Guiding Principles for Hawaii Mindful Self Compassion Course Spring 2023

To be seen, heard and acknowledged

Acknowledge others (see, hear)

Respect

Listening with open mind

Confidentiality – what is said in session, stays in session

Honesty

Ask about comfort with discussing group things and processes before beginning discussion outside of group setting

Try to understand

Give and recieve support

Be treated wtih and treat others with compassion

Treat whole person - complex, imperfect, capable of learning and growth

Practice good boundaries with group

Willing to forgive ourselves and others for any harm caused – and if harm occurs, being compassionate to self and others and permission not to forgive (each of us is on our own path with forgiveness and working to not judge others)

Boundaries – honoring our own internal boundaries and well as the boundaries of others in group

Assume positive intent