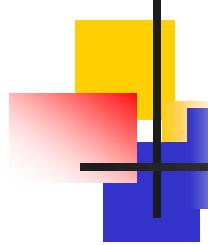


goals for the eighth evening

8

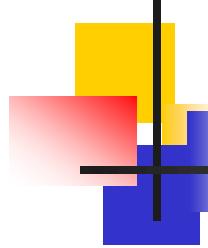
- ❖ review last week's intentions
 - ❖ autogenics: energizing & quieting, personalizing shorts & reminder dots
 - ❖ continuing with 'basic skills/habits'
 - ❖ relationships: intentions from goals for roles & personal community map
 - ❖ compassion & caring: this week particularly self determination theory needs/motives/goals, and jennifer crocker's ego & eco-systems
-



1st seven sessions: progress so far

*how did last week's intentions go
and any lessons for this week's intentions?*

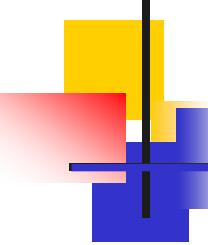
- ❖ autogenics: belly focus, reminder dots, and shorter exercises
 - ❖ exercise: stamina, strength, quantity, variety
 - ❖ diet, alcohol, weight ... and sleep
 - ❖ community map & values-roles-goals-diary
-



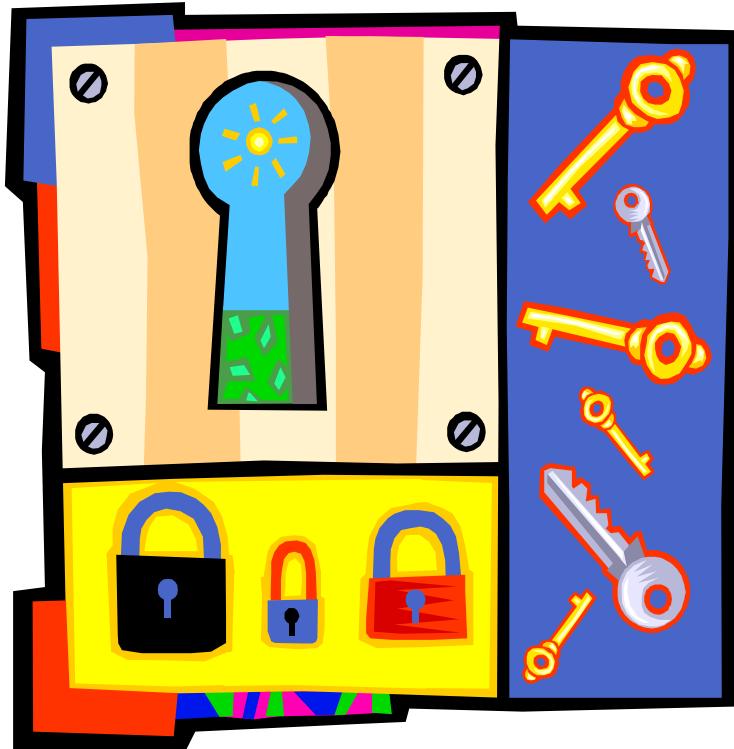
main components of the journey

- ❖ basic skills: exercise, diet, weight, alcohol, smoking, sleep
- ❖ meditation: autogenic training, applied relaxation, visualisation, mindfulness, compassion
- ❖ relationships, emotional intelligence, social networks
- ❖ wellbeing: positive emotions, self-determination, happiness

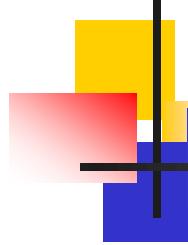




compassion & criticism key points

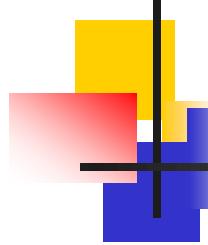


- to understand more clearly how important these areas are for our health & wellbeing
 - appreciate the mechanisms that lead to compassion or criticism
 - explore ways to assess personal relevance of these issues
 - look at how we can work to improve relationships both with ourselves & with others
-



compassion: stages of change

1. *precontemplation*: not yet realizing how important compassion & lack of compassion are for the health of both ourselves & others
 2. *contemplation*: understanding how crucial it is to reduce toxic forms of self- & other criticism, and to nourish empathy & caring, but not knowing yet how to change these engrained responses
 3. *preparation*: developing an action plan that might include emotional processing, compassion training, good therapeutic relationships (individual & group) & outer behavioural changes
 4. *action*: putting the plan into practice, monitoring what works and what doesn't, adapting or adding components as needed
 5. *maintenance*: putting in place check-ins, reminders & 'fire drills' for the expected times when one slips back into old habits
-



four aspects of helpful inner focus

