

HANDOUT 5.5: COMPASSIONATE LISTENING FOR THE SELF

Think about a difficult situation, but nothing too major. As best as you can, write some thoughts and beliefs that your usual self would have (those are usually short affirmations that we have in our mind in those situations. For example: 'I can't handle situations like this, I get too emotional,' or something similar).

Then, let's change role: activate your Compassionate Self (remember to close your eyes, connect with soothing rhythm breathing and compassionate posture), and for each affirmation of the usual self, explore how the Compassionate Self would think, act, and desire.

Example: The difficult situation is that I feel guilty about going out with my friends and leaving my partner at home, even if they encourage me to go out

The difficult situation is:

<p>My "usual self" thinks:</p> <p><u>Jodie is annoyed at me and disappointed</u></p>	<p>My "compassionate self" thinks:</p> <p><u>Jodie has already shown they are honest with me in the past, if they feel something is wrong, they tell me, they are assertive</u></p>
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<p>My "usual self" does:</p> <p><u>I stall and ask them a thousand times if they are REALLY ok with me going out</u></p>	<p>My "compassionate self" does:</p> <p><u>I tell them I am grateful to be with someone who encourages me in this way and to have such a transparent relationship</u></p>
<p>My "usual self" wants (intention):</p> <p><u>To be 100% sure that they never feel annoyed by something I do</u></p>	<p>My "compassionate self" wants (intention):</p> <p><u>For me to go out and spend a nice evening with my friends and remember that Jodie is happy about me being happy</u></p>
<p>→ How do I feel now (as my usual self):</p> <p><u>Fear, I feel as if there was an alarm going off inside me</u></p>	<p>→ How do I feel now (as my compassionate self):</p> <p><u>I feel more relaxed, like I am not doing anything wrong</u></p>