

MOTIVATING WITH CARE

SELF-COMPASSION PRACTICE AND DISCUSSION GROUP

FALL 2022

REMINDER: SELF-COMPASSION COMPONENT

- To treat ourselves like we would treat a good friend
- **SELF-COMPASSION BREAK**
 - Mindfulness – “This is a moment of suffering.”
 - Common humanity – “Suffering is a part of life.”
 - Self-kindness – “May I be kind to myself.”

HOW DOES THIS RELATE TO MOTIVATION?



DOING VS. BEING

- In our culture, we emphasize productivity a measure of worth
 - In gerontology: activity theory
 - Well-being = more activity
 - The “keeping busy” ethos



MOTIVATION

- **SOCIAL PRESSURES TO “DO” = EXTERNAL MOTIVATION**
 - Grades
 - Peer or family pressure
- **INTERNAL MOTIVATION**
 - Curiosity, interest
 - Intrinsic motivation

WHAT GETS IN THE WAY?

- Write a few words in the chat about what gets in the way of accomplishing your goals
 - Whether your motivation is external or internal

WHAT GETS IN THE WAY?

• SOME OBSTACLES ARE

EXTERNAL

- Lack of resources
 - Financial
 - Social
- Lack of support

• SOME OBSTACLES ARE

INTERNAL

- Procrastination
- Fear of failure
- Fear of success
- Imposter syndrome

RESISTANCE

- We can spend a lot of time and energy noticing the ways our experience is what we want
 - “I don’t want to do this assignment”
 - “Why is this so hard for me?”



INNER CRITIC

- To overcome internal obstacles, many of us develop a strong inner critic
 - A voice of self-judgment
 - Can be harsh and hurtful
 - But the intention is to keep you safe and help you accomplish your goals
- An inner critic is a normal aspect of socialization



DEVELOPING A COMPASSIONATE INNER VOICE

- Remember these coaches?
- We can train ourselves to
 - Notice harsh self-judgment
 - Cultivate kinder messages
 - Tap into the care system rather than the threat system



PRACTICE

- FINDING YOUR COMPASSIONATE VOICE
- (Page 79 in the workbook)

DISCUSSION

- BREAK-OUT ROOMS
- FACILITATOR = STUDENT WHOSE FIRST NAME IS CLOSEST TO “Z”
- DISCUSSION QUESTIONS:
 - What gets in the way of accomplishing your goals? Are these external or internal obstacles?
 - Are you aware of an inner critic? If yes, when do you typically notice it?
 - Do you agree that our society emphasizes “doing” over “being”? What effects do you have?