

A QUESTION ABOUT SELF-COMPASSION AND SHAME/JUDGMENT.

I have a question that I've really been wondering about for a while and it has come up in numerous different contexts. Many different therapies exist, and many (all the ones that I've read about) ask clients to practice self compassion, non-judgmentalism etc... as we/they gain self awareness. I have never come across an actual strategy on how to do this. Let's say there is something a client feels bad about ...they are lazy, procrastinate. and feel ashamed ,and judge themselves.

Telling them not to, or to practice kindness towards yourself is a nice thing to do, but for people I've spoken with, it doesn't really penetrate very far. Even saying things like you're not to blame, you didn't really choose this etc... is very limited in how much it helps. If people feel guilty, shame, hurt (or any other number of painful emotions), do you have any specific methods for helping them deal with them as they/we engage in self monitoring and evaluation? Thanks for your guidance, insight and encouragement! Sincerely, Josh

RESPONSE: Morning Gratefulness, Mindfulness Meditation, the Two wolves story On Fri, Feb 3, 2023 at 1:21 PM dhshapir <dhshapir@uci.edu> wrote: Hi Josh, I've been meditating compassionately on your question. It's a terrific one. I have a couple thoughts.

THANK YOU/GRATITUDE UPON AWAKENING The first question is (for you and your client) is what do you say first thing when you wake up in the morning. . I've "learned" through practice to make say "thank you." find something to be grateful for. **TRAINING OUR MIND; WHICH WOLF DO WE FEED?**Part of gaining a positive sense of control is "training" ourselves to choose the emotions we want to grow (see two wolf story) in manual. pp 19-20 <https://controlresearch.net/support-files/control-therapy-lecture-template.pdf>
A native American granddaughter/grandson says to his/her grandfather/grandmother : "I feel like I have two wolves inside me. One is a good wolf (kind, gentle, caring) and one is a bad wolf (greedy, mean, angry). Both are battling within me. Which one wins?" To which the grandparent replies: "The one you feed." ☺

MINDFULNESS MEDITATION:

Do you meditate? One approach involving kindness and self-compassion and dealing with discernment (vs toxic self-judgment) is mindfulness meditation. If you'd like to learn, there is a section in the manual see pp 110-111 https://controlresearch.net/support-files/ct_manual4.pdf , , let me share that part of my "gratefulness" morning prayer upon arising says "I can help choose what kind of Day it will be by the emotions I bring to it...gratefulness, gladness, kindness, and generosity--and a dash of whimsy, playfulness, and humor."

And I'll leave you with Thich Nhat Hahn from "Being Peace"

Breathing in I relax my body and mind

breathing out I smile

what a wonderful moment.

Enjoy many wonderful moments this week:!)

Namaste, Dr. S

JOSH RESPONSE Hi again!

I am looking to start practicing some mindfulness meditation. GREAT!:)

Thank you for your response and for taking away from your valuable time to consider my questions. it's great to hear from you again! I am engaging with the manual,

and it is interesting to say the least. THANK YOU. I also appreciate that your responses contain far more than simply technical psychological information, which is what I had anticipated when I initially reached out to you. Reading your emails alone is a highly expansive and educational experience, so thank you! THANK YOU VERY KIND. Thanks for the lessons! And I wish you many wonderful and enlightening moments as well this week, though I have a suspicion that you are proficient at engineering these moments. AGAIN, THANKS:!) In terms of meditation,

At first, I did not know what meditating compassionately means, until I read later about choosing the emotions you bring to an experience, instead of just shlepping along whatever mood you happen to have stumbled over.

Ah, hah, bingo, great:!

In addition to what you have in the manual, I feel a video or audio would be helpful. Do you recommend any specific ones? Thanks!
SURE; HERE IS A ONE PAGE FROM THE APPENDIX 3 OF THE MANUAL ON DIAPHRAGMATIC BREATHING AND MINDFULNESS. IT'S VERY STRAIGHT FORWARD AND SIMPLE, AND LET ME SUGGEST YOU START WITH THAT. JUST PRACTICE IT FOR A COUPLE AS YOU ARE LYING DOWN GETTING READY TO GO TO SLEEP.

THEN LET ME SUGGEST YOU GO TO MY DAUGHTER, SHAUNA SHAPIRO'S WEBSITE, SHE IS A GREAT MINDFULNESS TEACHER, WRITER, SCHOLAR, AND IM SURE YOU CAN FIND SOME HELPFUL MATERIAL

[https://urldefense.com/v3/ https://drshaunashapiro.com/ ;!!CzAuKJ42GuquVTmVmpViYEvSg!LXPRSN9OX_ceD_mm_bJj8UrHhyMI_ZN0wzzagwBNKqTpbVf8m-N1OURmYHWT1cfLp5H6loRRuxvAhKOF1g\\$](https://urldefense.com/v3/https://drshaunashapiro.com/;!!CzAuKJ42GuquVTmVmpViYEvSg!LXPRSN9OX_ceD_mm_bJj8UrHhyMI_ZN0wzzagwBNKqTpbVf8m-N1OURmYHWT1cfLp5H6loRRuxvAhKOF1g$)

Hope this helps. Enjoy the practice. Keep breathing:!)_ Namaste