

# **WEEK 5: KINDNESS AND COPING**

## MTPC PATIENT WORKBOOK WEEK 5: KINDNESS AND COPING

### Home Practice:

#### Formal Practice:

Choose your own sequence of these two practices:

- Mindfulness of Breathing
- Giving and Receiving Compassion

Total formal practice of 40 minutes per day is encouraged.

#### Informal Practice:

- Add Kindness Meditation to your list of informal practices, and practice at least 1 informal practice each day
- Begin review of “How Can I Best Take Care of Myself”
- STOP-ACHE-GO with focus on Curious, Kind and Compassionate, Holding Heart/Hug and Self-Compassion

### Required Handouts:

- Giving and Receiving Compassion (20 min), Kindness Meditation (20 min), & Self Compassion Break (3 min) Guided Recordings

### Poem:

Love after Love – Derek Walcott

#### Love After Love Derek Walcott

The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,

and say, sit here. Eat.  
You will love again the stranger who was yourself.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,

the photographs, the desperate notes,

peel your own image from the mirror.  
Sit. Feast on your life.

### 3- Minute STOP-ACHE-GO Self-Compassion Break

When you notice that you're feeling stress or emotional discomfort, remember that STOP-ACHE-GO can give you a break. As you have learned before, **S**low Down, **T**ake notice of breathing, **O**bserve any discomfort in your body (*Where do you feel it the most in the body?*), make contact with the un**P**leasant sensations, and **A**llow them to be there. If you realize there is pain or suffering there, bring mindfulness and Curiosity to the moment because this is the "ACHE" in this moment.

Now, say to yourself, slowly:

#### 1. ***"This is a moment of suffering"***

That's mindfulness of the present moment experience. Other options include:

- *This hurts.*
- *This is tough.*
- *Ouch!*

#### 2. ***"Suffering is a part of life"***

That's common humanity. Other options include:

- *Other people feel this way.*
- *I'm not alone.*
- *We all struggle in our lives.*
- *Everyone struggles, this is just my moment.*

Now, placing a hand over your heart, or wherever it feels soothing, feeling the warmth and gentle touch of your hands (maybe holding yourself by hugging your own arms).

Say to yourself:

#### 3. ***"May I be kind to myself"***

See if you can find words for what *you need* in times like this. Other options may be:

- *May I accept myself as I am*
- *May I give myself the compassion that I need*
- *May I learn to accept myself as I am*
- *May I forgive myself.*
- *May I be strong.*

- *May I be safe*  
(pause)

If you're having trouble finding the right words, imagine that a dear friend or loved one had a similar difficulty as you. What would you say to this person? Now see if you can offer the same words, the same message, to yourself.

Adapted from Germer & Neff (2014)