



goals for the tenth evening



- ✧ autogenics & goodwill practice
 - ✧ reviewing last 3 weeks' intentions
 - ✧ introducing forms of therapeutic writing and linking these to ideas about imagery, memory & emotion
 - ✧ personal intentions for the next 5 weeks until the eleventh session
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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
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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





four aspects of helpful inner focus

*reducing
negative states*

*nourishing
positive states*

*exploring &
processing*

*encouraging
mindfulness*



working with past & future images

past

future

***lack of encouraging
positive memories***

***lack of encouraging
positive futures***

*identification and various forms of emotional **connection** –
field view, sensory focus, mastery, compassion, dialogue, felt-sense*

***intrusive (or over general)
negative memories***

***intrusive (or avoided)
negative futures***

*identification and various forms of emotional **processing** –
desensitisation, rescripting, mastery, compassion, dialogue, felt-sense*

positive

negative

development & maintenance of distressed states

* after a series of distressed episodes e.g. in recurrent depression, external triggers become less important

