

Compassionate Choice Practice

TRIGGER	Something happens that sparks an immediate uncomfortable feeling. This trigger can be set off by internal thoughts and feelings or by external events.
SENSATION	Our body responds instantaneously . We may experience, for example, a tightening in our belly, a constriction near our heart or a flushed face.
EMOTION	Feelings that come up may be anger, fear, sadness, embarrassment, indignation or some other unpleasant emotion.
AUTOMATIC ASSOCIATION	Moods, memories, and images from our past arise and entangle us and intensify emotions.
EMOTIONAL CONCLUSION	Consciously or unconsciously, we form beliefs about ourselves, others and our world which seem convincing.
URGE TO ACT	We experience a great deal of tension, which can be externalized as an intense desire to fix the situation or internalized as intense rumination .

Mindful Time-Out

We choose to **interrupt** the reactive process with an activity that restores our inner balance.
We notice the sensations and emotions of more tenderness and quiet.

COMPASSIONATE AWARENESS	We notice our reaction to the trigger with compassion for ourselves and others.
SENSATIONS & EMOTIONS OF COMPASSION	We feel the sensations and emotions when expanding our care to ourselves and others.
COMPASSIONATE EVALUATION	We gain a wider perspective and can consider a range of possibilities.
COMPASSIONATE CHOICE	We respond with more awareness, skill and care .
RESULTING SENSATIONS & EMOTIONS	We feel the sensations and emotions having made a compassionate choice . We may feel increased relaxation, physical wellness, aliveness and an improved connection with others.
OUTCOME	New response patterns can develop and our relationship to ourselves and others improve .