

# COMPASSION CULTIVATION TRAINING PROGRAM



LifeQuest  
Winter 2020

Website: <http://impeccablecompassion.com/lifequest>

Password: lifequestCCT

COMPASSION CULTIVATION TRAINING

# PARTICIPANT HANDOUTS

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1. WEEK ONE (JANUARY 15): *Step 1 – Settling and focusing the mind*
2. WEEK TWO (JANUARY 22): *Step 2 – Loving-kindness and compassion for a loved one*
3. WEEK THREE (JANUARY 29): *Step 3a – Compassion for oneself*
4. WEEK FOUR (FEBRUARY 5): *Step 3b – Loving-kindness for oneself*
5. WEEK FIVE (FEBRUARY 12): *Step 4 – Embracing shared common humanity and developing appreciation of others*
6. WEEK SIX (FEBRUARY 19): *Step 5 – Cultivating compassion for others*
7. WEEK SEVEN (FEBRUARY 26): *Step 6 – Active compassion practice*
8. Week Eight (MARCH 4): *Integrated Practice / Conclusion*



## WEEK ONE: *Orientation / Step 1 – Settling and Focusing the Mind*

### **THEME: Settling the mind and becoming more aware**

#### *Guided Meditation Practice in Class and for Home Practice:*

- Settling and Focusing the Mind (Deep cleansing breaths, followed by breath awareness and breath focus)

#### *Informal Daily Practices:*

- Start each day with a short mindfulness intention exercise
- Use the breath as a way to connect to present moment and find peace/focus
- Choose an activity to practice and enjoy mindfully
- Connect to the expansive quality of mind by spending time in nature/quiet
- Start and/or begin the day with several minutes of breathing meditation
- Throughout the day (5-6 times) do 1-2 minute breathing meditation sessions
- Reflect on any “resistance” you might encounter and investigate “what is behind this.”
- For several minutes a day remind yourself about your intentions for taking this course. As you breathe in, cultivate an awareness of these intentions. As you breathe out, cultivate an imagination that these intentions are being fulfilled.
- Reflect on the phrase “what to accept and what to reject.” Make a conscious effort to add something to your life this week and to take something away.

- Utilize Slogans throughout your day (eg. Be present; Just Breathe; Recognize what is going on)
- Try to cultivate mindfulness during your workday, bringing awareness to interactions and what you bring to them.

### **Intentions for Compassion Cultivation Training**

*Use this page to reflect on your personal intentions for cultivating compassion.*

**Why have you chosen to participate in this program at this time in your life? What has brought you here, at this moment? Why are you interested in cultivating greater compassion for yourself and others? What are your intentions for your own participation in, and contribution to, this course?**

### **Week 1 Meditation Practice**

Meditation: Settling and Focusing the Mind through Breath Focus

*Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.*

	<b>Practice Time</b>	<b>Questions &amp; Observations</b>
Day 1 (Th)		
Day 2 (Fri)		
Day 3 (Sat)		
Day 4 (Sun)		
Day 5 (Mon)		
Day 6 (Tues)		
Day 7 (Wed)		

## **Week 1 Meditation Practice**

Meditation: Settling and Focusing the Mind through Breath Focus

**Overall reflections on this week's meditation practice:**

**Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:**

## **Week 1 Informal Compassion Practice**

*Use this page to record any thoughts or observations about this week's suggestions, or your own strategies, for bringing compassion into everyday life.*