



Mindfulness East Bay

Finding the space between stimulus and response

HANDOUT PACKET FOR MBCT WK 7 – KINDNESS IN ACTION

“Do you have the patience to wait, ‘til your mud settles and the water is clear? Can you remain unmoving, ‘til the right action arises by itself?” – Lao-Tzu



“And now I want you to send out peaceful, loving thoughts to all sentient beings on the planet who have exactly the same political, economic, and religious beliefs that you do.”

MBCT – Week 7

MY PERSONAL MINDFULNESS PLAN

I intend to do the following mindfulness practices on a daily or regular basis:

I plan to do these mindfulness practices on a weekly or occasional basis:

A couple of simple practices I can use when I am feeling particularly stressed/overwhelmed/depleted are:

Signed _____ Date _____

HOW WOULD YOU TREAT A FRIEND?

Please take out a sheet of paper and respond to these queries:

1. First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best)?

Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.

When finished –

Noticing what you're feeling in your body now, what emotions and thoughts have arisen..? Resting hands in self-connecting/compassion gesture, breathing...

2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? **Please write down what you typically do,** what you say, and note the tone in which you talk to yourself.

When finished – noticing what you're feeling in your body, what emotions and thoughts have arisen..? Resting hands in self-connecting/compassion gesture, breathing...

3. Did you notice a difference? If so, ask yourself - what factors or fears may come into play that lead you to treat yourself and others so differently?

Noticing what you're feeling in your body now, what emotions and thoughts have arisen..? Resting hands in self-connecting/compassion gesture, breathing...

4. **Please write down how you think things might change** if you responded to yourself in the same way you typically respond to a close friend when you're suffering.

Next time you are struggling with something, try treating yourself like a good friend and see what happens.

WHY YOU SHOULD TRY IT

"Research suggests that people are usually harder on themselves than they are on others. Rather than motivating them to succeed, this often makes a mistake or stressful situation even more stressful—to the point that they'll simply avoid new or challenging experiences for fearing of failing and eliciting a new wave of self-criticism.

This exercise asks you to notice the differences between the way you typically treat the people you care about and the way you typically treat yourself. It also asks you to consider why there may be differences between the two, and to contemplate what would happen if you treated yourself as compassionately as you treat others. Research suggests that treating yourself more compassionately can benefit your physical and mental health."

Greater Good Science Center

