

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

Dear Educators, Trauma-informed Professionals, Medical Professionals, Mental Health Professionals, Coaches, Recovery Professionals, Counsellors, Therapists, Community Organizers, Human Resource Professionals, and anyone else that teaches wellness,

Anxiety, depression, and other symptoms of [blocked and buried emotions](#) are at epidemic levels. Adults and children alike are suffering. Emotion education and trauma-informed thinking start us on a road to preventing, easing, and healing symptoms like anxiety and [depression](#) caused by adverse life experiences. Emotion education provides a crucial resource to heal the invisible and covert traumas that effect each and every one of us. There is much that can be done to improve our individual and collective mental health and wellbeing. And it begins with emotion education.

Please freely use and adapt this 12-Class Emotion Education Curriculum. The class provides a basic emotion education and practical experience of working the Change Triangle, the best and most practical tool I've come across to work with emotions for wellbeing that anyone can learn. I use the Change Triangle daily in my personal and professional life. I cannot imagine life without this tool and roadmap for living.

This curriculum can be used as-is or as a guideline where you can incorporate your own materials. You can make changes as needed for the varied populations that I hope will engage with this information.

This is **Emotion Education 101**, an introduction to working with emotions. Armed with the information taught in this course, we hopefully continue a lifelong practice of looking inward to make sense of our internal experiences. This course is intended to start each person's individual journey to feel and be their best and most authentic Self, to foster self-esteem and personal capacities that build kindness and compassion, and that further individual and collective wellbeing.

I would be very happy to receive ideas or feedback and hear from others who are using this curriculum to teach emotions in schools and other group settings. We must keep on improving.

With love and hope for greater wellbeing for all.

Warmly,

Hilary Jacobs Hendel, LCSW  
Hilaryjacobshendel.com

**12-Class Change Triangle® Curriculum**  
**Emotion Education and Overcoming Depression & Anxiety**  
**with the Change Triangle Tool for Emotional Wellbeing**

Special thanks to Heather Sanford, LCSW, MPA who first developed this curriculum and who generously has given permission to share it and have it adapted. She can be reached at [Sanford.he@gmail.com](mailto:Sanford.he@gmail.com).

# **12-Class Change Triangle® Curriculum**

## **Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing**

**Number of classes:** 12

**Duration of class:** 45-60 mins

### **Required Reading:**

Hendel, H.J. (2018). *It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect with Your Authentic Self*. New York: Random House,

### **Target populations:**

• Teens • Adults • Healthcare Providers • Physicians • Educators • Parents • Adolescents and Adults with early signs of depression and anxiety • Bullying Prevention Programs • Orientation for incoming college freshman • Orientation for corporate wellness programs • Human Resource Professionals

### **Big Picture Goals**

• Understand emotions • Understand the consequences to mental and physical health from buried emotions • Prevent and ease symptoms of depression and anxiety • Build Knowledge and understanding of invisible and overt trauma and its effects • Identify and implement coping strategies to help manage symptoms • Increase self-esteem • Provide stress management skills • Support communication of needs • Build support systems

### **Immediate Goals**

Assist participants in understanding and recognizing the use of defenses and presence of inhibitory emotions that affect their ability to be their best selves, or overcome symptoms like depression and anxiety that create barriers to vital living.

### **Objectives**

- Participants will practice “falling into their bodies” and recognizing physical sensations.
- Participants will recognize anxiety and depression experiences that keep them from feeling core emotions.
- Participants will recognize when they are using defenses to not feel and use them mindfully.
- Participants will understand the basics of the Change Triangle and how to work the triangle when stuck.
- Participants will learn how their early life experiences, thoughts, and feelings are twisted together, causing reactions that don’t always “make sense” in the present.
- Participants will learn to identify and challenge their core beliefs.
- Participants will practice being vulnerable and sharing experiences and emotions with others.

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## **Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing**

**Number of classes:** 12

**Duration of session:** 45-60 mins

**Emotion Education and Overcoming Depression & Anxiety**

### **Syllabus:**

1. Giving space to “negative” emotions
  - 1a. Giving Space
  - 1b. No Such Thing as Dragons
2. What Causes Anxiety and Depression?
3. The Change Triangle
  - 3a Introduction
  - 3b Cultivating Joy
4. Defenses
  - 4a Benefits and barriers of defenses
  - 4b. Get to know your Defenses
5. Slowing down
6. Dealing with Anxiety
7. Open Hearted State –
  - 7a Pipe cleaners
  - 7b Born Vulnerable
8. Shame
9. Guilt
10. Fear – holding more than one emotion at a time
11. Rumination
12. Self-Compassion
  - 12a Three Components of Self Compassion
  - 12b Overcoming Obstacles to Self Compassion

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 1a**

**Duration of session:** 45-60 mins

**Objectives:** Participants will discuss the possibility and benefits of giving space to “negative” emotions versus fighting them away or pretending that they don’t exist.

### **Handouts/Videos:**

The Power of Sadness in Inside Out (4:04) <https://www.youtube.com/watch?v=ST97BGCi3-w>

The Guest House – Rumi (attached)

### **Activities:**

- Welcome and brief intro, class guidelines, check in, and share how will this class help you reach one or more of your personal goals
- Watch Video Clip the Power of Sadness in Inside Out (4:04) <https://www.youtube.com/watch?v=ST97BGCi3-w>
- Discuss benefits of sadness or other emotions that are often viewed as “negative.”
- Read *the Guest House* by Rumi. Discuss the benefits and barriers to experiencing emotions as they arrive and talk about what that might look like with examples from the class.
- Reflect on how today’s experience felt for you (metaprocess)
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of greater wellbeing?

### **Homework:**

Daily meditation of choice

Introduction to Emotion Education: It’s Not Always Depression pages 3-14

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

### THE GUEST HOUSE

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

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Poem by Rumi

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 1b**

**Duration of session:** 45-60 mins

**Objectives:** Participants will discuss the possibility and benefits of giving space to “negative” emotions versus fighting them away or pretending that they don’t exist.

### **Handouts/Videos:**

[Dropping into the Body](#) – Hilary Jacobs Hendel

[Change Triangle for Beginners](#) – Hilary Jacobs Hendel

### **Activities:**

- Welcome, brief intro, class guidelines, check in how will this class help you reach one or more of your life personal goals?
- Watch and practice video [Dropping into the Body](#): Discuss the barriers in recognizing and acknowledging feelings.
- Read the handout [Change Triangle for Beginners](#) (From Hilary’s website), review the parts of the triangle.
- Metaprocess today’s experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of greater wellbeing?

### **Homework:**

Daily meditation of choice.

The Change Triangle Basics: It’s Not Always Depression pages 15-28

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 2

**Duration of session:** 45-60 mins

**Objectives:** Listening to the Body

### **Handouts/YouTube Videos:**

Change Triangle from Hilary Jacobs Hendel's website:

<https://www.hilaryjacobshendel.com/what-is-the-change-triangle-c18dd>

10 Minute Body Scan: <https://www.youtube.com/watch?v=QH2pzjpeOu8>

What Causes Anxiety and Depression: [https://www.youtube.com/watch?v=tNsTy-j\\_sQs](https://www.youtube.com/watch?v=tNsTy-j_sQs)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with a seated body scan 10 Minute seated Body Scan (10:24)<https://www.youtube.com/watch?v=QH2pzjpeOu8>
- Discuss what causes anxiety and depression.
- Watch: What Causes Anxiety and Depression (5:59)  
[https://www.youtube.com/watch?v=tNsTy-j\\_sQs](https://www.youtube.com/watch?v=tNsTy-j_sQs)
- Briefly introduce [the Change Triangle](#)
- Metaprocess today's experience by reflecting on how the class affected you.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.



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## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 3a

**Duration of session:** 45-60 mins

**Objectives:** To recognize how depression and anxiety manifests individually. Continue to learn and practice mindfulness strategies to work the Change Triangle to manage distress.

### Handouts/YouTube Videos:

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Grounding and Breathing with Hilary Jacobs Hendel

<https://www.youtube.com/watch?v=V6QuYwEBtm0&t=1s>

Hilary Jacobs Hendel – The Change Triangle (2:12)

<https://www.youtube.com/watch?v=9WhKlaxqkFg>

### Activities:

- Welcome, brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with three-minute breathing space to set the tone and remind people to connect with their bodies.
- Review main learning points from previous session. Write the change triangle on the board.
- Watch YouTube Video – Hilary Jacobs Hendel – The Change Triangle
- Discuss ways in which participants learned to experience emotions.
  - (Society, family, media etc.)
- Read from It's not Always Depression. Ask for a volunteer to read the core emotions section (Middle of 16-middle of 17.)
- Read Inhibitory emotions section, just the first paragraph (pg. 18)
- Discuss examples of ways in which participants experience inhibitory emotions to cover core emotions.
- End with a three-minute breathing space, discuss anything that comes up during the minute of opening to whatever is there.
- Ask for reflections on today's experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### Homework:

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 3b**

**Duration of session:** 45-60 mins

### **Service objectives:**

Participants will understand the experience of blocked joy and pride in the self and the effects on mental health, allowing themselves to open to joy and pride in “jobs well done” and experience its benefits.

### **Handouts:**

[Cultivating Joy and Pride– Hilary Jacobs Hendel blog, March 22, 2016](#)

[5 Ways to Increase Joy: Putting the Science of Joy into Everyday Practice – Hilary Jacobs Hendel blog, January 7, 2021](#)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Three-minute breathing space: <https://www.youtube.com/watch?v=8oWmGJc8NWI>
- Distribute and handout the blog post – [Cultivating Joy](#).
- Discuss reactions, and examples of life experiences that are similar.
- Discuss the ways that participants experience joy
- Metaprocess today’s experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily Meditation of Choice
- Practice noticing what corner of the Change Triangle you find yourself once a day.
- It’s Not Always Depression Pages 205-209
- Try the experiments on 210-213

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

Cultivating Pride and Joy

March 22, 2016-Hilary Jacobs Hendel

“Don’t get too big for your britches!” “You’re no better than anyone else!” “Don’t get a swelled head!”

Beginning as little children, we hear cultural messages that are meant to socialize and civilize us. We learn to keep our self-confidence in check in order to stay in the good graces of the people around us. Healthy shame makes sure we follow social rules such as not hurting others, not stealing, being honest, or not going to the bathroom in public. Shame is the emotion that ensures we fit in with the groups we need.

But there is a personal cost to maintaining good social standing. Over time, the brain habitually keeps us small. We lose the option to feel big and proud. Plus, we are not even aware that we are inhibiting ourselves. We just feel small. For example, when we are complimented, we cannot fully take it in. We dismiss the affirming sentiment – a gift in many ways – with a perfunctory “thank you.” We hear the affirming words but we do not allow ourselves to receive the message deeply in our bodies. The cost is to our self-confidence.

Many of the adults I see in my practice have lost their ability to experience joy, excitement and pride. These expansive emotions provide nourishment for the soul and build self-esteem. Defending against these emotions has a big cost. We can’t feel the wonderful feelings these emotions naturally produce. Instead, at the first sign of feeling big and proud, our bodies constrict remembering the cultural message: “Don’t get too big for your britches!”

For example, now that Michelle is having success in her career, she is riddled with anxiety at the thought of sharing her accomplishments. She fears people will be angry at her for her success. Michelle feels embarrassed and an impulse to diminish herself every time one of her accomplishments is acknowledged.

Craig, a lovable guy, needs constant compliments and reminders that he is liked. It’s as though he has a hole in his self-esteem bucket. No matter how much affirmation he receives, it doesn’t stick. He feels good for maybe two seconds and then the feeling evaporates, so he needs another fix. He has learned to block incoming good feelings.

As an emotion-centered psychotherapist, I help people rebuild their inborn capacity to take in good feelings. I do this by encouraging people to experience positive feelings physically. My patients learn to stay with positive feelings/sensations as they unfold fully in their bodies. Helping people develop this capacity builds lasting self-worth and self-esteem. People actually come to feel physically stronger and bigger because they stop inhibiting the natural reflex to feeling good about themselves.

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Feel free to use and disseminate widely  
Special thanks to Heather Sanford, LCSW, MPA  
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Some people fear that feeling good will make them conceited or egotistical. This does not happen. When people truly feel good about themselves, they have more to give to others, not less.

Both Michelle and Craig needed to build their emotional and physical capacity to experience joy and pride. Here are some ways I helped them and how you can work on your own to build your capacity for positive emotions:

1) Begin to notice what you do when someone says something nice or complimentary. Do you refute it? Do you ignore it? Do you say thanks? Do you judge the person giving you the compliment?

2) When someone gives you a compliment, pause for a few seconds before you dismiss it. In the pause, notice, without judging, what the compliment evokes inside your body.

3) Try to name any and all emotions you notice: embarrassment, anxiety, guilt, pride, joy, fear, disbelief, or judgment toward you or the person complimenting you. This helps your inner experience become more conscious. Awareness creates the potential for healing.

4) If you're feeling brave, try to set aside any blocking thoughts or feelings and allow some of the good feelings to grow inside you. Feel yourself expand — even a tiny bit of expanding internally helps build this new emerging capacity. Breathe deeply if anxiety starts to arise. The anxiety just means you are doing something new.

5) Lastly, look the person giving you the compliment in the eye and say a heartfelt "Thank you!" This helps you validate the affirmation. It lets your brain know that you've received the positive message. It also makes the other person feel appreciated for their gift.

**\*\*Congratulations for working to patch the hole in your own bucket. You deserve it just because you exist.**

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 4a

**Duration of session:** 45-60 mins

**Objectives:** Understand and recognize the positive and unhelpful effects of defenses and begin to explore underlying emotions.

### **Handouts/YouTube Videos:**

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Defenses (2.15) <https://youtu.be/Y9aupYyr3IU>

Pages 20-22 – It's not always Depression

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Review main learning points from previous session.
- Begin with a three-minute breathing space – discuss anything that comes up during the last minute. How are participants' minds today?
- Watch Defenses video. Brainstorm defenses in general (not personal ones)
- Read the first section of today's reading together and fill out the personal defenses.
- Discuss what it's like to think about your own defenses. Where do you know that in the body?
- Read the second section of the day's selection and discuss responses.
- End with a three-minute breathing space. What if anything different came up? Were you able to sit with any uncomfortable feelings for one minute?
- Metaprocess today's experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

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## **Noticing Your Own Defenses**

-From "It's Not Always Depression" (Random House & Penguin UK)

- Notice how you cope with stress
- Notice how you cope with conflict
- Notice how you deal with confrontation
- Notice what you do when someone compliments you
- Notice complaints you've heard from others about your reactions.
- Notice how you react to your sadness, fear, anger, disgust, joy, excitement, sexual excitement.
- Notice how you react to criticism
- Notice how you react to judgment
- Notice when and how you avoid doing things or facing things you know you should confront
- Notice things you do that are not in your best interest
- Notice the ways you are self-destructive or self-sabotaging

Visit [Hilaryjacobshendel.com](http://Hilaryjacobshendel.com) to learn more & find FREE resources for emotional health

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 4b

**Duration of session:** 45-60 mins

**Objectives:** Understand and recognize the positive and unhelpful effects of defenses and begin to explore underlying emotions.

### Handouts/YouTube Videos:

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Defenses (2.15) <https://youtu.be/Y9aupYyr3IU>

Handout 1: [Want to be More Authentic?](#) Hilary Jacobs Hendel Blog

### Activities:

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Review main learning points from previous session.
- Begin with a three-minute breathing space – discuss anything that comes up during the last minute. How are participants' minds today?
- Watch Defenses video. Brainstorm defenses in general (not personal ones)
- Distribute handout 1 read the together
- Discuss what it's like to think about your own defenses. What comes up in your body?
- End with a three-minute breathing space. What if anything different came up? Were you able to sit with any uncomfortable feelings for one minute?
- Metaprocess today's experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### Homework:

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.
- It's Not Always Depression Pages 229-236
- Try the experiments on 237-239

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

Want to Feel More Authentic? Get to Know Your Defenses!

December 16, 2015

Hilary Jacobs Hendel

Mary picks fights with her husband at night so she doesn't have to deal with her anxiety around sexual intimacy. Looking for what's wrong with her husband distracts her from her discomfort and the feelings of vulnerability that are lurking underneath the surface. By not directly addressing her anxiety and/or not letting her husband know she is struggling, Mary misses an opportunity to be understood and feel more connected.

Social situations cause stress for Halley. She stays home instead of going out on weekends because she feels safe at home and also lonely. Dealing directly with her fears opens up the possibility that she could soothe them and find alternative ways to engage with others that would feel less stressful and even satisfying.

Robert curses out people when he feels disrespected. Precious emotional energy is used up by his temper and sometimes he even feels ashamed after he overreacts. Instead of acting out, he could get curious about his anger. Using tools like The Change Triangle, he could find better outlets for his frustrations and even learn to "let it go."

These are all examples of defensive behaviors: the brilliant and creative ways we avoid our [emotions](#).

All of us use defenses to avoid emotions. In fact, defenses are developed for precisely that reason—to avoid painful feelings. Defenses are adaptations our minds make to help us cope with vulnerabilities. While defenses serve a purpose, there is a cost to the protection they offer. To feel vital, connected and authentic, we must move beyond our defenses.

Defenses can be healthy, sometimes problematic or very problematic. A healthy defense is one in which we have choice and control. After a stressful day at work, we can choose to distract ourselves with a funny movie, for example. Medicating stress with a drug like alcohol is an example of a sometimes-problematic defense because it can become an unhealthy habit. A very problematic defense is behaving in self-destructive ways that chronically hurt you and your relationships. Addressing core emotions directly will help you lead a less defended life and one where your most authentic Self feels safer to come forward.

The great news is that we can begin to remedy these problems by noticing when, how and for what we are using our defenses. Once we become aware that we are avoiding something, we can ask ourselves what emotions might be underneath. [Slowing down](#) helps you begin to notice what's happening in your body and brings attention to your emotional world.

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## **12-Class Change Triangle® Curriculum**

### **Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing**

When I notice I am defensive, defended, or just too up in my head, I ground myself by feeling the soles of my feet on the floor. Then I take 4 or 5 long deep belly breaths. Sometimes I picture myself on the beach to deepen my relaxation. Feel free to try this. This is a great practice any time. And, it sets the stage for learning more about the emotions we are blocking.

Now more relaxed and slowed down, I ask myself, "What am I feeling?" Then without judging, I try to label all the emotions I can notice. Validating emotions helps them calm down. Maybe you notice a hopeless or sad feeling. Maybe you start to get in touch with parts of you that hold resentments or fears. Maybe you also notice a physical sensation like a tension in your stomach. Whatever you find, accept it. If you don't know what you feel, that's ok too. When I'm confused about what I am feeling, I try on each core emotion one at a time. I ask myself, *Am I sad? Am I angry? etc.* to see if any of those core emotions fit. Again, always validate what you find by reminding yourself that "feelings just are!"

Congratulations! This is a great beginning to learning more about the relationship between your defenses and your emotions. Next time you recognize a problematic behavior you might even be able to stop and notice that you have been here before. You will now more easily recognize the emotions that your defenses are obscuring. If you're feeling really brave, maybe you'll share your feelings, wants and needs with someone you love. This is a major step to getting unstuck and creating positive change.

A+ for trying!

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 5

**Duration of session:** 45-60 mins

**Objectives:** Understand the importance of slowing down in recognizing what is going on internally. Practice slowing down through various relaxation techniques.

### **Handouts:**

It's Not Always Depression pgs. 59-65

YouTube: [Mediation Guide for Slowing Your mind and body](#)

YouTube: [Dropping into the Body](#)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with either meditation to set the stage for slowing down.
  - Meditation Guide for Slowing You're your mind and body (4:31)  
<https://www.youtube.com/watch?v=K91uPuC7Bxk>
  - Dropping into the Body (8:53)  
<https://www.youtube.com/watch?v=NNNNmVI5qdo&t=109s>
- Review Change Triangle – focus on the need to slow down in order to be able to recognize what is going on.
- What are the barriers to slowing down? Worried about effects on symptoms? Don't know how? Haven't found something that works?
- Read and review each of the relaxation practices in Hendel pp 59-65 and give them a try. Discuss any barriers that come up.
- Metaprocess today's experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 6**

**Duration of session:** 45-60 mins

**Objectives:** Participants will recognize the physical effects of anxiety and learn strategies to decrease anxiety in order to access other emotions.

### **Handouts and Videos:**

YouTube Video: Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWl>

It's Not Always Depression page 80 How to Lower Anxiety During Conflict with Another Person

It's Not Always Depression page 139-140 Core Emotions are Programs for Action and Fight or Flight

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with a three-minute breathing space – discuss anything that comes up during the last minute. How are participants' minds today?
- Review Change Triangle
- Read section 1, pg. 80 - How to Lower Anxiety. How can using these skills be important when trying to understand underlying emotions?
- Read the second section pp 139-140 and discuss the impulse of emotions and individuals' experiences.
- Metaprocess today's experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 7a**

**Duration of session:** 45-60 mins

**Objectives:** Participants will recognize their openhearted self and understand the connections between emotions and defenses and how they affect emotional health, wellbeing, and recovery.

### **Handouts/YouTube Videos:**

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

YouTube Video: Pipe cleaners (3:00) <https://www.youtube.com/watch?v=aGhZ7pqD-wA>

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Review main learning points from previous session.
- Begin with a three-minute breathing space.
  - What physical sensations, thoughts and feelings presented themselves?
- Introduce Open Hearted State (Read pages 251-257)
  - What are the experiences of participants when they can identify being in a space of an openhearted self?
- Watch: Pipe cleaners (3:00)
  - Discuss examples of emotional reactions and of recognizing defenses/inhibitory emotions and work to get to the core emotion underneath
- End with a three-minute breathing space.
  - What physical sensations, thoughts and feelings presented themselves?
- Metaprocess today's experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 7b**

**Duration of session:** 45-60 mins

**Objectives:** Participants will recognize how vulnerability affects their openhearted self and understand the connections between emotions and defenses and how they affect emotional health, wellbeing, and recovery.

### **Handouts/YouTube Videos:**

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Brené Brown: The Biggest Myth About Vulnerability | Inc. Magazine (2:35)

<https://www.youtube.com/watch?v=ZkDaKKkFi6Y>

“How to embrace vulnerability as your greatest strength” (next page)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with a three minute breathing space.
  - What physical sensations, thoughts and feelings presented themselves?
- Define vulnerability
  - Create a definition as a class and discuss what has informed the development of this definition.
- Watch The Biggest Myth about Vulnerability (3:00)
  - Discuss responses and focus on body sensations that pop up when thinking and talking about vulnerability.
- Distribute, read and discuss “How to embrace vulnerability as your greatest strength” by Tony Fahkry
- End with a three minute breathing space.
  - What physical sensations, thoughts and feelings presented themselves?
- Metaprocess today’s experience.
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

How to Embrace Vulnerability as Your Greatest Strength by Tony Fahkry  
Feb 4, 2018

### **Born Vulnerable**

*“Vulnerability is about showing up and being seen. It’s tough to do that when we’re terrified about what people might see or think.” — Brené Brown*

What do you associate with the term vulnerability?

Perhaps it’s weakness, fear, hurt or betrayal.

These are the deep-seated emotions people experience when they reveal aspects of themselves to others.

Let’s be clear. Vulnerability is not a sign of weakness and can be your greatest strength.

“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage,” affirms research professor and author Brené Brown in *Rising Strong*.

Vulnerability is a double-edged sword. Those who protect themselves to avoid getting hurt, fail to appreciate intimacy and close relationships.

Everyone is vulnerable, no matter how much they try to avoid it. We are born vulnerable and stay that way for our entire childhood. Our relationship with vulnerability is something we are acquainted with, yet abandon as we merge into adulthood.

Your association with vulnerability requires a shift in awareness in order to strengthen your emotional well-being.

It is no use erecting barricades around you while hoping at the same time others will see the blossoming flower within.

The wall you construct prevents your true nature from being known to others.

It was Rumi who said: “Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

You must accept your vulnerability if you wish to live a wholesome life. Even the smallest act of letting down your guard is a commitment to your personal growth.

“When we experience a great loss or hurt that feels like ‘broken heartedness’, we now realize that our heart is not broken. It’s actually the heart’s protective shell of defenses breaking open to allow us to feel all emotions fully,” writes author Loch Kelly in *Shift into Freedom: The Science and Practice of Open-Hearted Awareness*.

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Hilaryjacobshendel.com

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# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number:** 8

**Duration of session:** 45-60 mins

**Objectives:** Participants will identify and discuss benefits and barriers to allowing feelings to exist without trying to change them.

### **Handouts:**

One Minute Video on Emotional Health Season 1 Episode 5 (Shame) (2:07)

<https://www.youtube.com/watch?v=W8vI13-OROk>

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Nine ways to Begin Working with Your Shame (Hendel page 186)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with a three-minute breathing space to help people center and drop into the body.
- Introduce topic of shame. Ask participants to brainstorm a definition of shame and things that cause shame.
  - 1) when our bids for love, physical/emotional care, and acceptance are consistently met with indifference, disdain, neglect or retaliation
  - 2) when we subjectively sense criticism or rejection for who we are, what we need, and what we feel
- Watch video One Minute Video on Emotional Health Season 1 Episode 5 (2:07)
- Discuss the development of Shame and talk about ways to heal the old hurt.
  - Read Nine ways to Begin Working with Your Shame (pg186)
- Practice Three-minute Breathing Space and discuss experience.
- Metaprocess today's experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 9**

**Duration of session: 45-60 mins**

**Service objectives:** Participants will recognize guilt and understand its roots and how it interferes with processing feelings. Participants will work the triangle and practice accessing core emotions by addressing guilt.

### **Handouts/YouTube Videos:**

Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Handout 1: [Are you Really Sorry?](#)

Experiment with Guilt Hendel Pages 203-204

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Review discussion from last week – Shame. Discuss any instances of noticing shame during the week and attempt to access core emotion underneath
- Begin with a three-minute breathing space to help participants drop into the body.
- Introduce today's topic – Guilt. Define guilt and brainstorm life experiences that cause guilt
- Go through "experiment with guilt" exercise page 203-204.
- Distribute Handout #1 - Read and discuss
- Metaprocess today's experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.



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## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Are You Really Sorry?**

**Hilary Jacobs Hendel**

**January 15, 2017**

Apologizing is hard. If you've ever been on the receiving end of an insincere apology, you know how demoralizing that feels. In stark contrast, a good apology is elixir for relationship wounds.

Mara and Jack had been living together for a year. While dusting, Mara accidentally knocked over a glass figurine and it shattered against the tile floor. Unfortunately, it was the cherished award Jack received for his fine work in advertising.

Mara's first impulse was to hide the evidence. Panicking, she entertained fantasies of running away to avoid his anger and upset.

Mara's second impulse was to posture up and convince both Jack and her guilty conscience that this mishap was not such a big deal. "Objects are just objects," she told herself. "It is not as if I killed someone!" Of course, that is true. But that kind of an attitude might not serve her relationship with Jack.

*Admitting we did something "wrong" is a humbling experience. It takes strength to withstand the assault to our egos. Many of us pride ourselves on not making mistakes.*

Some of us were harshly berated for making mistakes when we were young. As a consequence, even though we are adults, we continue the tradition and berate ourselves just like our parents did. Most of us intellectually understand that perfection is not a realistic standard — everyone of us has flaws and makes mistakes — yet "owning" our mistakes can be hard if not painful and scary. Still, we must be accountable for our actions.

The skill of knowing when and how to apologize is one that greatly serves us all and our valued relationships.

So, what makes a good apology?

The late Randy Pausch, in his beautiful book, *The Last Lecture*, teaches us how to apologize. I read his instructions in 2008 and have incorporated them into my apologies ever since with much success. Pausch teaches that a proper apology has three parts:

1. A statement of apology including what you did that you feel was wrong.
2. A statement that demonstrates you understand how what you did affected the other (empathy).
3. A statement showing your desire to make amends and asking how to make amends.

In truth, Mara was deeply sorry. So, her third impulse was to gather strength and courage to look Jack right in the eye and say, "I broke your glass award. I know how much it meant to you. I know it's

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irreplaceable. I understand how upsetting it must be to lose a cherished possession. If there's anything I can do to make it up to you, please tell me. In the meantime, I understand if you are angry and I am deeply sorry."

Jack was upset but he *felt* Mara's remorse and concern. Her heartfelt apology made it possible for Jack to be sad for the loss of something he cared about without needing to blame or to punish Mara.

Learning about a good apology made me ponder: what makes a bad apology?

- Blaming the person to whom you are apologizing. "I'm sorry I broke your award but you should not have left it there." Whether that is true or not is beside the point now. Shifting blame avoids accountability. Blaming the person you hurt is not a good strategy.
- Beating yourself up instead of being accountable. "I'm sorry I broke your award. I'm a terrible person. I always make mistakes. You should leave me." That just makes it about you and forsakes the person whom you hurt. Beating yourself up is not apologizing.
- Apologizing but then immediately asking for an apology back. "I'll apologize to you when you apologize to me for \_\_\_\_\_!" This is not giving an apology. It is asking for one.

Here's a final story to illustrate a good apology:

Nick invited Ruby to a large family party in honor of his grandparents' 65th anniversary. Nick knew many people at the party and spent much of his time socializing with others, leaving Ruby to fend for herself. She felt awkward and abandoned. When she agreed to attend the party, Ruby imagined something different and was annoyed with Nick for not taking better care of her. Nick understood and followed the recipe for a great apology:

Nick stated what he did wrong. "I'm sorry I spent so much time with others at the party and left you alone a lot of the time."

Nick showed Ruby he understood how she felt (empathy). "I understand you felt alone and awkward. I also understand you went expecting I would spend more time with you. Did I get that right?"

Nick tried to make amends. "Next time we go to a party, we'll talk about a plan first. I will follow through with the plan we make. If I can't spend time with you, like at a business function or whatever, I'll let you know ahead of time. How does that sound? In the meantime, is there anything I can do or say to let you know how sorry I am or to make it up to you?"

Learning how to give a heartfelt apology is one of the best things you can do for your relationships. It's all about accountability! When our actions cause hurt and *we own the damage done*, whether by mistake or on purpose, like in the midst of a reactive moment, it sends a message:

"I care about you more than I care about my ego."

A heartfelt apology is the repair. Truly caring about the hurt feelings we cause fosters deep love and

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trust. It's not always easy. But I think you'll be amazed by the power of a good apology to heal even the deepest wounds.

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## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 10**

**Duration of session: 45-60 mins**

**Objectives:** Participants will learn to identify the effects of fear and recognize inhibitory emotions that keep them from experiencing fear. Participants will understand the importance of holding two (or more) emotions at the same time and the benefit of enlisting help in struggles.

### **Handouts:**

**YouTube Video:** Three-minute breathing space by Jon Kabat-Zinn (3:54)

<https://www.youtube.com/watch?v=8oWmGJc8NWl>

What is the Change Triangle? Read Hendel's personal story of working with fear at the end of the article: <https://www.hilaryjacobshendel.com/what-is-the-change-triangle-c18dd>

Handout 1: Fear and Strengths

**Children's Book:** [Pout Pout Fish and the Big Dark](#)

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Open with a Three-Minute Breathing Space – discuss anything that comes up today.
- Introduce the idea of holding two emotions at the same time –giving them both space. Example: Fear and Joy.
- Read the book [Pout Pout and the Big Dark](#) to the group. Discuss holding two emotions at the same time and the benefit of a trusted other in facing difficult emotions.
- Distribute Fears and Strengths handout. Complete and discuss using the Change Triangle as the format.
- Metaprocess today's experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

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**My Fears And Strengths**

**What makes me feel scared?**

**What do I do when I am scared?**

**What makes me strong?**

**Who can help me when I am scared?**

**The next time I am scared, I will...**

**Draw how you will use your strengths to battle your fears.**

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# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 11**

**Duration of session:** 45-60 mins

**Objectives:** Participants will recognize and learn skills to address rumination that keeps them stuck in loops of anxiety.

### **Handouts:**

Hilary Jacobs Hendel blog – “Why Can’t I shut off my Mind?”

<https://www.hilaryjacobshendel.com/post/2018/03/03/why-can-t-i-shut-off-my-mind>

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Begin with a three-minute breathing space and ask participants to really pay attention to anything happening in their body – without judgement or explanation, just what is happening. Can also use “Dropping into the Body” meditation:  
<https://www.youtube.com/watch?v=NNNNmVI5qdo&t=10s>
- Briefly review the parts of the change triangle, write them on the board.
- Distribute and ask for a volunteer to read through the blog post Handout 1.
- Discuss Beth’s movement through the triangle.
- If there’s time, ask for a volunteer to give an example of getting stuck in ruminating and have the class work through the triangle with the participant.
- End with another three-minute breathing space paying attention to any shifts that have occurred in the last hour.
- Metaprocess today’s experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

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## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

Why Can't I Shut Off My Mind?

March 15, 2018

Hilary Jacobs Hendel

Beth came to therapy because she could not stop her mind from worrying. She'd think about the same things over and over, getting stuck in a loop that didn't lead to resolution or peace of mind. She'd wake up obsessing about her future and blaming herself for past mistakes. Intellectually she knew she just had to do her best and take everything a day at a time. But she could not quiet her mind.

Ruminating, as defined by Webster's Medical Dictionary, is "obsessive thinking about an idea, situation, or choice especially when it interferes with normal mental functioning; specifically: a focusing of one's attention on negative or distressing thoughts or feelings that when excessive or prolonged may lead to or exacerbate an episode of depression."

Ruminating feels awful and is exhausting. Many people resort to prescription medications like Klonopin and Xanax to help calm the anxiety that drives ruminations. But there are other ways, more lasting ways, to calm anxiety and experience some relief.

It helps to first learn a little about the relationship between ruminating, anxiety and core emotions. I diagrammed it for Beth on the Change Triangle:

Core emotions (fear, anger, sadness, disgust, joy, excitement and sexual excitement) are natural, universal, unavoidable, and automatic. And core emotions produce energy for survival actions, like preparing us to run fast to avert danger. Sometimes emotional energy has nowhere to go. The result is anxiety: trapped energy swirling around our body. It feels terrible!

Both core emotions and anxiety are visceral; they are called "feelings" because when we become aware of them we can literally, physically FEEL them. Our natural tendency is to avoid uncomfortable sensations, so the brain - often unconsciously - leads us to disconnect from our body and escape into our thoughts.

Just as anxiety is trapped energy churning in our body as a result of avoiding the feelings of core emotions, ruminations are thoughts churning in our minds to avoid feeling the sensations of anxiety. The way out? Work your way back around and down the Change Triangle: tune into your body, discover which core emotions are at work, and safely process them. When the body calms down the mind will soon follow.

I asked Beth, "Can you scan your body from head to toe and share what you notice?"

Beth immediately said that she was anxious.

"How do you know you are anxious? What physical sensations tell you that?" I asked.

"My arms and legs are jittery, my heart is beating fast, and I feel agitated." Beth did a great job noticing her sensations. This ability to notice the specifics of how her body felt would be a key step to quieting her mind.

The recipe for a calmer mind is getting better at welcoming emotions. Quiet minds have learned through practice that the discomfort of safely experiencing our emotions is temporary, while avoiding emotional discomfort can lead to lasting

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anxiety, ruminating or other debilitating defenses and symptoms like depression, self-harm, obsessions, eating disorders and addictions.

Over time, Beth learned to safely listen to her core emotions and sometimes act on them. She validated her deep sadness from having virtually no relationship with her mother, allowing herself to cry both alone and with me, and fully accept and mourn her loss. She took night classes to finish her degree which eased her fears. She learned to stop judging herself or her emotions and to give compassion to the parts of her that suffer without comparing her hardships with those of others. With each of these steps her body and her mind calmed.

Noticing and getting comfortable with the emotions in our body is the main practice for diminishing our worries and ruminations.

### Ready to try a little experiment?

Scan your body from head to toe and use the sensations and emotions charts on the toolbox page of my website to put words on what you are experiencing, which helps calm the brain. Stop at your head, heart area, stomach, abdomen and limbs. Write down the sensations, however subtle, that best describe any anxious feelings in your body. As you do this, be sure to have a loving stance towards yourself: try not to judge anything you notice and strive to be as compassionate to your pain as you would be to a beloved friend, child, pet, or partner.

See if you can name all the core emotions you are holding that are underneath the anxiety, again without judging or needing to know why or whether they make sense. Consider everything on this list: Fear, Anger, Sadness, Disgust, Joy, Excitement, Sexual Excitement. You may find more than one. Name them all.

To stop ruminating, we must work our way clockwise, around and down the triangle by actively shifting our attention to our physical sensations. Once reunited with our bodies, we breathe slowly and deeply to lower anxiety. Then we name, validate and process our core emotions one at a time.

*This is science: the neurobiology and physics of emotions.*

Getting comfortable with the physical sensations produced by our anxiety and emotions is one of the secrets to calming the brain and healing psychological distress caused by adversity and childhood trauma (wounds none of us escape just by virtue of living). And, it is a practice, not a perfect. It's not necessarily a quick fix either. However, with work, the brain and body absolutely heal moving us towards peace, calm and greater connection to our authentic self. Hard work now, leads to greater peace for a lifetime.

Congratulations for getting started! A+ for trying!

Further reading:

- *The Book, It's Not Always Depression: Working the Change Triangle to Listen to the body, Discover Core Emotions and Connect to Your Authentic Self*
- *Unconditional Confidence* Audio lecture by Pema Chodron
- *Focusing* By Eugene Gendlin
- *Waking the Tiger* By Peter Levine
- *The Body Keeps the Score* By Bessel Van Der Kolk

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# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 12a**

**Duration of session: 45 mins**

**Objectives:** Participants will understand the benefits and barriers associated with using self-compassion.

### **Handouts/Videos:**

Kristen Neff: The Three Components of Self Compassion (6:18)

<https://www.youtube.com/watch?v=11U0h0DPu7k>

Self-Parenting Experiential Exercise: <https://www.youtube.com/watch?v=U-UF-CQTHy0&t=67s>

Soothing Shame and Building Self-Compassion Experiential Exercise

<https://www.youtube.com/watch?v=4pADLAXlyT4&t=26s>

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Three-minute breathing space – can you find any quiet, love, appreciation in your body today?
- Discuss Self Compassion – create a working definition with the class
- Watch YouTube Video - Three Components of Self Compassion
- Discuss reactions and what gets in the way of loving ourselves. Relate to defenses/inhibitory responses on Change Triangle.
- Can add “Self-Parenting Experiential Exercise: <https://www.youtube.com/watch?v=U-UF-CQTHy0&t=67s>”
- Can add “Soothing Shame and Building Self-Compassion” <https://www.youtube.com/watch?v=4pADLAXlyT4&t=26s>”
- Metaprocess today’s experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself once a day.

# 12-Class Change Triangle® Curriculum

## Emotion Education and Overcoming Depression & Anxiety with the Change Triangle Tool for Emotional Wellbeing

**Session number: 12b**

**Duration of session:** 45-60 mins

**Objectives:** Participants will understand the benefits and barriers associated with using self-compassion.

### **Handouts/Videos:**

Kristen Neff: Overcoming Objections to Self Compassion (12:23)

<https://www.youtube.com/watch?v=YFhcNPjIMjc&t=342s>

Self-Parenting Experiential Exercise: <https://www.youtube.com/watch?v=U-UF-CQTHy0&t=67s>

Soothing Shame and Building Self-Compassion Experiential Exercise

<https://www.youtube.com/watch?v=4pADLAXIyT4&t=26s>

### **Activities:**

- Welcome brief intro, class guidelines, check in how will this class help you reach one or more of your personal goals?
- Three-minute breathing space – can you find any quiet, love, appreciation in your body today?
- Review Self Compassion – create a working definition with the class
- Watch YouTube Video - Overcoming Objections to Self-Compassion
- Discuss reactions – specifically reactions to self-pity as different from self-compassion. Relate to defenses/inhibitory responses on Change Triangle.
- Can add “Self-Parenting” Experiential Exercise: <https://www.youtube.com/watch?v=U-UF-CQTHy0&t=67s>
- Soothing Shame and Building Self-Compassion” Experiential Exercise
- <https://www.youtube.com/watch?v=4pADLAXIyT4&t=26s>
- Can add “Working with Your Future Self” Experiential Exercise: [https://www.youtube.com/watch?v=chaOiy\\_EwH8&t=3s](https://www.youtube.com/watch?v=chaOiy_EwH8&t=3s)
- Metaprocess today’s experience
- Wrap up – How was the class helpful in overcoming barriers related to recovery and achievement of wellbeing?

### **Homework:**

- Daily meditation of choice.
- Practice noticing what corner of the Change Triangle you find yourself on once a day.