

# *Compassionate Separation from Mental Compulsions*

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# Agenda

- Describe mental compulsions
- Discuss Self-Compassion:
  - What it is
  - And not
  - And what's in it for you
- Breakout activities
- Reflections



# *Mental Compulsions*

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*Hi!*

I'm the problem, it's  
me.

- Sincerely,
- Mental compulsions



# *Mental Compulsions*

- Private
- Often unnoticed
- May be confused with obsessions

# *Mental Compulsions*

## Reviewing

Ruminating, replaying, retracing to figure it out or to hoard memories

## Checking

Conjuring up memories for review or testing

Assessing sensations for arousal or other physiological responses

# *Mental Compulsions*

## Neutralizing

Countering “bad” or feared thoughts, urges, or feelings with an opposite or safer alternative

## Reassurance

Mentally repeating reassuring statements that the feared consequences won't happen

# *Mental Compulsions*

Prayers, mantras, or chanting

To neutralize or prevent feared outcomes

Counting

Lines, steps, or other math for symmetry, just right feelings, to keep something bad from happening, or prevent other unwanted outcomes



# *Mental Compulsions*

## Reverse Ruminating

Forecasting about an upcoming event to “prepare” and prevent all that could go wrong

## Scenario Bending

Theorizing about what could have happened at a past event and evaluating possible responses for an indication of morality or preparedness

# *Self-Compassion*

The background features a series of overlapping, wavy horizontal bands. The top band is a deep red, which transitions into a purple band, and finally into a white band at the bottom. The waves are soft and fluid, creating a sense of movement and depth.

# *What is Self-Compassion?*

- Similar to having compassion for others
  - Noticing others' suffering
  - Feeling moved
  - Offering kindness and understanding
  - Recognizing we all suffer, fail, are imperfect, etc.



## *Three Elements of Self-Compassion*

- **Self-kindness** vs. Self-judgment
- **Common humanity** vs. Isolation
- **Mindfulness** vs. Over-identification

# *Tender vs. Fierce Self-Compassion*

## *Tender*

- Nurturing, gentle, kind, warm
- Allows us to heal our wounds
- Self-acceptance of imperfections

## *Fierce*

- Taking protective action
- Setting boundaries
- Changing harmful behaviors

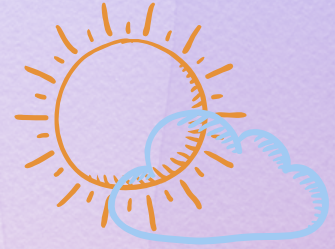


*Common Misconceptions about  
Self-Compassion*



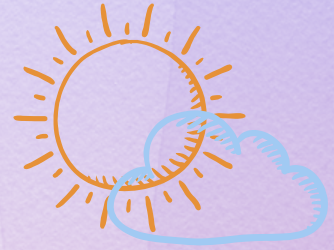
# Self-Pity

- ❑ Differs from self-compassion, where self-compassion allows you to see the related experiences of others to better connect with them.
- ❑ Emphasizes separation from others & isolation.
- ❑ Forgetting that others have similar problems.
- ❑ Ignores the connections between others.



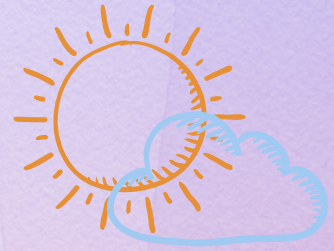
# Self-Indulgence

- Feeling of letting yourself “get away” with things.
- Extreme thinking or all-or-nothing thinking.
- Being compassionate means you want to be happy and healthy in the long term.
- Giving yourself permission in a way that is not threatening your health and well-being.



# Self-Esteem

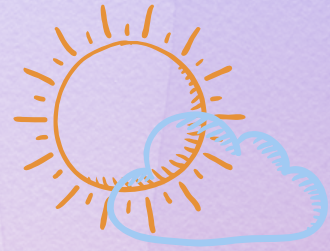
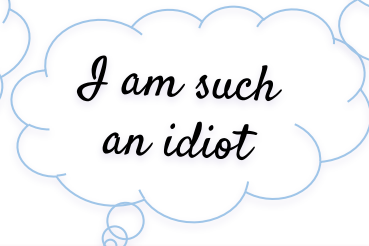
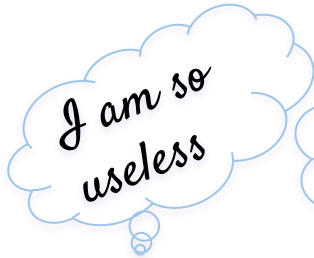
- Self-worth or perceived value.
- Based on our latest successes or failures.
  - Can be unstable.
- However, self-compassion is not based on self-evaluations or on external circumstances.
- Everyone deserves compassion and understanding.





# Barriers to Self-Compassion

- Fears of:
  - Letting yourself get away with things
  - Taking a break
  - Being selfish
  - Being seen as weak
- Self-criticism





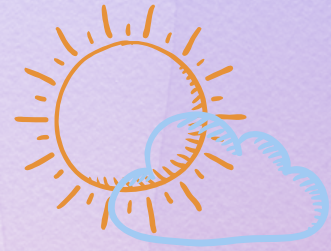
*Self-Compassion & OCD  
Treatment*

# Shame

- Shame is a feeling generated by thoughts



- Shame is othering





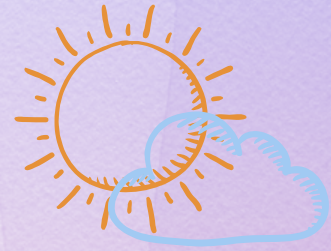
# *Intrusive Thoughts and Shame*



*These  
are bad*

*I'm bad  
for having  
them*

*No one can  
know*





YOU

—ARE—

*Amazing*





# *Compassion in Treatment*







# Breakout Groups

