



Session 3: The Unbreakable Bond



Joy and Compassion in the Face of Loss



*“Surely joy is the
condition of life.”*

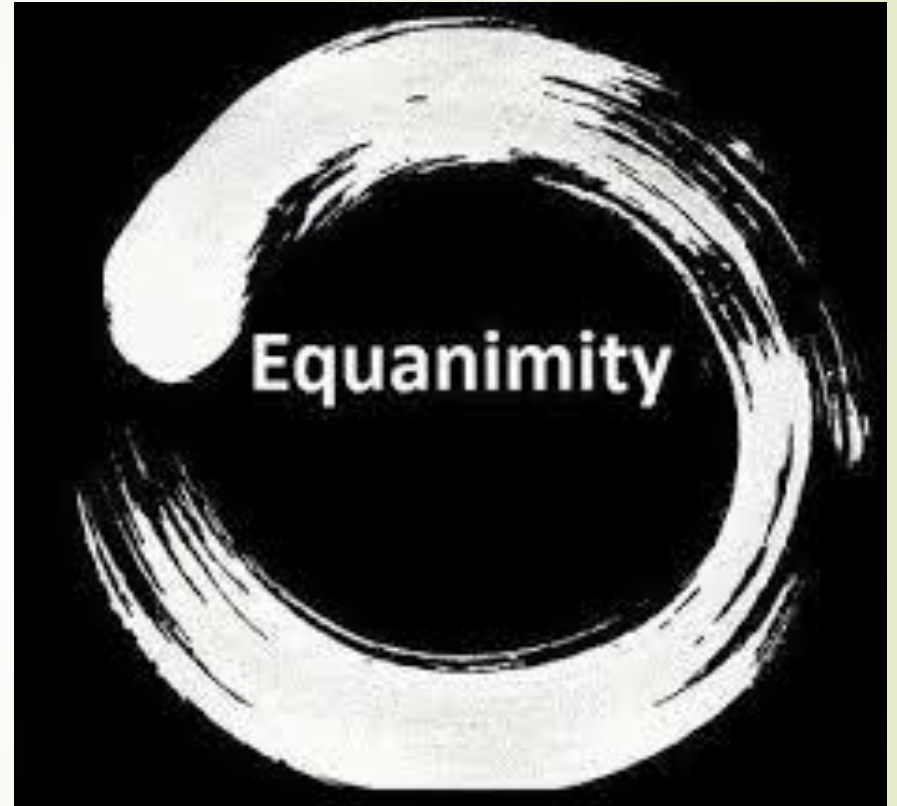
-Henry David Thoreau



Authentic Joy

Suffering is universal.
So is joy.

The 10,000 Joys and the 10,000 Sorrows





JOYLAB

The Science of Joy

LEARN MORE: [JOYLAB.COACH](https://joylab.coach)

WHAT IS JOY?

IT'S NOT THE OPPOSITE OF
DEPRESSION OR THE SAME AS
HAPPINESS

Joy runs deeper. It's more enduring. Joy can be accessed amidst a mental health struggle. It's a state of being where you feel peaceful, secure, buoyed up by something beyond your mind or your own efforts to feel good.



Joy is natural



Joy is your default setting. It is woven into our nature. It is accessible to everyone as a birthright gift. It is what remains when we stop wanting things to be a certain way.

Joy comes easily.



Joy is not difficult. It is not mysterious. It has less to do with effort than with allowing. It is less about grasping than about letting go. It is less about struggle than surrender.

Joy involves choice.



Each moment we are faced with this choice: Where do we place our attention? In other words, what do we nourish? The essence of the Joy Lab experiment is this: what happens when we do more to nourish the heart and soul?

FUN

AWE

EQUANIMITY

CURIOSITY

COMPASSION

HOPE

ELEMENTS OF JOY

LOVE

SAVORING

SYMPATHETIC
JOY

INSPIRATION

RESILIENCE

GRATITUDE

Savoring: The Other Side of Sorrow

We're wired for joy, but it needs to be fed.

Soaking In The 10,000 Joys





The Dopamine System



Depression
Anhedonia



Pleasure
Motivation

Grasping
Addictions

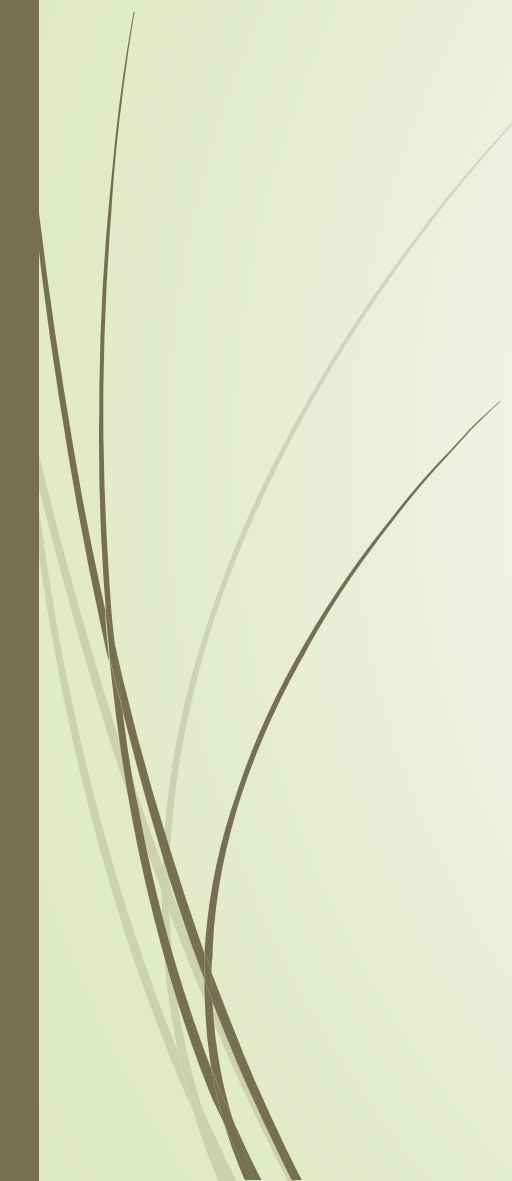


The Middle Way

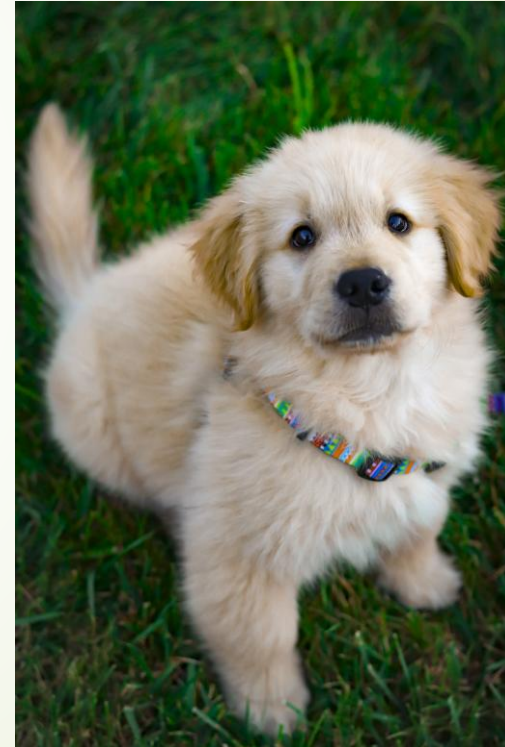




The Subtle Power of Savoring

- Improved coping with stress
 - Reduced opioid misuse
 - Positive attitudes toward aging
 - Protect soldiers from impacts of combat exposure
 - Reduced suicide risk
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A Simple Savoring Practice: Looking at Pictures



Wilson and MacNamara
(Psychophysiology 2021)



Compassion: A Path With Heart

“Life is so hard.

*How can we be anything
but kind.”*






The Antidote to Fear, Pain and Suffering

Strengthen Your Emotional Immune System



Five Levels of Compassion — Dr. Gabor Maté

- 
1. Ordinary Human Compassion
 2. The Compassion of Understanding
 3. The Compassion of Recognition
 4. The Compassion of Truth
 5. The Compassion of Possibility



Level 1: Ordinary Human Compassion

Acknowledge suffering
and help sustain ourselves
and others through it.

Survival of the Kindest

- ▶ We are wired for compassion
- ▶ It is an evolutionary advantage
- ▶ It is ordinary.
- ▶ It is also extraordinary





Two Choices: Compassion vs. Fear

Fear: The Me Response

- Self-focused
- Surviving the moment
- Builds a cocoon
- Face challenges alone
- Like a frightened child

Compassion: The We Response

- Other-focused
- Enduring in the future
- Builds a web of protection
- Face challenges together
- Like a soothing parent



Ordinary, and Simple

Supportive Touch



Level 2: The Compassion of Understanding

See what is without judgment.

Think more, not less.

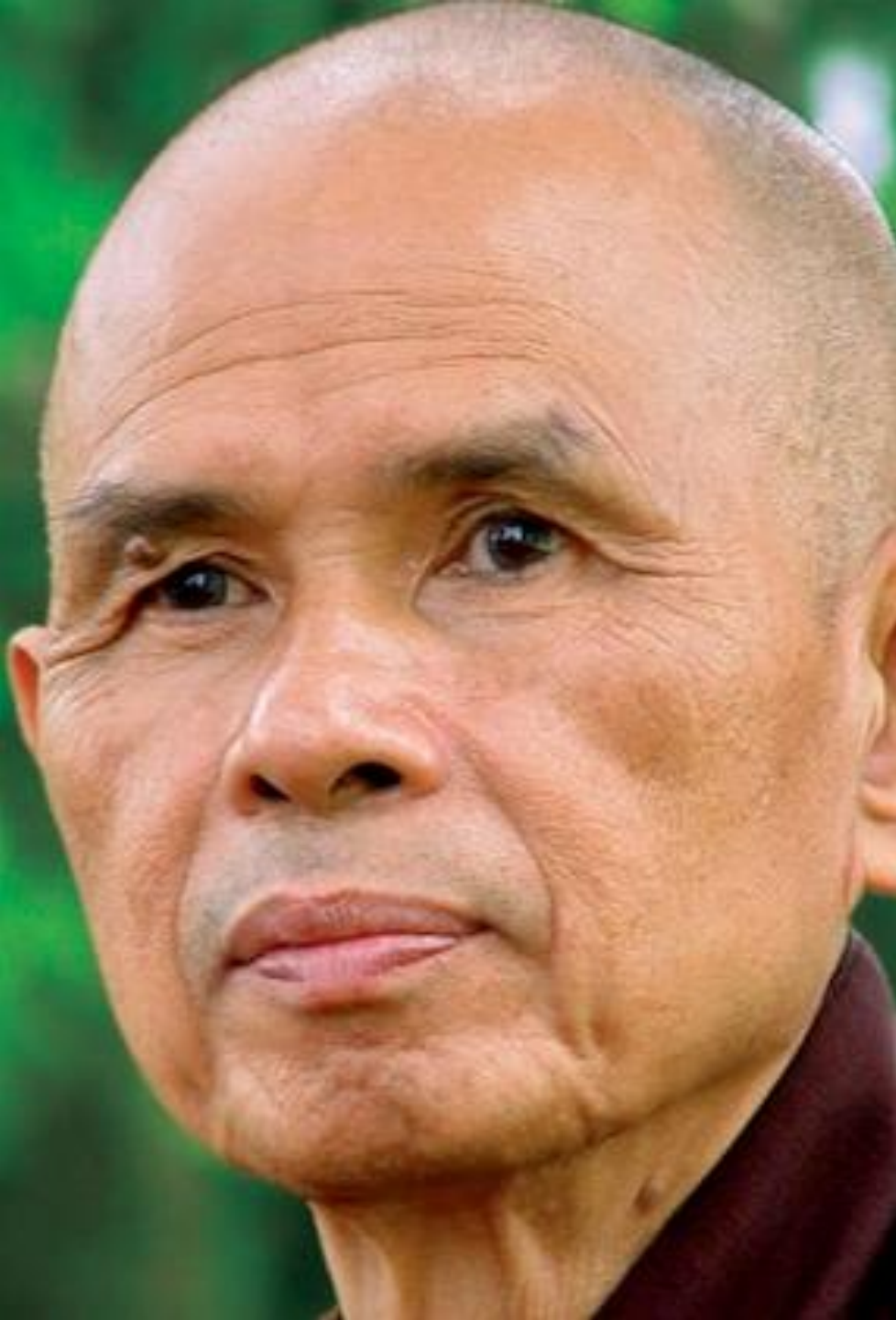
Go deeper.

Depression As An Example

“What happened to you?”
instead of “What’s wrong with
you?”

Parker Palmer’s Story





Help Them Empty Their Heart

- ▶ Listen Deeply
- ▶ No Fixing
- ▶ No Advising
- ▶ Just Genuine Curiosity and Presence



Level 3: The Compassion of Recognition

We are not alone in our suffering.

Think less, not more.

The person who is suffering is just like the rest of us.



We're Doing the Best We Can

Cutting Ourselves, and Others, Some Slack

The Illusion Of Separation



Shared Suffering, Shared Joy





Level 4: The Compassion of Truth

Help ourselves or others come to the truth of the suffering.

This is difficult, tender work.

Navigate Avoidance

- ▶ There's a reason for avoidance.
- ▶ Pain is inevitable and not the enemy.
- ▶ Avoidance of pain is not compassion.



Have Courageous Conversations

“The truth will set you free, but first it will piss you off.”

-Gloria Steinem



Find the Middle Way

► Truth without compassion is cruelty.

► Compassion without truth is enabling.





Level 5: The Compassion of Possibility

Look beyond the suffering or dysfunction and see what is good and right with someone, or with ourselves.



Seeing What's Possible Doesn't Guarantee it

This isn't about fixing, saving or denial.

It's about witnessing possibility without demanding it.



What Do We See?

*“How often you ask,
What is my path?
What is my cure?
Can't you see? -
what is that light
hidden under your cloak?”*

*Can't you see the mighty warrior
standing ready in your heart?”*

-Rumi



“

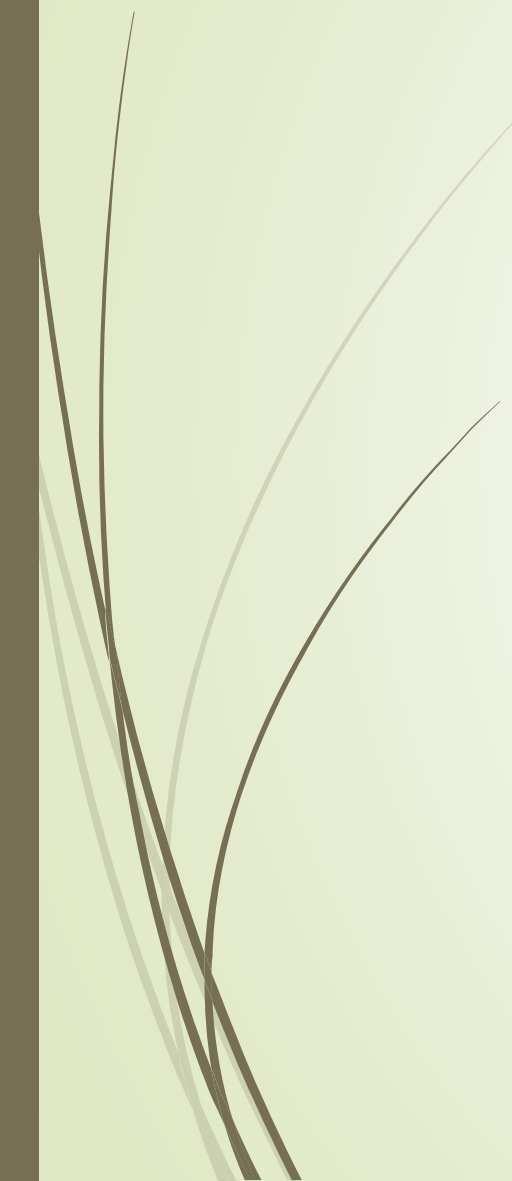
Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others.

”

— Parker Palmer



The Three Kindnesses

- Pattern 1: Someone being kind to another
 - Pattern 2: Someone being kind to you
 - Pattern 3: You being kind to someone else
- 



Reflect on the Past Week

Find 2-3 examples from each pattern:

- Someone being kind to another
- Someone being kind to you
- You being kind to someone else



Large Group Sharing

Share ONE example from each pattern:

- ▶ Something I witnessed was...
- ▶ A kindness I received was...
- ▶ Something I did was...

- ▶ Just witness. No fixing.



“If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.”

– Dalai Lama