Courage Compassion Connection

1)What are your physical symptoms of shame?

2) What do you do(behaviors) when you experience shame? Do you hide or speak your shame? Who would you speak it to? (notice as you do an internal check in, may not be the person you are closest to) Is it “someone who is deeply rooted able to bend and embrace us for our strengths and struggles?”

3) Courage – Speaking openly and honestly. Root word - cor =heart (think wholehearted)

“ordinary courage is about putting our vulnerability on the line.” (pg 13)

a) Courage is a practice – a choice. How can you choose to be heroic or courageous?

4) Compassion – root word – pat and com – to suffer with.

a)Chodron said “Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.” (pg 16)

b) Compassionate people are boundaries people. How can you be more compassionate by setting boundaries and holding others accountable?

c) The heart of compassion is acceptance.

The more I accept myself and others tie more companionate I become. (pg 17)

What can I accept about myself that I struggle with?

Who can I accept at this time? What boundaries can I set with them to facilitate acceptance and compassion?

d) The key to compassion in separating people from their behaviors. Address what they are doing - not who they are. (pg 18)

e) Think of the person you are struggling to accept. Make two separate columns labeled behaviors and who they are. Write what you observe from them in each column. What can you see from writing this down about how to be more accepting of them?

5) Connection – “the energy that exists between people when they feel seen, heard, and valued, when they can give and receive without judgement, and when they derive sustenance and strength from the relationship.

a) Sometimes we think we are connected when we are not. Twitter and Facebook create a feeling of being connected to a person, when we are not. How has technology effected your connections?

b) In hyper-communication we spend more time online than face to face with people. (pg 20) Do you have days you spend more time with technology than face to face?

c) “until we can receive with an open heart, we are never really giving with an open heart. When we attach judgement to receiving help, we knowingly or unknowingly attach judgment to giving up.”(pg 20)

Can you say you are ready to practice wholehearted courage, compassion and connection by saying I am “all in”? Are you ready to begin your journey and let go of being cold hearted, half hearted, closed hearted, hard harted and past feeling? Commit this week to let go of judgement, fear, defenses and open yourself to others, fully open, fully vunerable.