

A More Complete Understanding of Optimal Support

There appears to be much confusion among supporters regarding their feelings in the support process. Many will acknowledge not liking or even fearing some individuals whom they support. From these feelings they conclude that they are not the 'right fit' or they even feel inadequate. CCS proposes that optimal care and support is not about having certain feelings. In my career, I have counselled violent rapists who were to me very unlikable. Our role is not to suppress 'bad' feelings or fake it 'til we make it'. Below we clearly define our understanding of optimal care and support showing how it transcends the nervous system's directives of following primitive feelings who's main role is to move us closer toward the 'good' guys and away from the 'bad'.

CCS does not deal in good and bad or even others, we are working to grow to transform from **egos to us-ness**. The formula that we will be helping you to integrate is as follows.

Optimal Care and Support = Competence x Mindful/Conscious Compassion

We Don't Have to Feel It to Be It

"I have supported a man for several years. He is a very unlikeable, demeaning and unappreciative person. Honestly, I could not stand him. I tried to like him but he was so mean and self centred. I talked to myself every day, reminding myself that it is his disabilities that are causing his negative behaviour, but still I couldn't stand him. Then during my CCS training I learned that liking is not a necessary part of being a compassionate supporter.

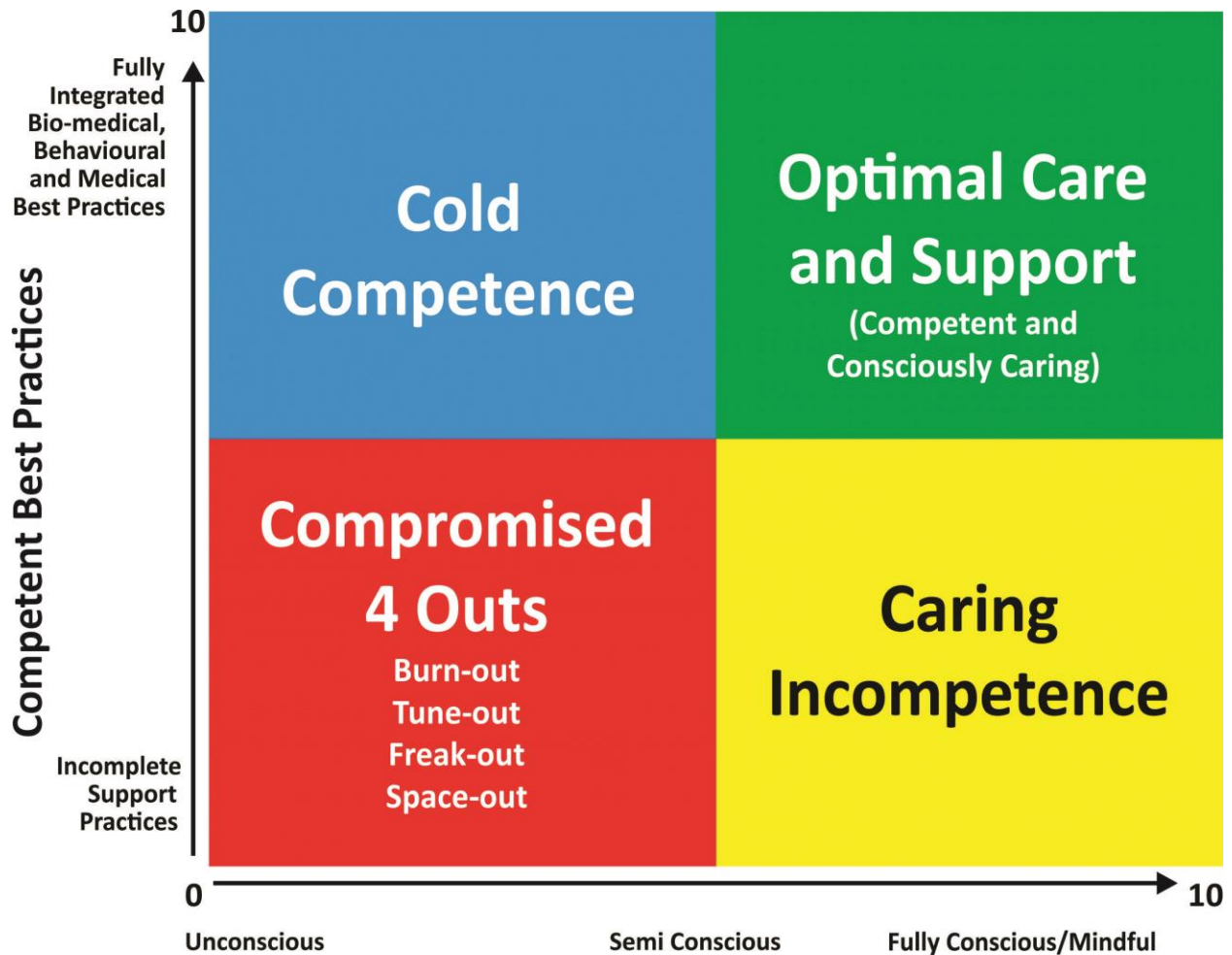
Liking is not the same as being competent and conscious. Liking is a feeling that may or may not happen in support relationships. Compassionate care is the 'by product' of being competent with best practices and being more conscious/mindful and skillfully allowing of internal/subjective B-FIT resistance.

When I learned this and just started to apply my B-FIT Mindfulness skill while supporting this man, everything started to change. I lost my negativity toward him. He is even it seems, becoming a bit more likeable."

A Supporter

(reference next page authentic caring is a by-product of being conscious/mindful)

Optimal Care and Support



Conscious and therefore Caring