

SELF-COMPASSION WORKSHEET - DISSOLVING SELF-BLAME

1. BEING HEARD

Situation	Being Heard - thoughts, feelings, labels
<i>Respected colleagues reject recovery ideas</i>	<i>Close-minded, controlling, risk-averse know-it-alls, they want to be in charge</i>

2. ASSUMING POSITIVE INTENTION

Negative Intention	Neutral Intention	Positive Intention
<i>Protecting their privilege, power, rank</i>	<i>They want to preserve their reputation</i>	<i>Protecting clients' safety & comfort</i>

3. RE-HUMANIZATION

My Feelings	My Needs
<i>hurt, anger, anxiety, worry</i>	<i>respect, support, to be understood, help others, innovate</i>

Other's Possible Feelings	Other's Possible Needs
<i>angry, anxious that I will sabotage their efforts, increase risk</i>	<i>community safety, ease suffering, competence, contribution</i>

4. MEANING

Old Meaning	Resulting Emotions
<i>They'll sacrifice long-term welfare & innovation to preserve world view, control, reputation</i>	<i>angry, offended (scared)</i>

5. REWRITING THE STORY

Misunderstanding?	New Story: no blame at all	Gains?
<i>They think I'm anti-psychiatry</i>	<i>Safety & outcomes are optimized when everyone's input is respected</i>	<i>safety, trust, collaboration</i>

6. DISSOLVING SELF-BLAME: REPEAT STEPS 1-5, DIALOGUE WITH SELF

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6. DISSOLVING SELF-BLAME: REPEAT STEPS 1-5 FOCUSING ON SELF