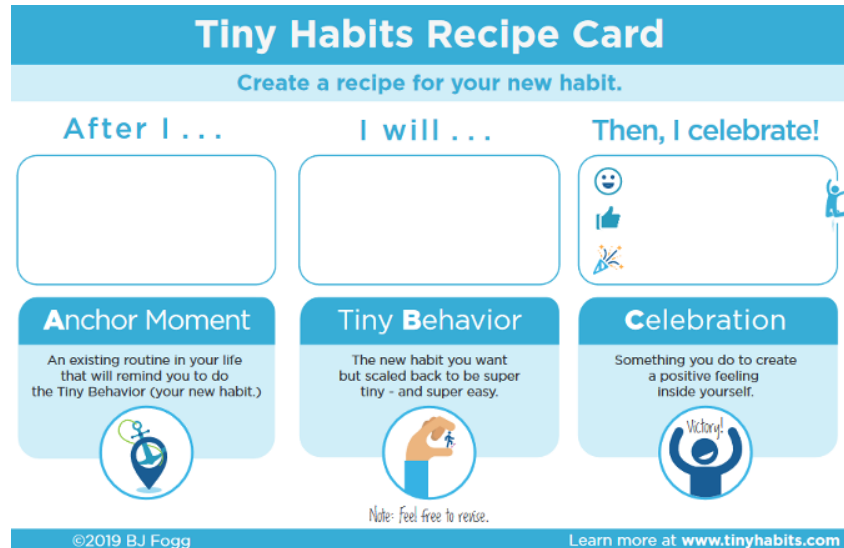


ASCEND Session 2: Compassionate Friend

Thank you for your interest in ASCEND. Please note that there are two components: 1) learning brief self-compassion practices and 2) learning how to embed these into your regular daily routine using the “Tiny Habits” approach. If you are NOT familiar with “Tiny Habits”, before proceeding, please first review “ASCEND: Tiny Habits for Self Compassion, Getting Started,” which you can find on the ASCEND website.



The image shows a 'Tiny Habits Recipe Card' with a blue header and footer. The header says 'Tiny Habits Recipe Card' and 'Create a recipe for your new habit.' Below the header are three columns: 'After I ...', 'I will ...', and 'Then, I celebrate!'. Each column has a large empty box for writing. Below these boxes are three sections: 'Anchor Moment' (with a location pin icon), 'Tiny Behavior' (with a hand holding a small object icon), and 'Celebration' (with a person raising arms icon). The footer contains the copyright '©2019 BJ Fogg' and the website 'Learn more at www.tinyhabits.com'.

Tiny Habits© with a Compassionate Friend (don't forget to celebrate!)

In these examples, replace “[my compassionate friend]” with their name: e.g. “... will recall Sarah’s kind-heartedness for a few moments.”

An alternative action for any of these triggers: “I will look at [my compassionate friend]’s picture on my phone and savor their kindness.”

- **After** I sit down with my morning beverage, **I will** recall [my compassionate friend]’s kind-heartedness for a few moments.
- After I walk in the door at the clinic, I will recall [my compassionate friend]’s kind-heartedness for a few moments.
- After I log onto the computer, I will recall [my compassionate friend]’s kind-heartedness for a few moments.
- After I get into bed at night, I will recall [my compassionate friend]’s kind-heartedness for a few moments.

You can also **practice your Compassionate Friend Tiny Habit** when you’re **stressed or upset**.

- **After** reading an upsetting email, **I will** take a breath and imagine how [my compassionate friend]’s compassion would feel.
- After an upsetting interaction with someone, I will take a breath and imagine sharing this with [my compassionate friend].