

# Seminars on Family Violence and Prevention

Emotion Regulation Skills to Manage Violence:

A Mindfulness Based Approach

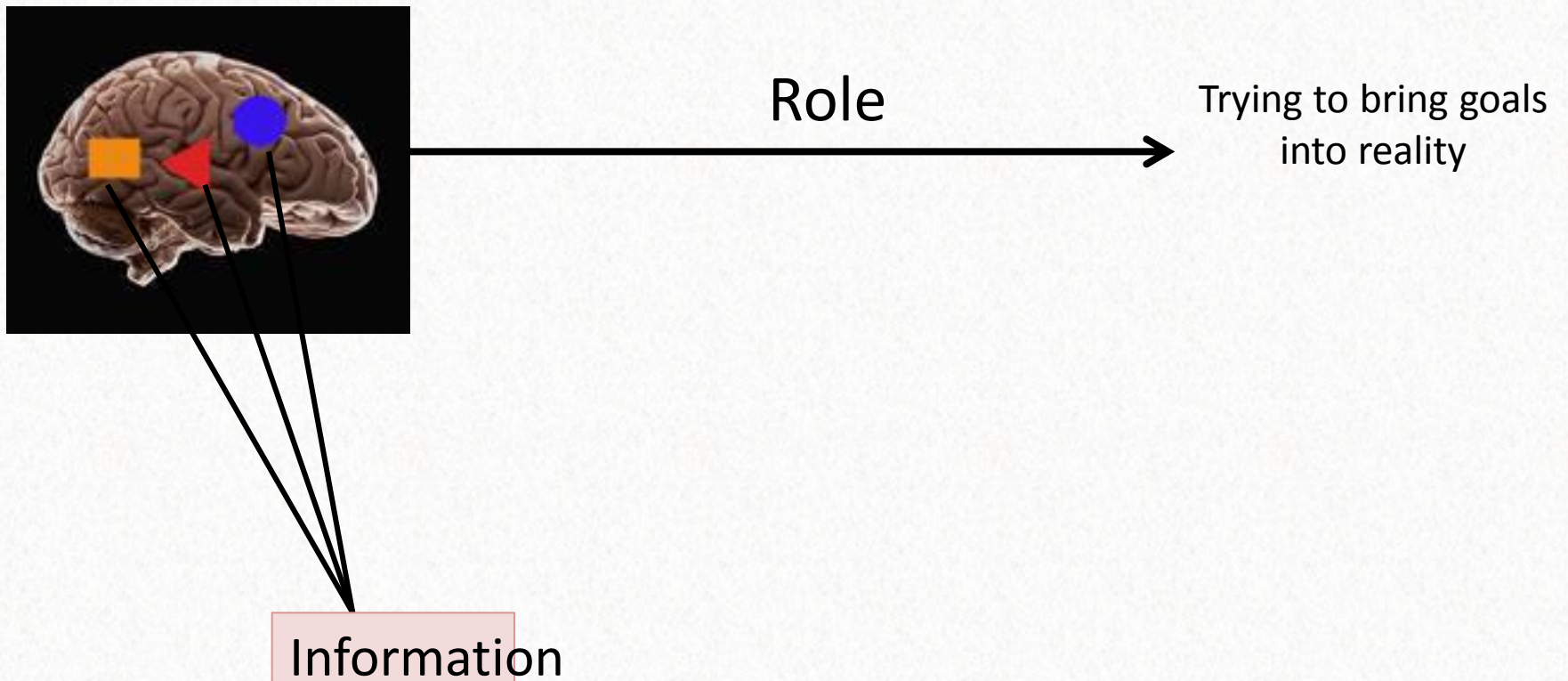
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# Question

- Why did you come here today?
- Was there anything else that you could do?
- Why choosing this one?
- How would you know that this is helpful or not?

# What does the brain do?



# Perception

- Awareness video link

[Video](#)



# A question?

How is it possible that a person has the required information / knowledge but doesn't act upon it?

# How is that so?

Stages to knowing:

1. Not knowing (NK)
2. Knowing (K)
3. Acting on what we know (Act)

# Question?

- Raise your hand if you have ever made a mistake.
- Raise you hand if you haven't.
- Raise your hand if you have intentionally made a mistake!
- Do you think you can intentionally make a mistake?



# Different emotions

- guilt / regret





# Question?

- Raise your hand if you have ever felt guilty or regretful.
- Example?
- Was it your fault?
- What advice would you give to your loved one in such situations?

# The message of guilt / regret

- It's unfair to punish a person because they are not older.
- The past is to learn from and grow.
- The only reason that we have a different answer now is because we have more information - which is a cause for celebration.



# Question?

- Are you Valuable?
- Why?
- What is your criteria?
- Is it based upon the liable factors?
- Do you have to prove it?

# Worth!

- I am valuable! Why? Because

**I am here!**



# Welcome yourself

“ The day will come that with elation you greet yourself arriving at your own door, at your own mirror! Each smiles at the other’s welcome and asks the other;

Sit down and eat. You will love again a stranger who was yourself.

Give wine, give bread, give back your heart to stranger who was with you all life. The stranger who knows you by heart.

Derek Walcott

# Coming Alive

“..Give up all the other worlds except the one to which you belong.

Sometimes it takes darkness and the sweet confinement of your  
loneness to learn that  
anything or anyone that does not bring you alive  
is too small for you!”

David Whyte