

Thriving Through Trauma

Week 3: Self-Compassion

Presented by CSUEB Counseling Services



A pair of hands, palms facing each other, with fingers gently curved to form a heart shape. The hands are positioned centrally, with the fingers pointing towards the top and bottom of the heart. The skin tone is a warm, light brown. The background is a solid, dark grey-blue color. The overall composition is simple and evocative, symbolizing love, compassion, and mindfulness.

Loving Kindness Meditation

A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

- Speak to your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
- Commit to all weeks of group
- Any suggestions?



Weekly Check-In

Name, preferred pronouns, major, favorite self care practice. **REVIEW: GROUNDING**

How are you (*weather analogy*)? What way did you vibe more this week?

- ☐ Grounding
- ☐ Compassion
- ☐ Crying
- ☐ Choose Self-Respect
- ☐ Taking Care of Your Body
- ☐ Create a new story
- ☐ Structure your day
- ☐ Trust the process
- ☐ Reframe setbacks
- ☐ Ask for help

Quote of the Day

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

-Buddha *(5th Century BCE Indian Philosopher)*



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Self-Talk

How do you talk to yourself?

What is Self-Talk?

Self-Talk is:

1. the way you talk to yourself/your inner voice(s)
2. your inner dialogue based on a combination of conscious thoughts + inbuilt beliefs
3. either negative or compassionate
 - can be supportive, beneficial, motivating
 - can also be pessimistic, undermining, unrealistic

A Closer Look At Self-Talk

Negative self-talk

- A psychological defense that prevents growth
- Ignores the self
- Tends to be easy/ automatic

Compassionate self-talk:

- Loving, understanding
- Searching with a non-judgmental mind into what happened
- Promotes change
- Listens to the self
- Can be difficult and takes practice

6 REASONS TO PRACTICE POSITIVE SELF-TALK

WWW.THEPATHWAY2SUCCESS.COM



Builds self-confidence and self-love



Teaches a meaningful coping skill



Improves perspective-taking skills



Encourages problem-solving skills



Builds perseverance and resilience



Improves attitude and motivation

Impact of **Negative** Self-Talk

What's the impact of **negative** self-talk is?

- Can affect your mental health
- Can affect your relationship with *yourself* and *others*
- Is often linked w/ depression, anxiety, or chronic pain
- Impacts self-esteem, body image
- Leads to stress and tendency towards perfectionism

Reflect: Think about the ways you usually talk to yourself - is it usually negative? Compassionate? What is it like thinking about how we talk to ourselves?

Group Discussion

- What does your negative and/or compassionate self-talk **sound like** for you?
- Which one is **easier** for you?
- How does your self-talk **help or not help** you?

A hand holding a daisy flower against a sunset background. The hand is wearing a blue knitted sleeve. The background is a blurred landscape with hills under a warm, orange-hued sky.

2

Self-Talk Tips

Tips to stop negative self-talk & improve
compassionate self-talk

Tips to **stopping** negative self-talk



Be aware of what you're
saying to yourself



Challenge your thoughts



Put your thoughts into
perspective



Stop the thought



Replace the thought w/ a
neutral or positive thought



Notice the patterns of your
negative self-talk

Tips to **improving** compassionate self-talk



Practice, practice, practice



Identify your strengths



Surround yourself w/
positive + optimistic people



Stay in the present



Look at the bigger picture



Treat yourself as a friend

A person is shown from the chest down, wearing a red and black checkered shirt and a silver bracelet on their left wrist. They are holding a white pen and writing in a small, open notebook. The notebook is resting on their lap. The background is slightly blurred, showing a wooden chair and a grey fabric surface.

3

Practice

Practice compassionate self-talk

Practice!

How would you talk to yourself **compassionately** in one of these situations?

1. *You got a poor grade on an exam, so you want to binge on food*
2. *You feel like using a substance because you are lonely*
3. *You just got laid off from your job, and you feel like punching a wall*
4. *Your partner broke up with you, and you want to harm yourself*



MANTRA FOR RESILIENCE AND HEALING

"I AM ENOUGH"



Find a comfortable seated position, or lay down if you prefer. Allow yourself to arrive where you are, feeling the points in the body that meet the earth. As you slowly and deeply draw all of the air into your lungs and diaphragm say in your head “I am” and as you breathe out fully say to yourself “enough”. Repeat for as long as you need.

HERE





4

Reflect & Debrief



Reflect & Debrief

Reflect/ Debrief

Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

1 thing you are taking away from the
group & 1 technique you are committing
to do for yourself this week

Additional Resources

- **Mental Health apps:** Wysa, Clarity (CBT), Mindshift, MoodTools, Calm, Shine, Happify, Headspace, Days since, IAmSober, Worry Watch, PTSD Coach, DBT Coach
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



The background of the slide features two archery targets. The target on the right is larger and more prominent, showing concentric rings of yellow, red, blue, and black. It is numbered 1 through 10, with the bullseye being the center yellow circle. An arrow is shown hitting the bullseye. To the left, a second, smaller target is partially visible, also with concentric rings. The entire scene is overlaid with a semi-transparent dark grey filter.

Next Week: **Triggers/Windows of Tolerance**



Thanks for Joining!

See you next week!

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.