

Preventing Escalation – Self-Compassion

Self-compassionate Caregiver Introspection

Rationale:

We are relatively familiar with the fight/flight/freeze reactions to traumatic stress. Those are typically directed toward external threats. According to Neff (2011), when **we** are the source of threat to our well-being, we turn the same fight/flight/freeze mechanisms on ourselves. One way to attend to these inward attacks to internal threats is through self-compassion. Self-compassion is *different* from self-care in that it is a set of ‘in the moment’ strategies that activate our parasympathetic nervous system, thus regulating our trauma responses.

Exercise:

PIES is an acronym for physical, intellectual, emotional and social/spiritual well-being. When doing check-ins we often ask, “How are your PIES today.” In this exercise you will notice how your PIES are and what you’re doing to support or hinder them.

Physically, how are you doing right now?

What are some things you are doing that are contributing to your relative physical well-being?

What are some things that are hindering your relative physical well-being?

Intellectually, how are you doing right now?

What are some things you are doing that are contributing to your relative intellectual well-being?

What are some things that are hindering your relative intellectual well-being?

Emotionally, how are you doing right now?

What are some things you are doing that are contributing to your relative emotional well-being?

What are some things that are hindering your relative emotional well-being?

Socially, how are you doing right now?

What are some things you are doing that are contributing to your relative social well-being?

What are some things that are hindering your relative social well-being?

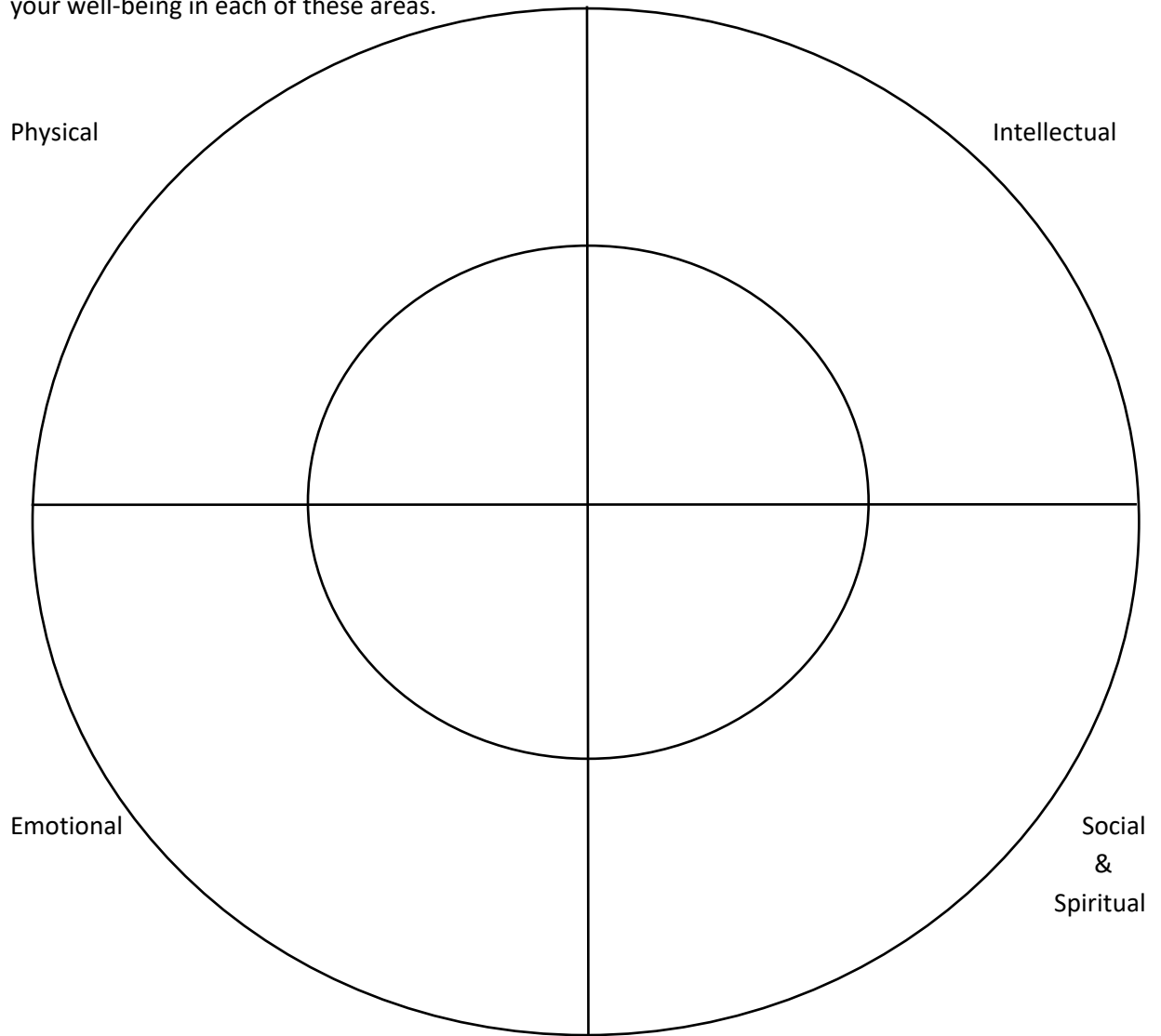
Spiritually, how are you doing right now?

What are some things you are doing that are contributing to your relative spiritual well-being?

What are some things that are hindering your relative spiritual well-being?

Based on your introspection above, what changes could you make to improve your relative well-being?

Consider the internal (inner circle) and external (outer circle) factors that are supporting and hindering your well-being in each of these areas.



What changes could you make (internally or externally) to improve your relative well-being in at least one of these domains?
