



*Self-
Compassion
through
Being in
the Present
Moment*

Presented by Cindy Lee, LCSW,
RPT-S

Why speak of The Present Moment on a day focused on Self-Compassion?

- From the research of Dr. Kristin Neff
- 1. Self Kindness vs Self Judgement
 - Being understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or burying ourselves with self-criticism.
- 2. Common Humanity vs Isolation
 - All humans suffer. The very definition of being “human” means that one is mortal, vulnerable and imperfect.
- 3. Mindfulness vs Over-identification
 - Putting our own situation into a larger perspective including a willingness to observe our negative thoughts and emotions with openness and clarity.



Each element of
Self-Compassion
is accomplished
by Living in the
Present Moment.

We can learn the
skills of well-
being,
contentment
and peace.



When have you felt joy, peace or an overall sense of well-being?
It's called "Presence"



Alice:
How long is forever?
White Rabbit:
Just one Second.

Now is Eternity

“Forever is composed of
Now's” Emily Dickinson

“God exists in eternity. The
only point where eternity
meets time is in the present.”
Marianne Williamson



Living in the Present Moment

is given lip service but is not actually supported by our culture.

- Go Harder
- The present is not enough
- You are not enough
- Have to be more/have more to be happy and live a life of well-being

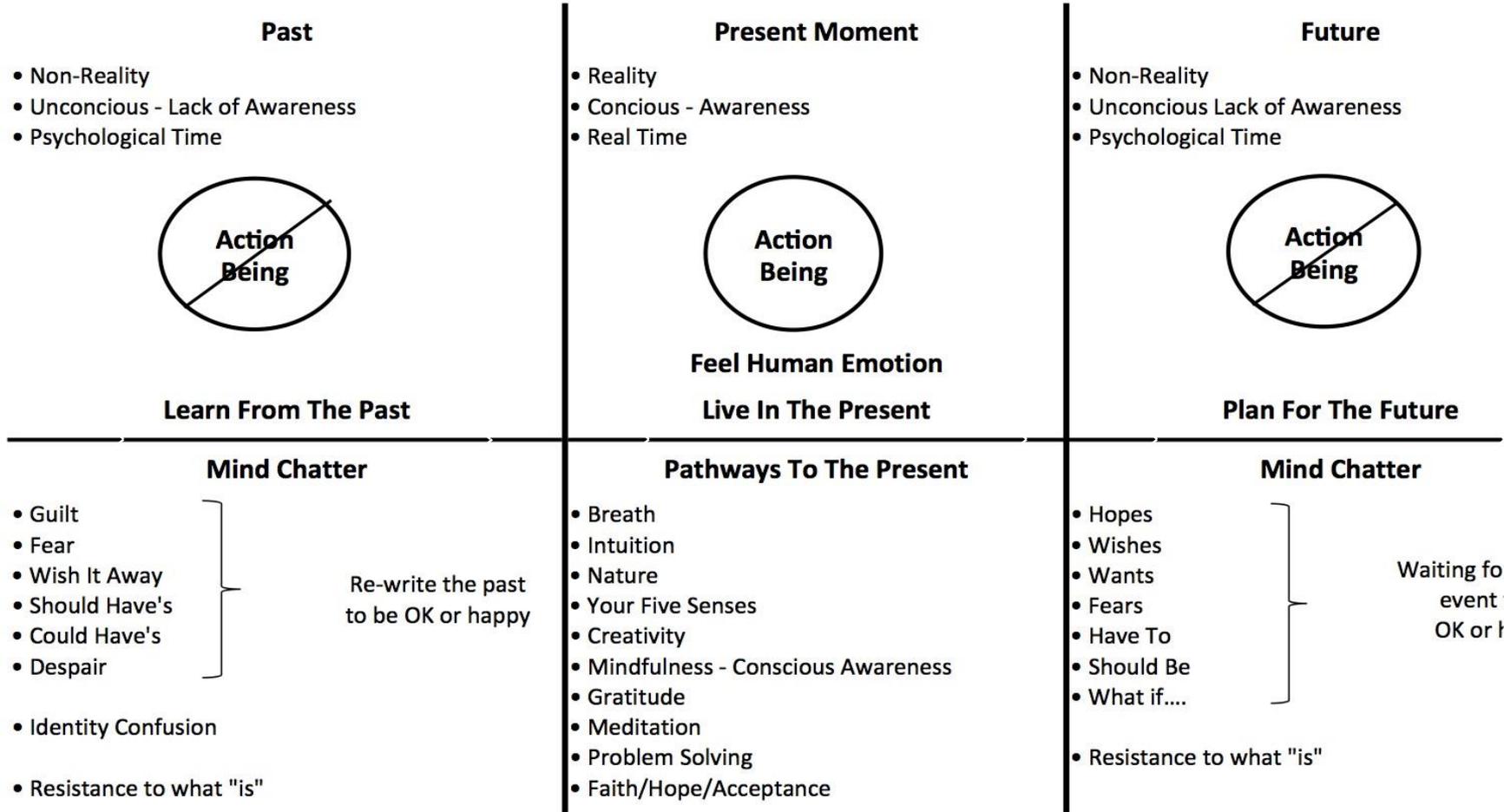


Self Assessment

- Are you easily distracted when involved with a task?
- Is your life highly scheduled with little time for any creative endeavors?
- Do you struggle with procrastination?
- Do you gobble your food with little awareness of the texture or taste of your food?
- Do you feel like your mind races and you can't slow it down?
- Do you review past conversations over and over in your mind thinking you could have said it differently?
- Do you feel sluggish with a low level of energy?
- Do you think about how you look, what to wear, or your weight most of the day?
- Do you worry about what others think of you?
- Are you afraid to feel your feelings of anger, sadness, pain, or loss?



Live In The Present



Empowered Life Solutions Skills





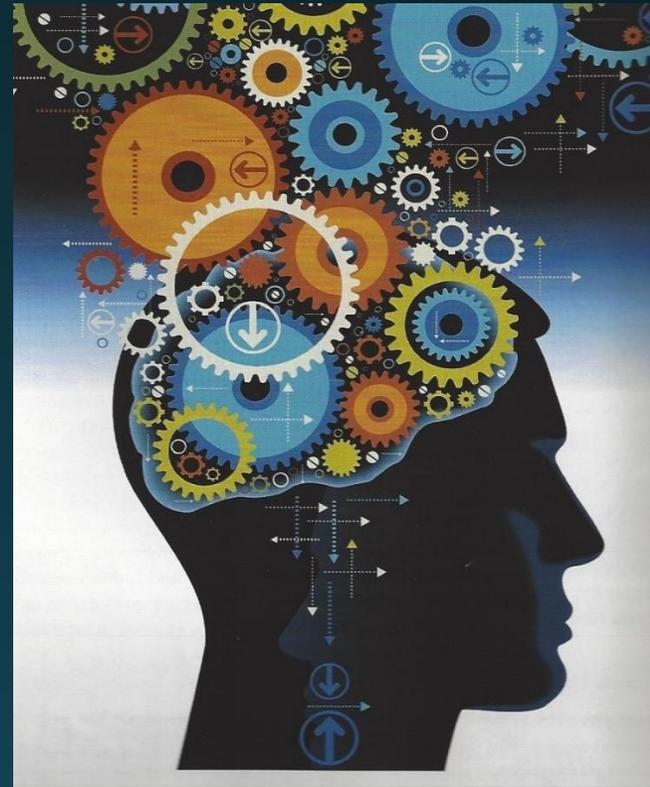
What do you
think is the
greatest
barrier to
being
present?

Mind Chatter



Mind Chatter

- We think around 60,000 individual thoughts each day.
- We think the same 60,000 thoughts the next day.
- Our mind chatter is fear based and self-absorbed.
- Mind chatter is a normal part of the human experience.



Examples of Mind Chatter

- I can't take it anymore.
- Are you mad at me?
- I have too much to do.
- Nobody understands me.
- It is so hard.
- Others are better than me.
- Why can't I ever get it right.
- I am not good enough.
- I can't get it all done.
- I feel so stressed out.
- Ever say, "I can't turn off my mind?" That's mind chatter.



Our Body Responds to our Mind Chatter as if it is true



“Fear manufactures a kind of parallel universe where the unreal seems more real than the real.” Marianne Williamson



Just because you
think it doesn't make
it true!

But because you
think it – it feels real
to you!

The Transition from Fear to Faith

When you first become aware of the background static you realize how rarely, if ever, you are truly at ease within yourself. You find a great deal of resistance in the form of judgement, discontent, and mental projection away from the Now.
Echart Tolle



Live In The Present

PAST

PRESENT MOMENT

FUTURE

- Psychological Time

- Real Time

- Psychological Time



Psychological Time

- Psychological time is time that exists in memory or anticipation
- Psychological time is time waiting to occur
- We can have the experience in psychological time without having the experience in real time.



“I've had a lot of worries in my life, most of which never happened.” Mark Twain



The Mind Can't be in Two Places at Once

"I went for a walk in the woods today. My mind was in the village. How dare my mind be in the village when the woods are so beautiful?"

Author Unknown



Real Time is What is Happening Right Now



In Real Time we are OK – If
Something Happens, We
Face It!





Mind Chatter
is the primary
obstacle to
the Present
Moment

Real Time to Psychological Time – A familiar journey



The Road Back to Real Time



A Child's Truth

GUESS What
I like about
my self. →

What I like.

My smile, My teeth, My drawings,
My fighting, My shoes,

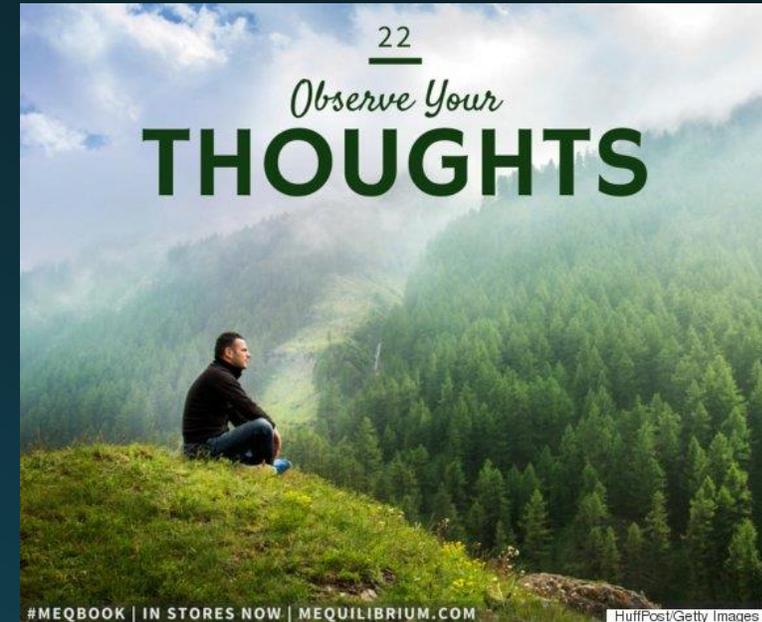
My love, My lip, My arms, My legs,
My feet, My hands,

~~everything~~ + - -

A Core Mindfulness Skill

Be the Observing Self

- The moment you attempt to see what's going on inside of you, part of you separates off to make this observation. This is called the "Observing Self".
- Step back from the thought and seeing it as an observer rather than as a direct player.
- This observation gives you an experience of looking at your life events without judgment, evaluation, significance or preference.



Observing Self

- Observing Self means meeting your thoughts in a neutral, non-judgmental manner.
- The goal of learning the “Observing Self” is to put you in a place of choice.
- Simply notice the thought – then decide if it is true or if there is another way to look at it.





Mind Chatter is Like a Hunting Dog

Choose to not follow the scent!

1. Step back from the thought
2. Observe the Thought
3. Look at the thought from a non-judgmental/neutral position – no resistance
4. Make a choice about the thought
 1. You can pick up the thought and believe it and nurture it.
 2. You can let the thought float right on by
5. Give a response or alternate thought that is more aligned with what is truth

Observing Self- Day to Day

“The root of suffering is to be found in our constant wanting and craving” Echart Tolle



The moment you realize you are not present, you are present!

Eckhart Tolle



The Present Moment is the only place for change/being/action/growth/authentic living/connection or joy.



I Can Only Draw a Stick Figure



What Can I Do To Be Present?



Pathways to the Present Moment

- Breath
- Your Five Senses
- Nature
- Intuition – Inner Knowing
- Creativity
- Gratitude
- Mindfulness – (Conscious Awareness)
- Meditation
- Problem Solving/Taking Action
- Faith/Hope/Acceptance



Gardening In The Rain by Brian Kershisnik





References

- “The Transforming Power of Faith and Character” Richard G. Scott, October 2010 General Conference
- “Power of Now” by Eckhart Tolle
- “In Search of Treasure” Thomas S. Monson, April 2003 General Conference
- “Finding Joy in the Journey” Thomas S. Monson, October 2008
- Quote of the Day by Deseret Book
- “Power to Become” by David A. Bednar , Deseret Book
- “A Return to Love” Marianne Williamson