



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Exercise on Choosing Kindness for yourself and others

Based on the ACT and CCT training at the Centre for Compassion and Altruism Research and Education centre at Stanford University.

In dyads work with the following exercise.

1. A Speaker
2. A Listener

Please practice listening to one another by giving your full attention to what is being communicated. Cultivate the skill of attending deeply to what is being said. Listen so that you hear not only what another is saying but maybe even what they are leaving unsaid.

Choosing Kindness for Yourself

Please take a moment to greet each other and decide on who is going first

1. Settle the mind/relax into the moment of the here and now
2. Open your eyes and silently acknowledge each other's presence

Each take 6-8 minutes to speak: I will broadcast when its time.



Questions:

- Please tell me about what came up for you during the settling in exercise.
- What did you notice about your response to being friendly and kind to yourself about this situation
- Did this change anything for you?

Debrief together:

What did you notice?

Was it easy or hard to stay present with your situation and be friendly?

What was easy and what was hard?