and acceptance.

You are responsible for your self. You are responsible for your actions and reactions. You can't control what other people do or don't do, but you always have a choice.

Let these steps of compassion, acceptance and agency empower your choices this week and stay connected as we all put these new concepts into practice.