

# Self Compassion: Important Concepts

- Negative emotions (anxiety, anger, disgust, sadness) are a normal part of our emotional repertoire. These protection emotions easily override positive emotions to keep us alive
  - Brain did not evolve for happiness. It evolved for survival and reproduction
- We need to learn how to accept, tolerate and work with difficult emotions or low moods
  - These are not evidence that something is wrong with us
  - Can be normal responses to things in our life
  - Normalize and engage with emotions compassionately
- What happens when the emotion systems are working normally but the inputs are problematic?
  - If someone is trapped in a loveless marriage or a dead end job, depression can be a normal consequence
- It is important to recognize that some of our unpleasant feelings and reactions are usually not abnormal and we should not feel ashamed of them
- The Amygdala does not listen to logic
- We become stressed and distressed when our drive system and threat protection system get out of balance with the soothing system
- Modern life over-stimulating our threat system and our drive system
  - Want more
  - Need to do more
- Happiness lies in...
  - Balancing our emotions and desires
  - Recognizing the ups and downs of life
  - Learning how to stimulate and develop the soothing system
- The workings of the brain are not our fault, but it is our responsibility to train the brain by cultivating, practicing and focusing on enhancing certain elements