



Guy's and St Thomas'
NHS Foundation Trust

More Than a Mouth: Skills for life's ongoing challenges

Session 3

- Welcome back
- Arriving practice: three-step breathing space

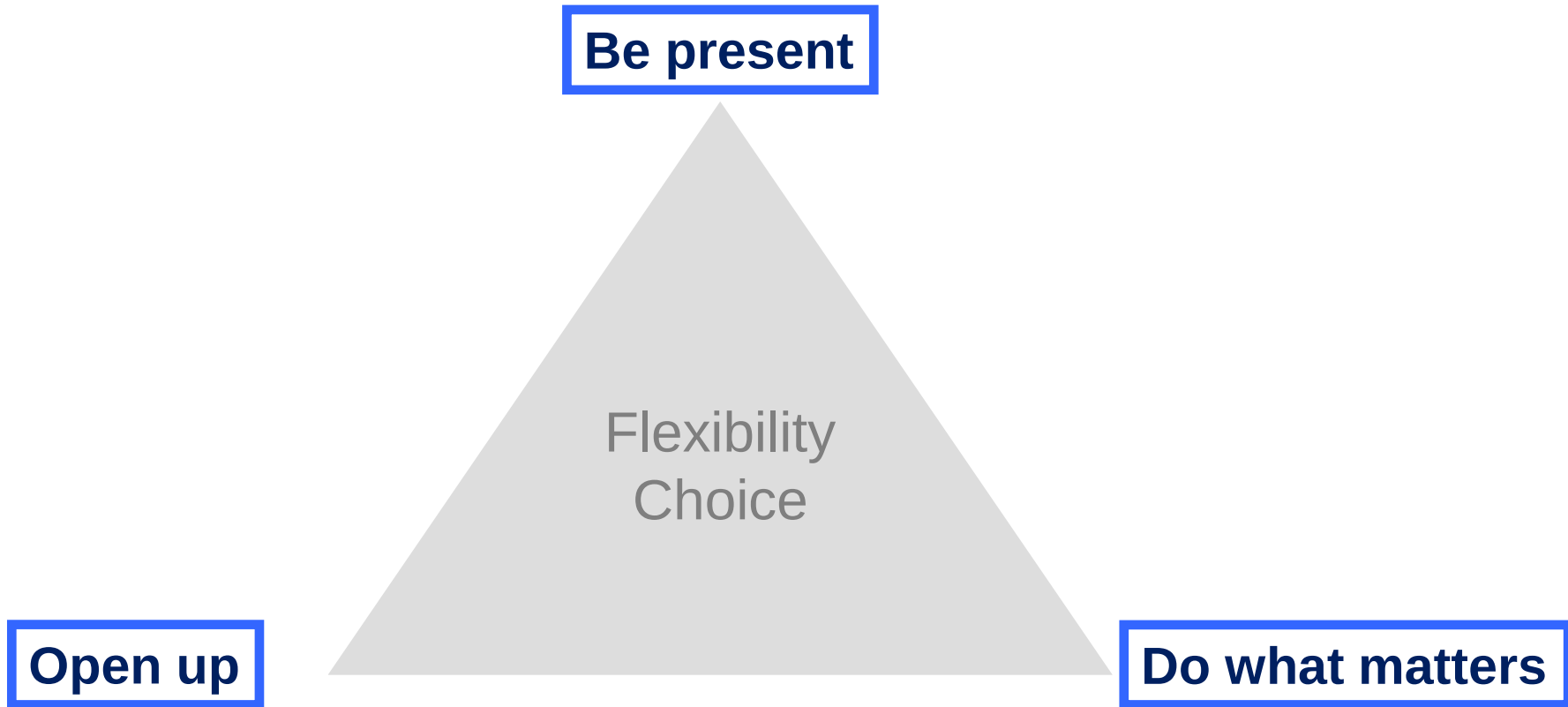
Home practice

- SMART-goal / committed action
- Quality of behaviour
- What showed up? How did you respond?

Recap: what are we all doing here?

- Learning:
- To see our thoughts, emotions and sensations in ways that do not control us
- To see how we create 'stories' about ourselves
- To allow ourselves to feel the full range of human experience
- To observe our experiences intentionally and clearly
- To choose what we want to do and how we want to do it
- To create habits that support those choices

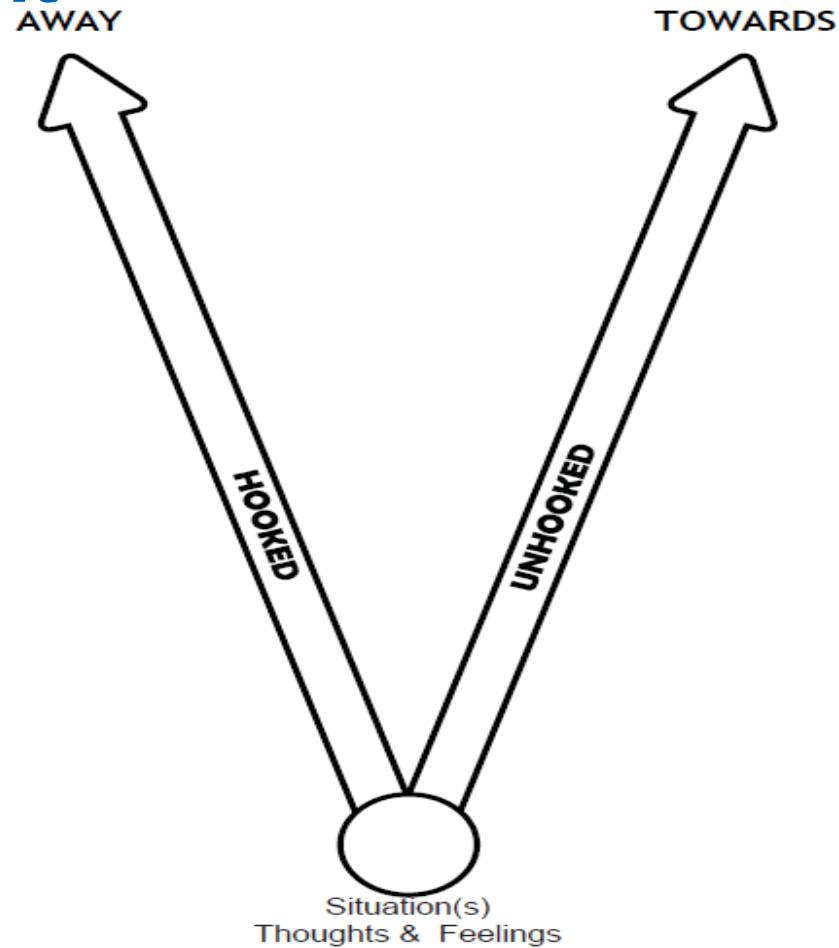
Or to put it another way:



Unhooking from thoughts

- I am.....
- I am having the thought that I am.....
- I am noticing I am having the thought that I am....
- Notice that the thought and the 'you' that is noticing are not the same!

Choice point

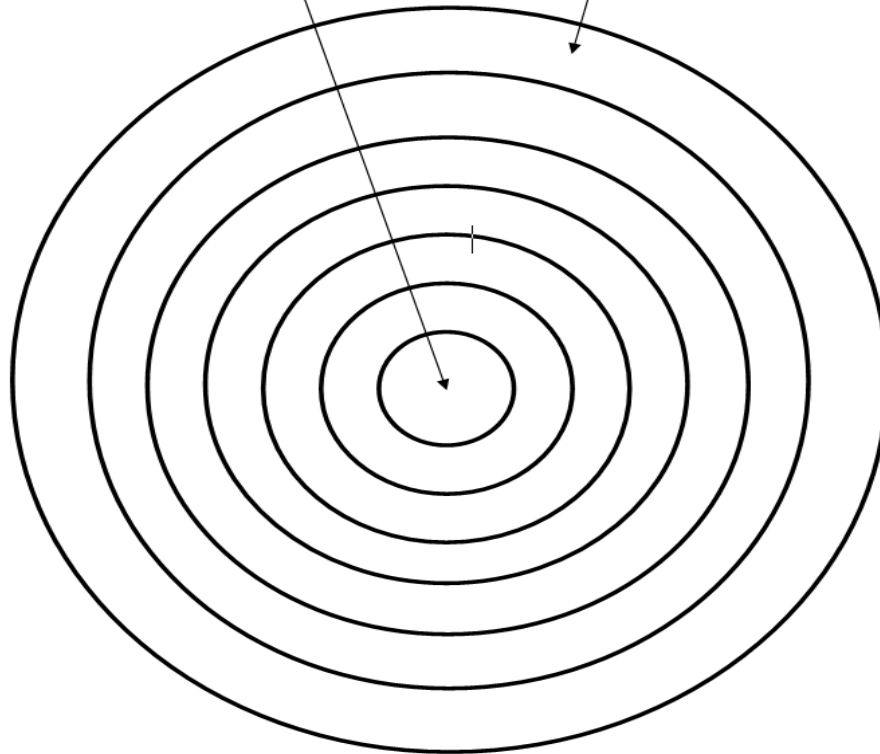


Choice Point 2.0 © Russ Harris, 2017 - adapted from the 'Choice Point' by Bailey Ciarrochi, Harris 2013

Bullseye

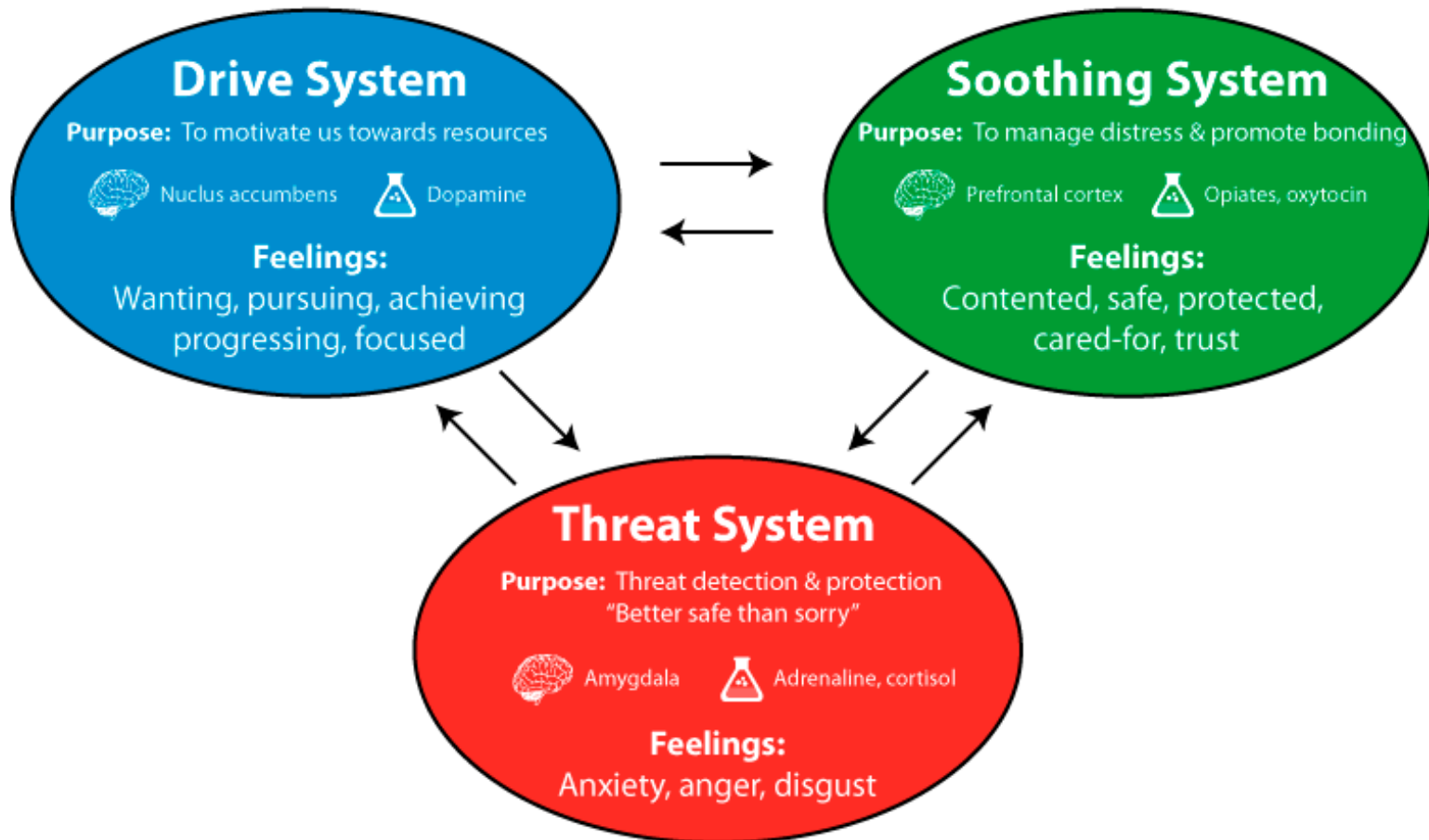
*I am living fully by
my values*

*I have lost touch
with my values*



Threat and physical sensations

- Wired for threat and survival not happiness, narrows attention.



Soothing rhythm breathing

Self-compassion

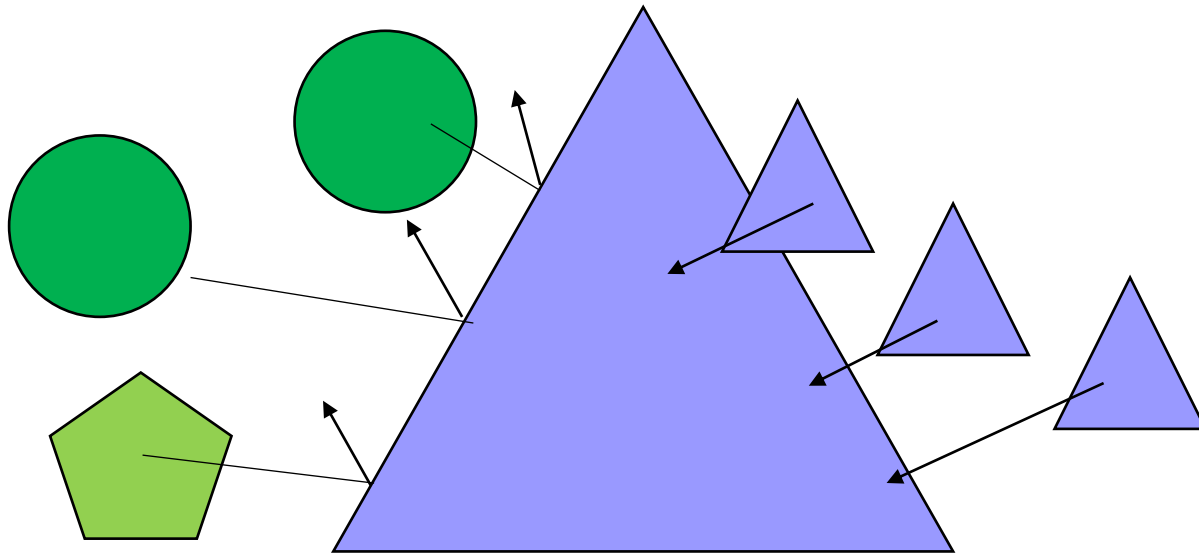
- Acceptance is hard work, self-compassion helps you do it
- Offering ourselves the same kindness and care we would offer a friend who was upset
- Offered because we are suffering not to alleviate distress (although sometimes it may have this effect)
- Activates mammalian caregiving system for ourself
- Self-compassion can feel very uncomfortable – a radically different way of relating to ourselves. It can be cultivated
- <https://www.selfcompassion.me/>

Mindful self-compassion break

- Composed of:
 - Being present
 - Common humanity
 - Self-compassion
- Uses
 - Soft vocalisation
 - Soothing self-touch
- Promotes choice

Self-compassion backdraft

- Self-compassion can feel very uncomfortable
- Radically different way to relating to ourselves



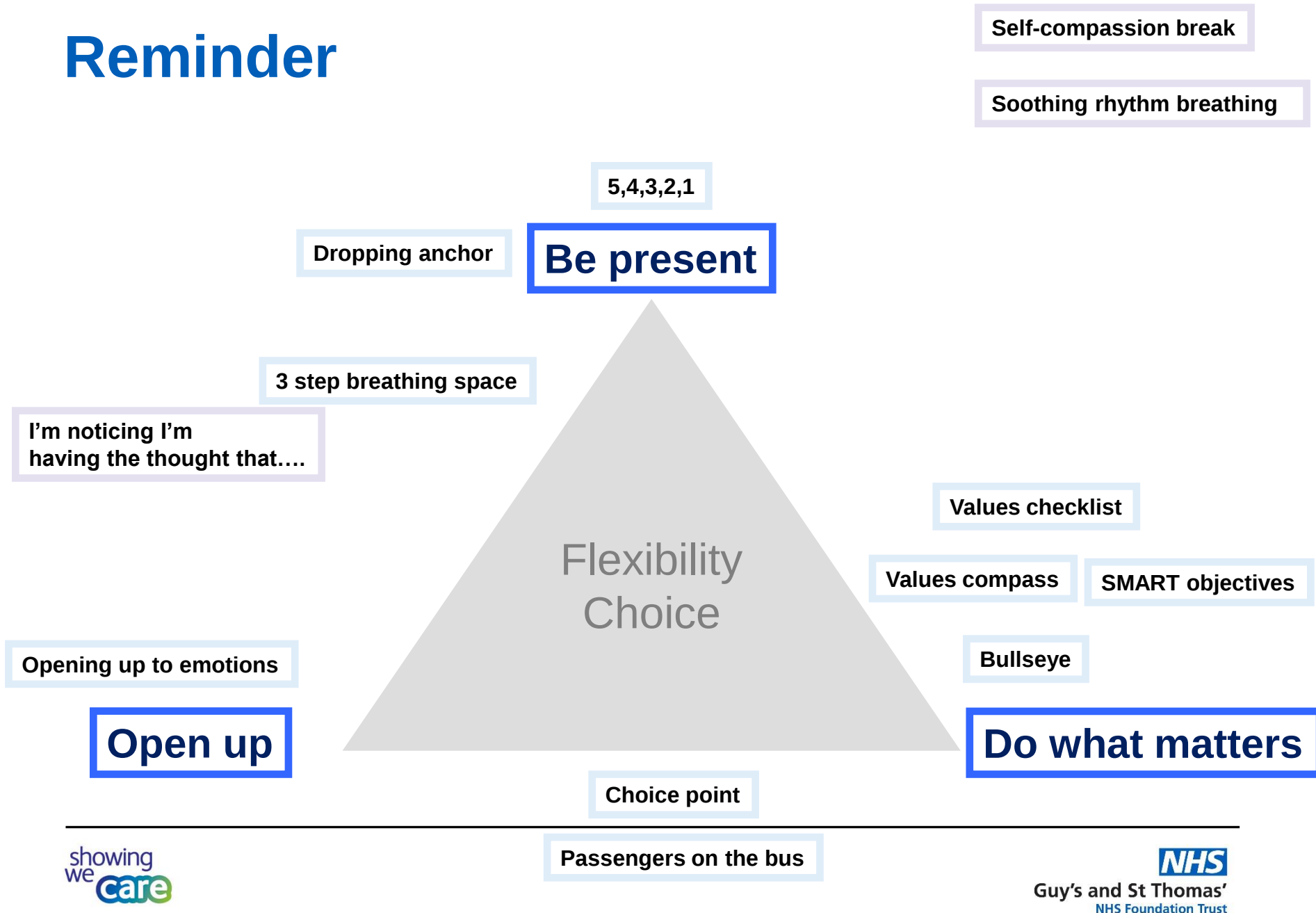
How to manage self-compassion backdraft

- Label it for what it is
- Validate the emotion
- Where does it show up in the body?

Compassion can be cultivated



Reminder



Summary of session 3

Note down one thing you learnt that applies to you

Between-session practice: what are you going to do over the coming week?

Notice any 'passengers' coming up about returning next week....

