

## Compassionate choices agreement for MSC programs with Tina and Peter Gibson

*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 a slower pace, 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 mindfulness and self-compassion. **So we invite you to go slowly.** All practices need to be done with the intention of slowly developing and challenging yourselves; they need not be forced or overwhelming. Overwhelm is not a helpful state, so compassionate choices along the way are our best ally. You are the only one who knows what is going on inside your skin – which makes you the wisest caretaker of you! So please take a moment to reflect upon and answer the following questions.*

*This form and these compassionate choices are purely for you to keep and hold closely throughout the 8-weeks. Thank you, Tina and Peter*

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

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

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

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

If I have any concerns or questions about the MSC course I will contact Tina or Peter

If I need to reach out, I will call:

If I have a therapist/counselor they are aware I am doing this program Yes / No

Your name and signature: