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# Tools For Feeling — Better —

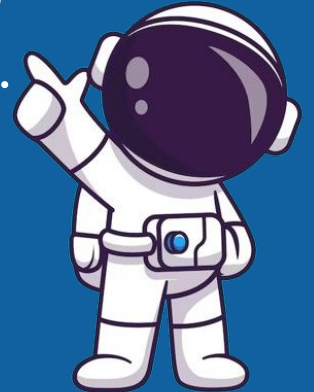
CSUEB COUNSELING SERVICES  
Week 1: Self-Compassion

# — Stretch Break —



# — Introductions —

Share your name, pronouns, year @ CSUEB, major &  
Please share a high and low from your break.



## Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations

## Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs



# Loving Kindness — Meditation —

# —— Quote of the Day ——

“You yourself, as much as anybody in the universe, deserve your love and affection.”

- Buddha, 5th Century BCE Indian philosopher

# Do You Speak to Yourself Harshly, — Or With Self-Compassion? —

## HARSH SELF-TALK

“I drank again last night. What a loser! I can’t do anything right.”

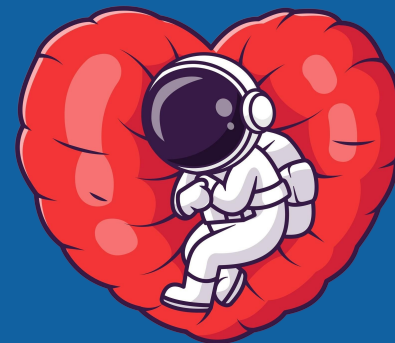
## COMPASSION SELF-TALK

“I know drinking is dangerous, but I did it anyway. There must be a reason. Maybe it’s because I’m upset about my brother’s death. Next time I feel an urge to drink, I’ll try to prevent it by calling my sponsor to talk about how I feel.”



# — Self-Compassion Break —

- What does your harsh self-talk sound like?
- What does your compassionate self-talk sound like?
- How do you tend to respond to each?



This is a moment  
of suffering

Suffering is a part  
of the human  
experience

May I be kind to  
myself & give  
myself the  
compassion I need



# When You Notice Harsh Self-Talk:

- Ask yourself, “If I loved myself, what would I say to myself right now?”
- Ask yourself, “If I were really listening to my deepest needs, what would I say to myself?”
- Try to explore the reasons underlying your actions.
- Use kinder language
- Imagine that you are talking to a small child who made a mistake
- Experiment with compassion

## HOW TO TRANSFORM SHAME WITH SELF-COMPASSION

Step 1

Understand  
“the nature of shame”

Step 2

Label shame

Step 3

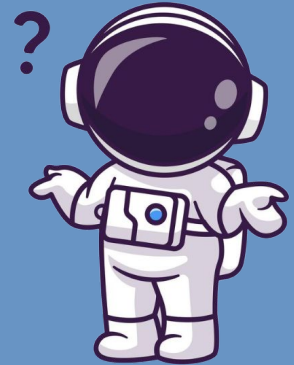
Replace judgement  
with curiosity

Step 4

Acknowledge your  
inner critic

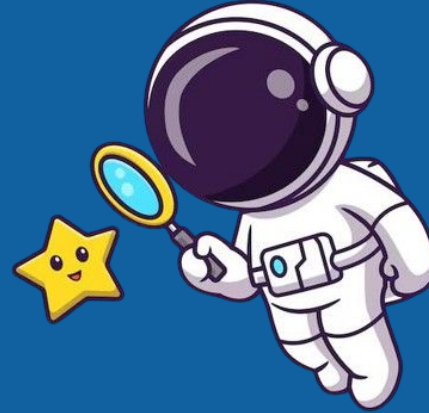
Step 5

Practice what is  
helpful, not harmful



# When You Notice Harsh Self-Talk

- Ask yourself, “If I loved myself, what would I say to myself right now?”
- Ask yourself, “If I were really listening to my deepest needs, what would I say to myself?”



Try to explore the reasons underlying your actions.

Use kinder language

Imagine that you are talking to a small child who made a mistake

Experiment with compassion

# How To Transform Shame With Self-Compassion

Step  
1

Understand “the nature of shame”

Step  
2

Label shame

Step  
3

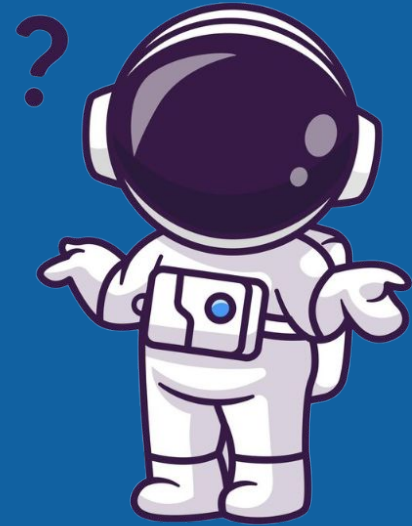
Replace judgement with curiosity

Step  
4

Acknowledge your inner critic

Step  
5

Practice what is helpful, not harmful



# Practice! How would you talk to yourself compassionately in one of \_\_\_\_\_ these situations? \_\_\_\_\_

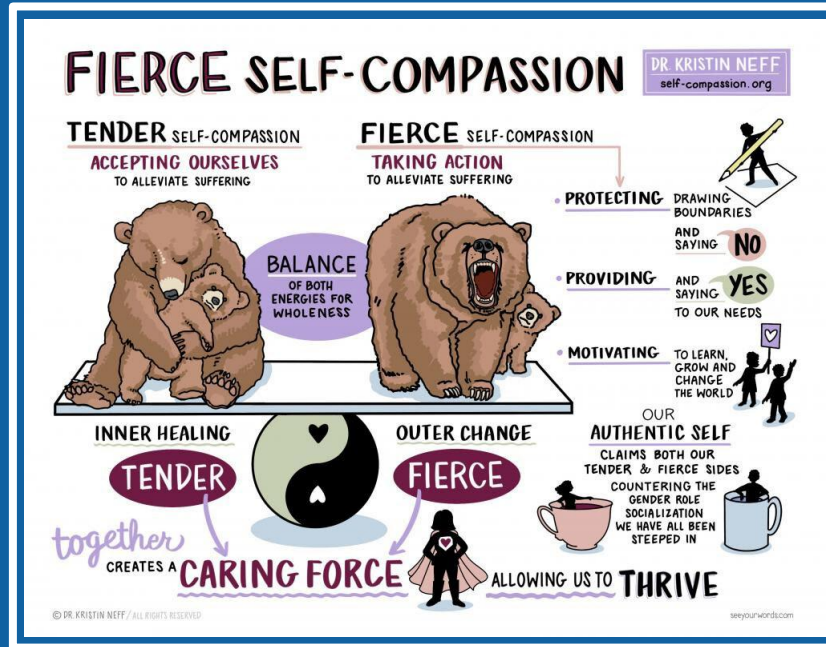
- You feel like using a substance because you are lonely
- You just got laid off from your job, and you feel like punching a wall
- Your partner broke up with you, and you want to kill yourself
- You got a poor grade on an exam, so you want to binge on food



“YOU **DESERVE** THE **LOVE** AND **KINDNESS** THAT YOU GIVE SO EASILY TO OTHERS”

# Practice Some More at Home!

## Self-Compassion Exercises by Dr. Kristen Neff



# —Additional Resources—

- **CBT APPS**

Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify

- **COUNSELING GROUPS,**

students can participate throughout every week

- **PIONEERS FOR HOPE**

campus support with food and housing @pioneersforhope

- **INSTAGRAM**

Follow us @eastbayshcs

- **DOWNLOADABLE**

slides and group handouts available for students



# Thank You For — Joining Us —

Think about what skills you might want to practice from home this week:

- Be aware of your self-talk this week and choose more compassion
- Feel free to join us again!

