

Compassionate choices agreement for MSC

*This program invites you to explore some areas that are intended to be enlightening and personally helpful. However, since we will be touching on issues of suffering in self and others there may be times that could be personally difficult or upsetting for you. **So we ask you to only venture into spaces that you are comfortable with. We ask you to be respectful and supportive of yourself on this journey.** If it's a struggle it's not self-compassion. Ideally every moment of self-compassion involves less stress, striving and work, not more.*

This is not a therapeutic program it is a resource-building program, we are all learning and building on the skills of self-compassion. All practices need to be done with the intention of developing and challenging yourself, but they should not be forced or be overwhelming. Overwhelm is not a helpful state, so compassionate choices along the way are your best ally. You are the only one who knows what is going on inside your skin – which makes you the caretaker of you!

Please take a moment to reflect upon and answer the following questions that relate to caring for yourself by making compassionate choices. Thank you, Tina

1. I agree to take care of myself while I participate in this MSC group.

2. If I am starting to feel overwhelmed, I will slow down and make compassionate choices in my best interest such as:
 - _____
 - _____
 - _____

3. If I need to take a break and stop thinking about this work – I will.

4. If I need to take time to process through my feelings - I will.

5. If I have any concerns or questions about the MSC course content I will email or phone Tina

6. If I need to reach out, I will call:
 - _____
 - _____
 - _____

7. I have a therapist/counselor who is aware I am doing this program, and whom I can call and meet with when I need to.

Name & Signature:

This form is for you to keep, it is your commitment to make compassionate choices, an important step to fostering greater self-compassion.