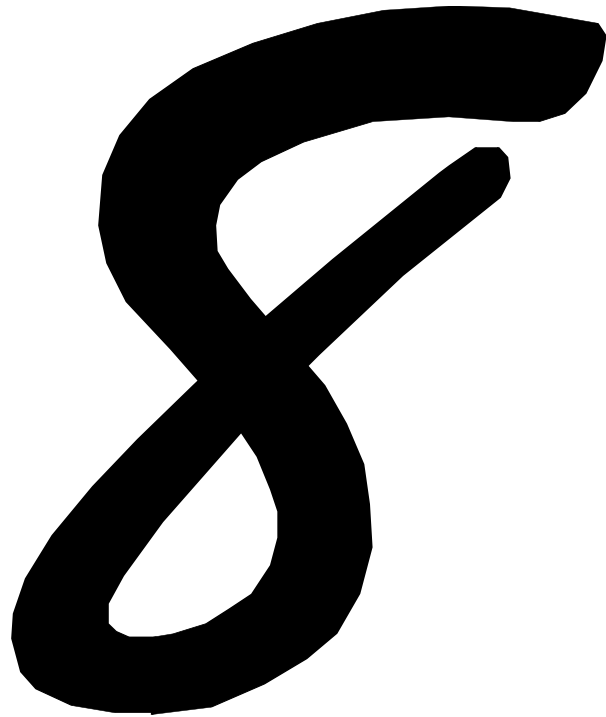




goals for the eighth evening



- ✧ 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?*

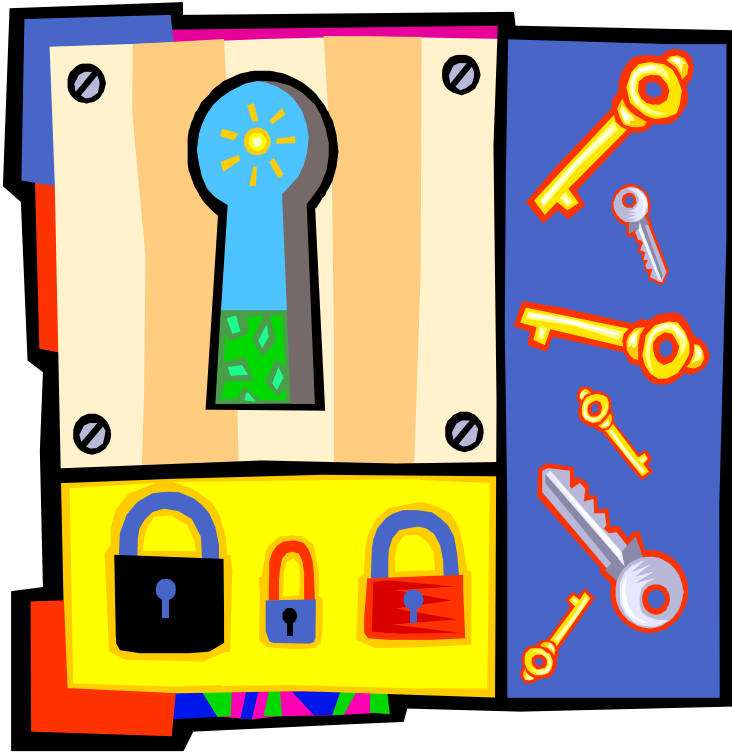
- ✧ autogenics: belly focus, reminder dots, and shorter exercises
 - ✧ exercise: stamina, strength, quantity, variety
 - ✧ diet, alcohol, weight ... and sleep
 - ✧ community map & values-roles-goals-diary
-

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*