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HANDOUT 1 Compassion Harshness Versus Compassion Harsh Self-Talk Compassionate Self-Talk "I Drank Last Night. What A Loser! I Can't Do Anything Right." "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 Pr 1th, 2024 Incorporating Compassion Into Compassion Fatigue: The ... Prosocial Behavior (Klimecki & Singer, 2011). Compassion Can Be Defined As An Emotional Reaction To Witnessing ... 2010, P. 237). This Cumulative Process Includes Physical Effects Similar To Those Of Burnout (weariness, Loss Of Strength Or Energy, And Diminished Performance); Emotional ... According To The Compassion Fatigue Model, Both The ... 1th, 2024 Implicit Or Explicit Compassion? Effects Of Compassion ... Such As The Karaniya Metta Sutta And The Brahmavihara Sutta (Bodhi 2001, 2012), But They Have Only Become The Object Of Scientific Research In The Past Few Decades (Dahl Et Al. 2015; 2th, 2024).

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Self-criticism And Self-compassion: Risk And ResilienceSonal Relationships Throughout Life.5,41,42 • Self-criticism At Age 12 Predicted Less Involvement In High School Activities And, At Age 31, Personal And Social Maladjustment. 43 • High School Students With High Self-criticism Reported More Interpersona 4th, 2024The Role Of Self-compassion In Women’s Self-determined ...Kindness, Is The Extending Of Kindness And Understanding To Oneself Rather Than Harsh Judgment And Self-criticism (Neff, 2004). Self-kindness Entails Being Touched And Open To One’s Own Suffering, Where Alleviating One’s Suffering Involves Healing Oneself With Kindness. The 1th, 2024Teaching Self-Compassion And Self-CareStudents’ Self-reported Stress Levels And Self-compassion. QUESTION EXAMPLES • Adult Coloring • Body Scan Meditation • Interaction With Animals • Physical Activity (Walk) • Interaction With Nature • Intenti 2th, 2024.

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