compasion & 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
structure and quality

structure plans, long term goals

quality waking up, appreciation

the challenge is in achieving a balance
the bus driver metaphor

- the importance of values
- distinguishing values & goals
- values are about ‘now’
- self-definition by values not by goal achievement
- mindfulness & passengers
- sometimes it’s useful to ‘listen and respond’

for a fuller description see the 2 page handout
taking control/making time

roots

roles

goals

diary
three key psychological needs

- **autonomy** – personal choice not compulsion by outside forces
- **competence** – capable & effective not incompetent & inefficient
- **relatedness** – regular emotional intimacy & shared activities not isolation & loneliness


1st eight sessions: progress so far

how have this first two months of the course gone – what’s been most interesting & helpful?

what’s been most difficult – what can you learn from this; where ‘let go’ & where ‘try harder’?

over the next three weeks, what do you feel it would be most helpful for you to put as top priorities for both learning & consolidating the course