goals for the tenth evening

- autogenics & goodwill practice
- reviewing last 3 weeks’ intentions
- introducing forms of therapeutic writing and linking these to ideas about imagery, memory & emotion
- personal intentions for the next 5 weeks until the eleventh session
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
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
four aspects of helpful inner focus

reducing negative states

nourishing positive states

exploring & processing

encouraging mindfulness
<table>
<thead>
<tr>
<th>past</th>
<th>future</th>
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<tbody>
<tr>
<td><strong>lack of encouraging positive memories</strong></td>
<td><strong>lack of encouraging positive futures</strong></td>
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<tr>
<td>identification and various forms of emotional <strong>connection</strong> – field view, sensory focus, mastery, compassion, dialogue, felt-sense</td>
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<tr>
<td><strong>intrusive (or over general) negative memories</strong></td>
<td><strong>intrusive (or avoided) negative futures</strong></td>
</tr>
<tr>
<td>identification and various forms of emotional <strong>processing</strong> – desensitisation, rescripting, mastery, compassion, dialogue, felt-sense</td>
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development & maintenance of distressed states

* after a series of distressed episodes e.g. in recurrent depression, external triggers become less important

genetic tendencies
parents and family
experiences growing up

coping style

life events

life situation

behaviours
body state

recent triggers*
change, loss, illness
conflict, trauma, threat

relationships

beliefs

vulnerability factors

triggering factors

maintaining factors