

Workbook-Module 6-Elements of Self-Compassion



Introduction. There are many apocalyptic movies that have portrayed humanity as wandering around as lost nomads after great destruction has occurred. There is an overwhelming sense of hopelessness as survivors peer through the dust. Life is futile.

Humanity tried, was destroyed, and now life will be extremely difficult until death comes and swallows up the remaining few. Who is writing these movies? Why is judgment always connected to hopeless and utter destruction? Isn't it possible that judgment could have something to do with love? Could humanity coming to the crux of a new era actually embrace wisdom, and learn to live in harmony with truth, the earth, and one another? People can be their own worst enemies. What do you think about yourself? What kind of messages are you entertaining in your mind, holding in your heart? If we remain in default-going through the motions mode, there will be a slippery road ahead! Let's get informed.

Purpose. To remain flexible and loving through times of difficulty, failure, and recognizing our character flaws. Develop tools to consistently cope well, retaining a hopeful and forgiving posture.



Self-kindness vs. Self-judgment.

In this element experiencing difficulty is a reality that can be challenging to accept. She says self-compassionate people recognize life's difficulties, failures, and being imperfect. When faced with painful



experiences they lean towards being tender with themselves as opposed to getting angry (Neff, K., 2019).

1. So, not judging includes _____

(Module 6.1)! 2. Be _____ to yourself

when feeling _____. Be _____ enough to look at the _____ of the situation (Module 6.1).

3. We can overcome self-judgment and look at ourselves in a _____ light (Module 6.1).

Common Humanity vs. Isolation.

4. Suffering and inadequacy truly are a _____ human experience (Module 6.1).

5. True or False. The AIDS epidemic ended in the late 1990's (Module 6.1).



Mindfulness vs. Over-Identification.

6. Sharing stories of _____ emotions and experiences puts them in a different light; a _____ context (Module 6.1).

7. What is burst upon sharing these negative stories and emotions (Module 6.1)?

People and Nature are Analog.

8. It may seem obvious that people are analog, flesh and blood beings. We are made with imperfections and are not symmetrical. In fact, if our faces were to be



perfectly symmetrical, they would look funny. Digital avatars online are not the _____ of how we should look, but rather a _____ (Module 6.2).

9. Nature also is filled with _____. Nothing digital can ever replace the _____ of what occurs in nature (Module 6.2).



Perfectly Imperfect.

The master painters Michelangelo and Monet didn't pick up a brush for the first time and paint *The Sistine Chapel* or *The Water Lilly Pond*. There were thousands



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of lesser works and thousands of “mistakes” along the way. They were refined over time.

We too must realize that becoming better people and living on even ground will take time and work to master.

10. What are 3 qualities that are helpful for following through on new projects?

_____ .

11. Moving from ideas to actions helps us _____ our goals as we do the work in front of us. We are made to be in _____ and _____ on good ideas lifts our self-esteem (Module 6.2).



12. Question for Reflection: When you are being flexible and forgiving of yourself and others, how does that change your perception of who you are?

The Truth About Suicide Module 6.3

13. People who are directly confronted by a concerned person about their state of mind and being are far less likely to go through with the act of suicide.

TRUE or False

14. What to Say to someone you are concerned is at risk.

First of all, _____!! Let the person know you are _____ them. Gently affirm what they are saying to you. Really hear the _____ and _____ they are going through (Module 6.3).

15. "I will be _____ you and _____ you through this, every step of the way."

"You are _____ alone in feeling what you are feeling."

"_____ will get you the _____ you need."

16. Getting sober, staying sober, and getting connected is _____ medicine against self-harm (Module 6.3).



A Heart Healthy Lifestyle

Putting Thoughts into Action

17. There is _____ in putting thoughts into action. This _____ is a key factor to productivity, efficiency, and general _____ (Module 6.4).

18. If you can do something that lowers your stress and anxiety that also directly contributes to a healthier, stronger body then you get what I call a _____ for _____ (Module 6.4).

19. With a 2 for 1, you are _____ a negative factor in your life (decompressing stress, lowering tension and anxiety), and conditioning your mind and body to regularly _____ in healthy best practices (Module 6.4).

Eating Well

20. Eating well means eating for _____ (Module 6.4).

21. In today's society, especially in the West, there is a tendency to eat what is _____ and _____. Often these foods are processed and full of _____ and _____ (Module 6.4).

EATING WELL

Running on a tight budget, I always try to have a bag of carrots and potatoes on hand. These are inexpensive and give great nutrition. Dark greens are also super important. Try a chopped kale salad. Add dried cranberries or raisins for some sweetness and nuts. Taking a small salad with you to work or a yogurt to help digestion can go a long way in increasing your energy levels. Cook a chicken breast and chop it up. You can add it to the salad or put it together with the carrots and potatoes or whatever veggies you like.



22. Eat what you enjoy and slow down. Thoroughly _____ helps you digest your food more easily and _____ the nutrients (Module 6.4).

Physical Exercise

23. Hundreds of millions of people around the world each morning or evening go out and _____ for 20-30 minutes or more. Walking is incredibly beneficial for your _____ and _____ health (Module 6.4).

The Five Senses

24. What are the five senses? _____ ?

25. Your five senses are all a part of how we interact with the world around us.

For example, what you take in through your _____ and _____ affects your mood and sense of well-being.

26. Our mood can reflect the _____ we listen to (Module 6.4).

27. Modern culture is very _____ focused. There have been major advances in visual and graphic _____ and the ability to stream content puts an amalgam of sight and sound right in front of our _____ at the triggering of a link.

28. What are 2 ways to strengthen your imagination?

_____ and _____ (Module 6.4).

How can these activities engage your imagination? _____



29. What is a 2-for-1 activity you can engage in today that will decrease stress and strengthen you mind, body, and soul _____?

A Voice in the Dark- Module 6.5.

30. The book *Jonathan Livingston Seagull* by Richard Bach is an allegory about a bird who is tired of _____ at the shore for scraps (Module 6.5).

31. *A Voice in the Dark* is a testimony about a man who goes into jail for his 4th _____ in _____ county, Arizona (Module 6.5).

32. What are 3 areas of life that need to change when embracing sobriety _____ (Module 6.5).

33. In the testimony of coming through the trial of 120 days in prison, Raymond, then realizes he will have another trial—taking care of his ailing parents.

Whatever had connected us together in that place and through that book was encouraging both of us to look up and realize there was a new season ahead. There was a strength deep within that could shine a light beyond the shadows. Hope was alive. We were not only walking towards that hope through the valley, but it was walking with us through those shadowy times.

-Into the Clear Educational Series-Module 6



Have you ever experienced a series of trials in your life _____?

What has been the key for you persevering through your challenges ?

Loving Your Future Self

34. Being compassionate and practicing selfless self-love means listening to the voice of wisdom. What are 3 areas that will take practical planning for you to be successful, according to Module 6.6?

35. You will need to find the way through the choppy _____ and the _____ that often comes and prioritize your steps.

36. The idea of loving your future self acknowledges that you will be _____, stronger, more refined, more _____, more _____, and have more integrity as you learn.

37. With the bigger goal of your lifted and enlightened being those acts that come out of solid _____ of mind. Your work in the here and now is _____ and _____.



More Practical Considerations

Hopefully you are having a good day today. I hope you are experiencing the strength and hope of positive changes and a life well lived. I hope the good work you are doing and the decisions you are making are bearing fruit. I know that sometimes we run into rough waters and can get overwhelmed. Don't be discouraged! Be tender and kind to yourself. Yes, you may be having a really hard time right this very moment. Own that fact. Acknowledge that. Be kind and forgiving to yourself. You are not alone. There is a way through. Love is perhaps the greatest of things in this life. It is sometimes tough to live by its guidelines, but it will never fail. Keep getting back up, looking up, and reaching out.

Avoiding procrastination and becoming disciplined to accomplish tedious and challenging tasks is a key to unlocking these mindsets. Some people think being sufficiently structured can trap you into a place of less freedom.

39. Actually, good planning gives you more _____. If you do a budget and track your income and spending, you will know where you stand. You will make wise and _____ decisions.

40. This same _____, _____, and _____ mindset applies to all areas of life— finances, eating, exercise, education, family, and the spiritual life.

