

How we Hold

FIERCE COMPASSION IS

Protecting

- Kindness: Fiercely protect ourselves, draw boundaries
- Common humanity: Finding strength in numbers
- Mindfulness: Clearly seeing and speaking the truth with balance

Providing

- Kindness: Fulfilling our needs
- Common humanity: Balanced giving to ourselves and others
- Mindfulness: Understanding our authentic needs

Monitoring

- Kindness: Encouraging growth
- Common humanity: Learning from our human mistakes
- Mindfulness: Seeing what needs to change

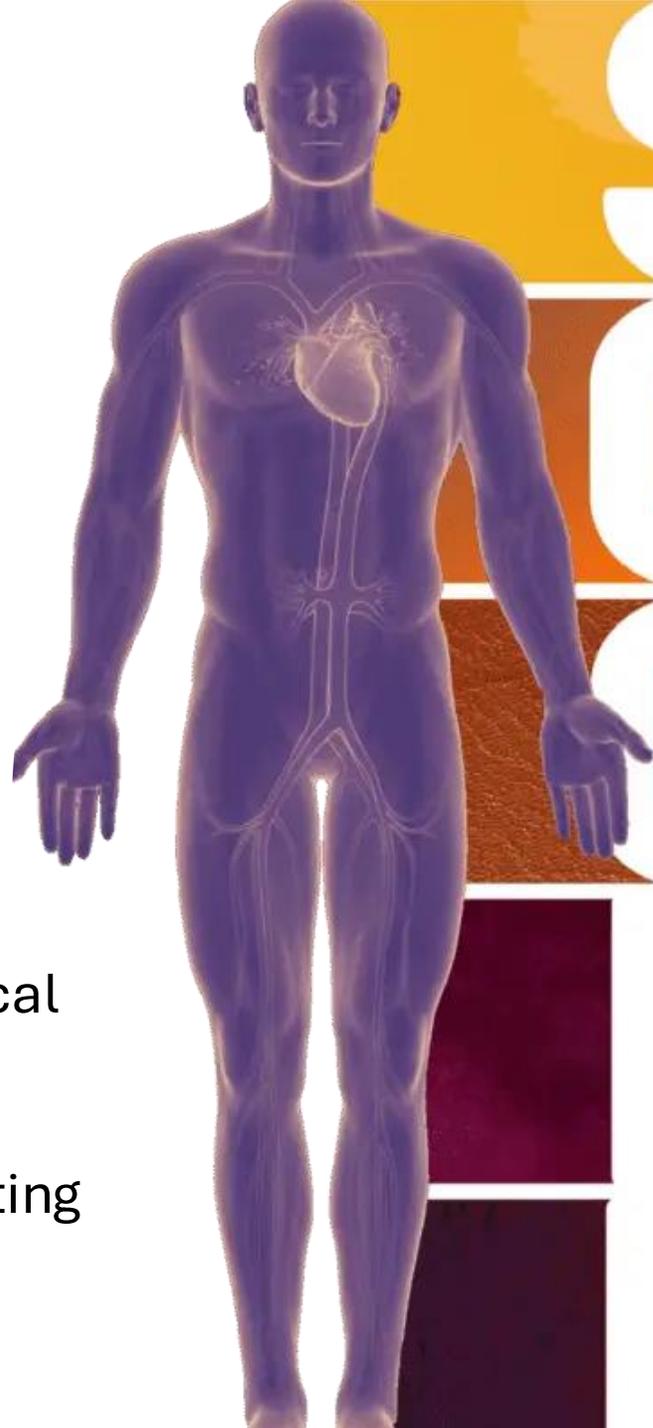


Skills

Soften- soften the body, offer physical touch

Soothe- name the emotion

Allow- breathe and make space, letting emotion settle



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SLOW DOWN

Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

CONNECT TO BODY

Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

ORIENT

Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

PENDULATE

Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

ENGAGE

Engage socially. Connect with someone who can support you.