

SF Love Dojo Weekly Homework, Practices and Workbook Readings
Ravi Chandra, M.D.

You might consider taking the [Self Compassion self-test](#) before you start, along the way, and after you finish.

Session 1 – Discovering Mindful Self Compassion

- Soothing and supportive touch
- The Self Compassion Break

These are found in the workbook pages 33-36. For this week, read chapters 1-5 of the workbook.

Session 2 – Practicing Mindfulness

- Affectionate breathing (on your own or with the guided meditations online) (p. 46)
- Soles of the feet exercise (p. 59)
- Mindfulness in daily life (p. 48)
- Self-Compassion in daily life (pp. 41-43 - what do I need now? and pp. 60-61, SC in daily life)

Workbook: Chapters 6, 7 and 8.

Session 3 – Practicing Lovingkindness

- Lovingkindness for a loved one (pp. 65-67)
- Compassionate Movement (not done during class) (pp. 36-37)
- Finding Lovingkindness phrases (and practicing with them) (also available as online guided meditation on my website.) (pp. 71-74)

The workbook chapters relevant for this week are Chapters 9 and 10.

Session 4 – Discovering Your Compassionate Voice

- Lovingkindness for ourselves (pp. 75-76)

- Compassionate letter to myself (there is a PDF instruction on my website, but also p. 84)
- Bonus meditation: [Lama Rod Owens - Reset & Refocus With Gratitude](#) - Gratitude with BLM in mind, from Lama Rod Owens - I liked this because it frames gratitude as a practice of reducing internal violence, as opposed to being grateful for conditions that include systemic oppression. Requires Insight Timer

Workbook chapters are 11, 12 and 13.

Session 5 – Living Deeply

The homework for this week:

- Giving and Receiving Compassion (pp. 111-113)
- Living with a Vow (p 106)
- Compassionate Listening (pp. 113-114)

Workbook chapters for this week: 14, 15

Session 6 – Meeting Difficult Emotions

- Being with difficult emotions pp 118-120
 - Labeling emotions
 - Mindfulness of emotion in the body
 - Soften-Soothe-Allow
- Being with shame (optional) pp. 126-129

Workbook chapters: 16 and 17.

Session 7 – Exploring Challenging Relationships

- Compassionate Friend pp. 134-137
- Self-Compassion Break in Relationships p.132
- Compassion with Equanimity pp. 141-143
- Discovering and Meeting Unmet Underlying Needs pp. 147-149
- [Weekly feedback form](#)
- Also, please feel free next week to share your emails with others in the chat if you'd like to stay in touch.

Workbook chapters: 15, 16, 18, 19, 20, 21 (whew! take it slow.)

Session 8 – Embracing Your Life

- [Compassion for Self and Others](#) meditation
- Gratitude for small things (pp. 164-165)
- Savoring (pp. 162-164)
- Appreciating our good qualities (pp. 168-172)
- Tips for maintaining a practice (pp. 173-174)

These are all in the workbook, chapters 22-24. FYI, there is research supporting the use of the workbook alone as boosting self-compassion. And you can take the [Self Compassion self-test](#) again to see where you are in your practice, and what areas you might still need work on. This scale can vary, but hopefully your trend will be positive.