

# **Developing the confidence and self-esteem of beneficiaries**

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# Welcome and Introductions



# Getting the most out of the session



**Participate**



**Time keeping**



**Respect opinions**



**Open minded**



**Confidentiality**



**Use what you learn**



# Whistle Stop Tour.....



## **Our beneficiaries**

- Wide range of mental health issues;
- Impacted by multiple negative experiences in their life – some from childhood;
- Very low self-esteem, low mood, feelings of worthlessness;
- Some had disrupted education, few qualifications
- BUT – they were motivated to seek help and try a new challenge

## **Our approach**

- Understanding yourself; building self-esteem and self-compassion in a safe and non-judgemental way;
- Using 'lived experience' trainers;
- Help beneficiaries to learn new techniques to manage their mental health.

## **Our course**

Developing Self-Care and Compassion – 4 session over 4 weeks or 2 half days.

1. Understanding yourself
2. Developing self-compassion
3. Putting self-compassion into practice



grief  
Anxiety  
Phobia  
STRESS  
POST-TRAUMATIC  
STRESS  
Shame  
PANIC  
DEPRESSION



# Core Belief Exercise



What are *core beliefs*?

Can you list two *core beliefs* that you have about yourself  
(only if you are comfortable sharing)?

# What are Core Beliefs

- ❑ Your *core beliefs* are **ideas** or **philosophies** that you hold very strongly and very deeply.
- ❑ These ideas are usually **developed in childhood** or early in adult life.
- ❑ Core beliefs **aren't always negative**.
- ❑ **Good experiences of life** and of other people generally lead to the development of healthy ideas about yourself, other people and the world.
- ❑ Negative core beliefs because these are the types of belief that cause people's **emotional problems**.
- ❑ Sometimes, the negative core beliefs that are formed during childhood can be **reinforced by later experiences**, which seem to confirm their validity.



# Core Beliefs

Everyone looks at the world differently. Two people can have the same experience, yet have very different interpretations of what happened. **Core beliefs** are the deeply held beliefs that influence how we interpret our experiences.

Think of core beliefs like a pair of sunglasses. Everyone has a different “shade” that causes them to see things differently.



## Core Beliefs

Core beliefs are like magnets. They are always waiting to **attract** evidence which confirms them. The more evidence they collect, the stronger they get.

Unfortunately they **repel** anything which does not 'fit' with the belief. This makes it hard to 'see' or believe anything which would contradict or undermine them.

Core beliefs are not facts. With persistence they can be altered.



*I failed my exams when I was 15*

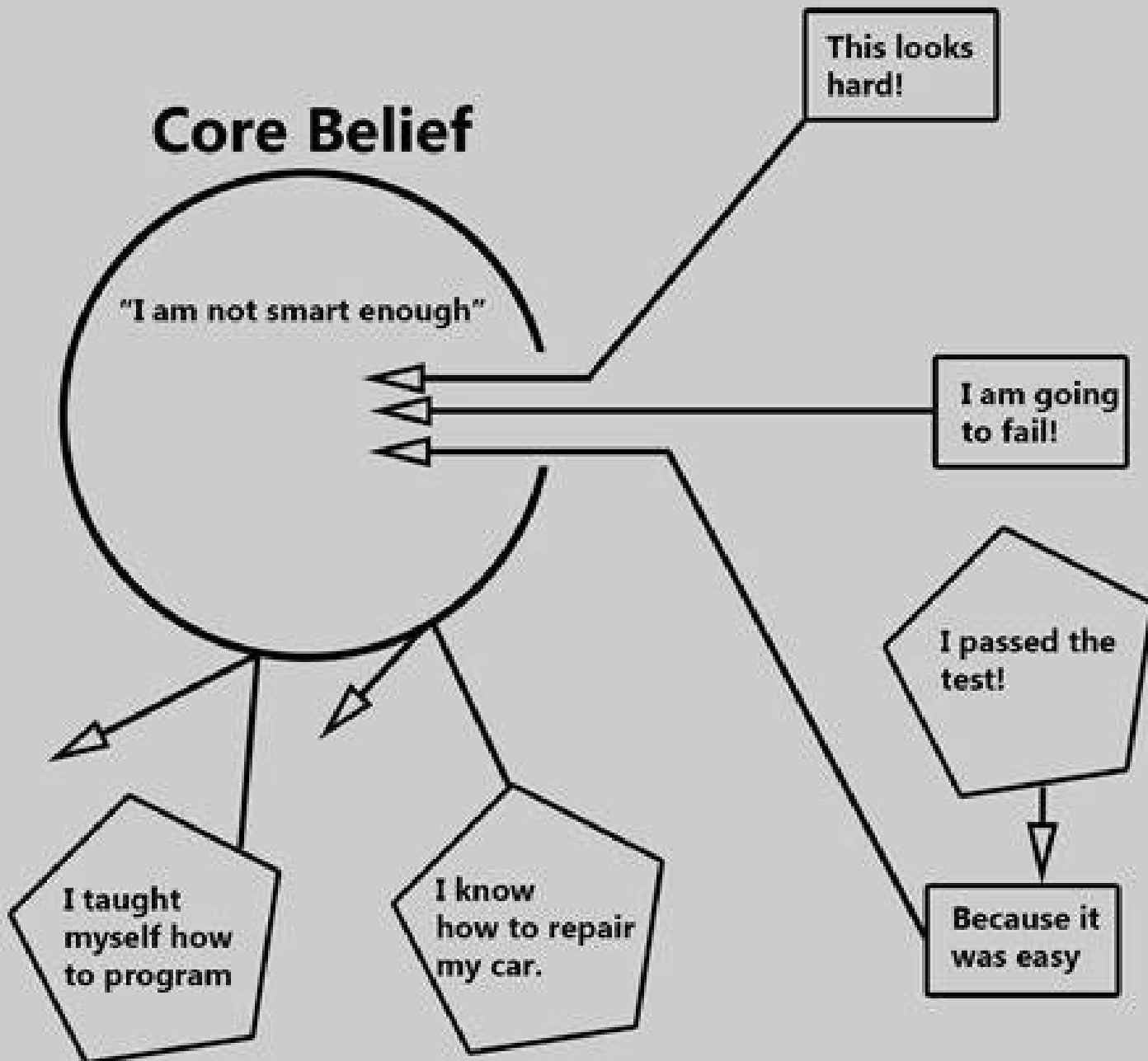
*I'm dyslexic and my teacher at school said I'd never amount to anything*

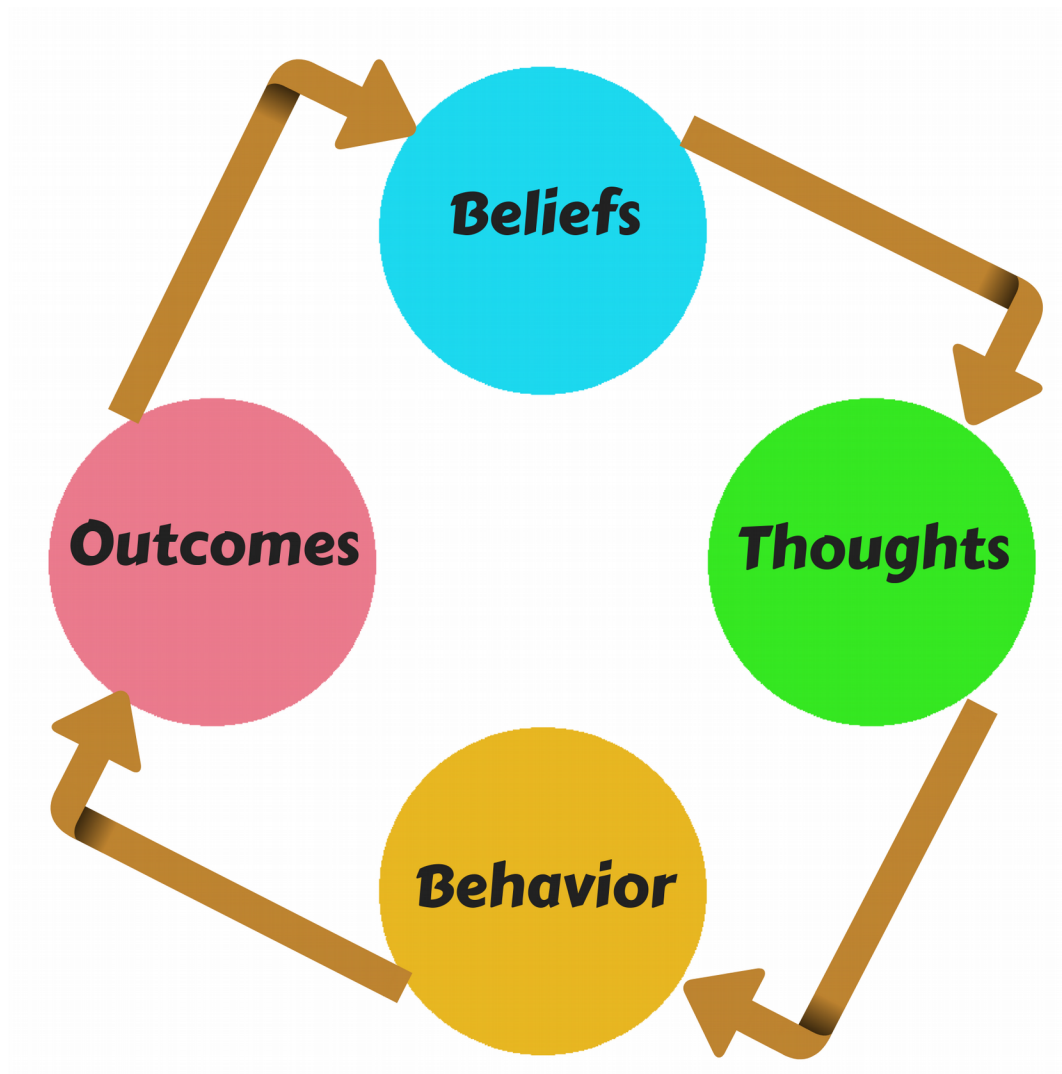
*I lost my temper & shouted at my children*

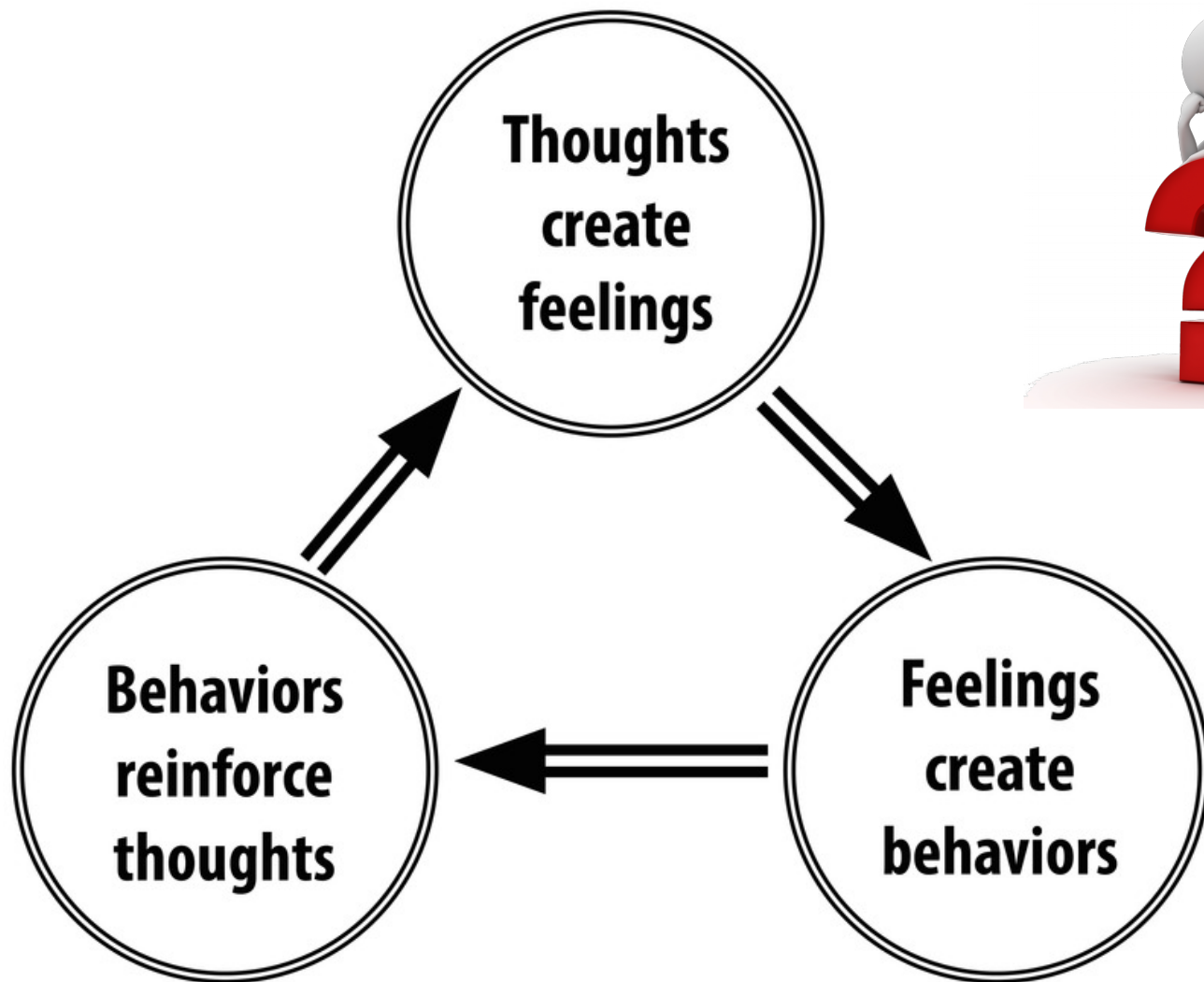
*I have successfully run my own business for 23 years*

*I won the pub quiz with my friends*

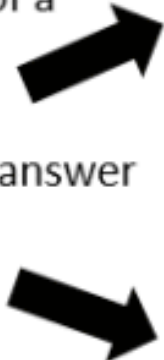


*My hobby is photography and I have exhibited pictures in a national event*









Situation	Core Belief	Consequence
You're a part of a team exercise and you think you know the answer to a question.  	I'm stupid 	<b>Thought:</b> "Why would they listen to me? I'm probably wrong."  <b>Behaviour:</b> Does not speak up.
	I'm not stupid 	<b>Thought:</b> "We'll get this project finished faster now that I understand it and know the answer".  <b>Behaviour:</b> Tells everyone they think they know what the answer is and how they came to that conclusion.



# Changing your Core Beliefs

1. Master the art of recognising your thoughts. **To change your beliefs, you have to be as honest as possible with what they are in the first place.** This involves becoming adept at catching your thoughts.
2. Break your thoughts down to beliefs. Keep a 'thought diary'. It helps you recognise what thought is upsetting you most, how true the thought is or isn't, and what the belief is behind it.
3. Ask just what it all means. A great question to dig out a negative belief can be: **If this thought is true, what does that mean?**
4. Try a perspective switch. *What would this belief look like to you if you were a famous star?*
5. Make an experiment of it. **The brain loves to think it has 'proof'. So if you can't seem to overcome a core belief, then it can help to** run a real time experiment that produces palpable results

# Changing your Core Beliefs

7. Learn your belief triggers. If you have a particular core belief that always gets the better of you and you can't seem to shake, it can help to learn what triggers it most and then find ways to troubleshoot the trigger. **Who are you with when this belief tends to rise up? Where are you? What are you doing? How are you feeling?**
  
8. **Seek external support to help you if needed.** Consider working with a cognitive behavioural therapist. CBT focuses on the link between your thoughts, emotions, and actions, and is evidence-based (proven by research) to help alleviate depression and anxiety.

# Thinking Styles Exercise



What are *thinking styles*?

Can you list two *thinking styles* that you identify with  
(only if you are comfortable sharing)?

# Unhelpful/Negative Thinking Styles (Thinking Traps)

When we are upset our thinking can change in unhelpful ways. Our thinking can become *distorted or unbalanced*. These are some of the most common unhelpful thinking styles. By recognising our unhelpful styles we can begin to change them.

## All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

## Over-generalising

*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

## Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

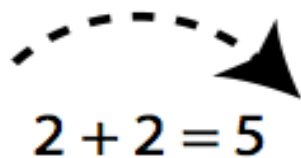
## Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

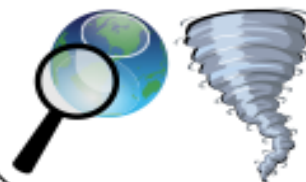
### Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**  
(imagining we know what others are thinking)
- **Fortune telling**  
(predicting the future)

### Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

### Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

# should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

### Labelling



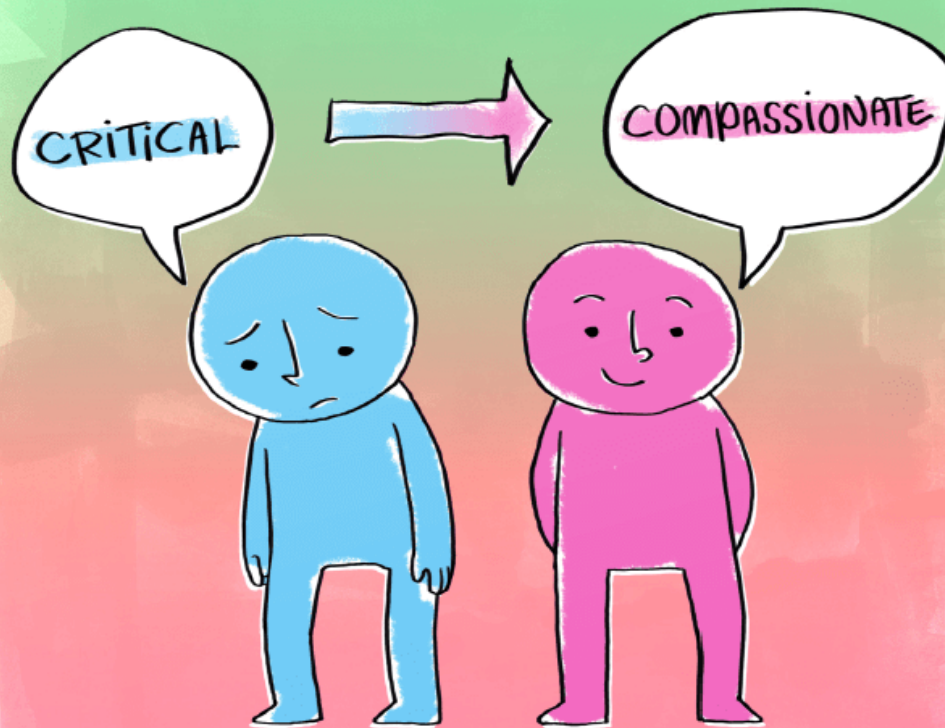
Assigning labels to ourselves or other people

*I'm a loser  
I'm completely useless  
They're such an idiot*

### Personalisation

## "this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.



Dear me, I choose  
a new inner voice...



# Self-Compassion



What is self-compassion?

Can you think of two ways in which you show self-compassion to yourself  
(only if you are comfortable sharing)?



Self-compassion involves  
responding in the same  
**supportive** and  
**understanding** way **to**  
**yourself** that you would with  
a good friend.

Perhaps when you have a  
difficult time, don't succeed  
at something you wanted to,  
or notice something you don't  
like about yourself.

# WHAT IS SELF-COMPASSION?

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## Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



## Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



## Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!

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# WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

## HAPPIER

Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



## MORE RESILIENT

Self-compassionate people bounce back more easily from set-backs are more likely to learn from their mistakes



## LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.



# Mindfulness and Self-Confidence

## Removing Barriers to confidence

- ❑ Lack of confidence is often caused by a constant stream of negative thoughts, and, behind that stream, our identification with these thoughts. If an inner voice is telling us that we are somehow unworthy, we assume that we 'are' in some sense that voice.
- ❑ The practice of mindfulness puts space between ourselves and our thoughts. We stand back and observe thoughts come and go. A popular and helpful metaphor for this is of watching clouds pass across the sky. They appear; they cover the sun; they blow away and are gone...
- ❑ Mindful practice puts a similar space between us and our emotions. In a mindful state, we stop identifying with our emotions. This is not the same as disowning them: the mindful person is not a robot, but someone who accepts emotions as part of who they are, but has choice over which emotions to give free reign to and which ones to step back from.
- ❑ This freedom to choose is not absolute, unless we work on

# BE KIND to YOURSELF

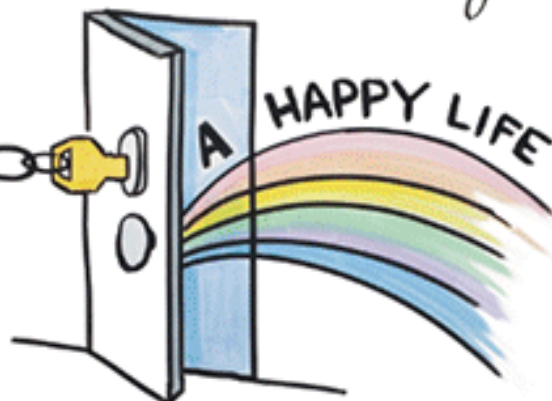
by KRISTIN NEFF



RESEARCH  
AND MORE  
RESEARCH



self-compassion



SELF-COMPASSION  
A SOURCE of STRENGTH  
and RESILIENCE

## 1 SELF KINDNESS



WE ARE AS CARING  
TOWARD OURSELVES  
AS WE ARE TOWARD  
OTHERS

## 2 RECOGNIZING OUR COMMON HUMANITY



SHARED HUMAN  
EXPERIENCE

## 3 MINDFULNESS

BEING OPEN TO THE  
REALITY OF THE  
PRESENT MOMENT



YOU ARE  
HERE

ACKNOWLEDGE  
OUR SUFFERING  
WITHOUT  
EXAGGERATING  
IT



MOMENT  
of CONNECTION  
WITH OTHERS

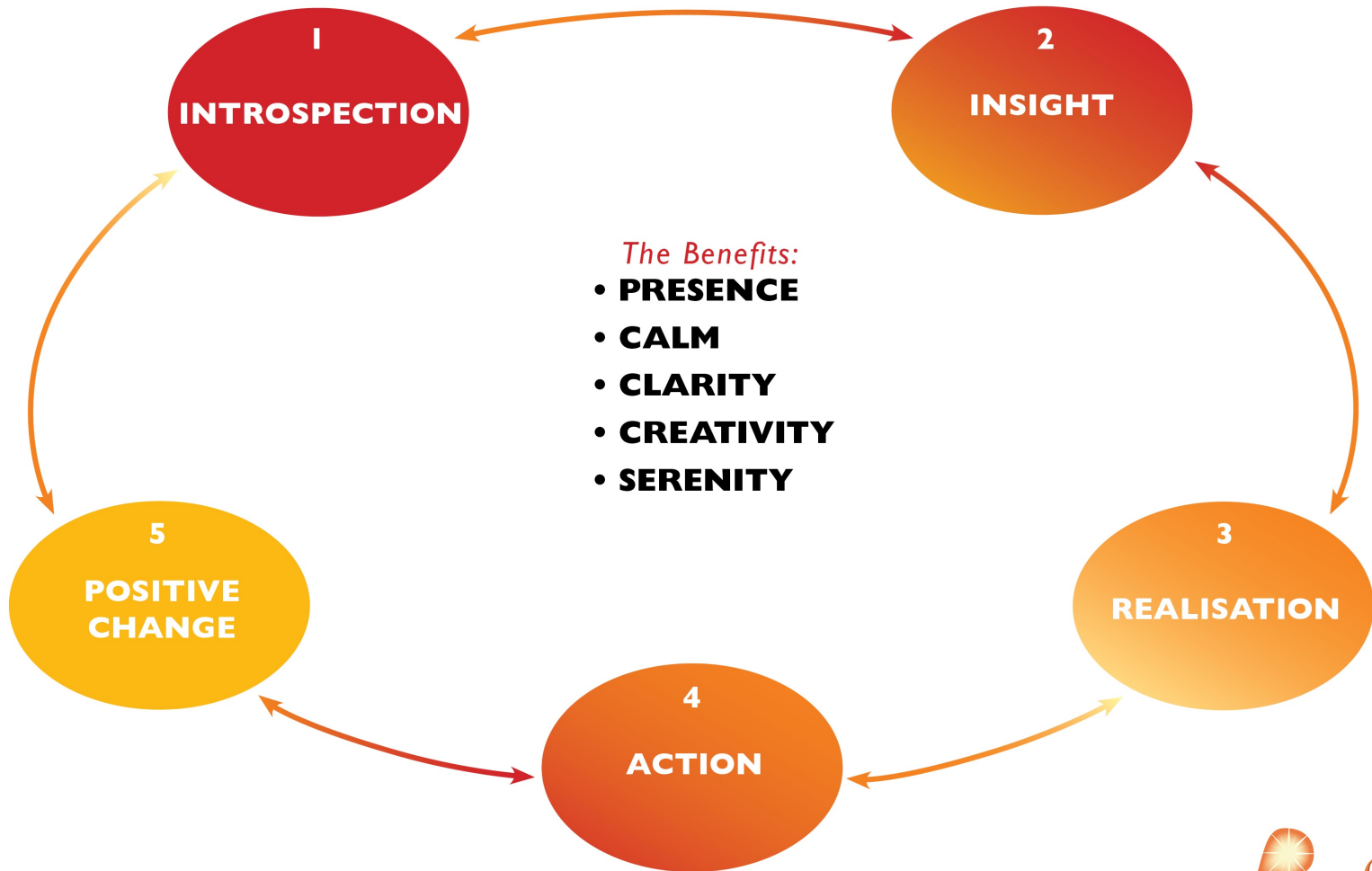


**Mindful Self-Compassion (MSC)** is the process of combining the skills developed through mindfulness with the emotional practice of self-compassion. While on first glance, the two might seem highly correlated, there is a distinction to be made. To really understand how the two work together, it's good to have a definition of each concept.

*“A moment-to-moment awareness of one’s experience without judgment. In this sense, **mindfulness** is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.”*

*“**Self-compassion** involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others, and self-compassion also helps to grow and sustain our compassion for others.”*

# MINDFULNESS





# Thank you

## Any questions...

### Email

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