goals for the eighth evening

✧ 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

- reducing negative states
- nourishing positive states
- exploring & processing
- encouraging mindfulness