**Mending Broken Hearts, Ch. 1 Study Guide**

*Instructions: Use this sheet as a summary of some of the key points of initial Gentle Teaching education.*

## THE ESSENCE OF BEING GENTLE

<table>
<thead>
<tr>
<th>Culture of death...</th>
<th>Culture of life...</th>
</tr>
</thead>
<tbody>
<tr>
<td>✴ Based on control</td>
<td>✴ Based on companionship</td>
</tr>
<tr>
<td>✴ Leading to compliance</td>
<td>✴ Leading to community</td>
</tr>
<tr>
<td>✴ Centered on behavior</td>
<td>✴ Centered on the person</td>
</tr>
<tr>
<td>✴ Imposed change under the guise of choice</td>
<td>✴ Mutual change that starts with us</td>
</tr>
</tbody>
</table>

## A SPIRIT OF GENTLENESS

**A spirit of gentleness is about...**

- Our nonviolence
- Our sense of social justice
- Our expression of unconditional love
- Our warmth toward those who are cold
- Our teaching others to feel safe, loved, loving, and engaged
- Our teaching a feeling of companionship with the most marginalized
- Our forming community
- Our sense of human interdependence and solidarity
- Our option to be side by side with the most devalued

### Domineering...

- ☐ Focused on “bad” behaviors (what to rid the person of)
- ☐ Ordering people around
- ☐ Ridiculing
- ☐ Talking coldly
- ☐ Talking harshly
- ☐ Touching coldly
- ☐ Glancing coldly
- ☐ Ignoring
- ☐ Setting bad example
- ☐ Expecting too much
- ☐ Pushing too hard
- ☐ Being rigid
- ☐ Using token economy (rewards and punishments)

### Loving...

- ☐ Focused on what the person is becoming (safe and loved)
- ☐ Inviting talk
- ☐ Praising
- ☐ Talking warmly
- ☐ Talking softly
- ☐ Touching warmly
- ☐ Gazing warmly
- ☐ Paying attention
- ☐ Setting good example
- ☐ Increasing hope
- ☐ Helping and protecting
- ☐ Being flexible
- ☐ Giving unconditional rewards
### PILLAR 1: FEELING SAFE

<table>
<thead>
<tr>
<th>Feels Fearful and Meaningless...</th>
<th>Feels Safe...</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ A feeling of worthlessness&lt;br&gt;☐ So filled with fear that this is no connectedness, just clinging to one person or indiscriminately moving from one person to another&lt;br&gt;☐ Lacking a sense of self-worth&lt;br&gt;☐ Lacking a sense of self&lt;br&gt;☐ Enveloped by constant insecurity</td>
<td>☐ A feeling of self-worth and being grounded&lt;br&gt;☐ Knowing one’s place in the world and feeling well about it&lt;br&gt;☐ Having a circle of friends&lt;br&gt;☐ Accepting others&lt;br&gt;☐ Able to tolerate the changes in life knowing that you have a supportive circle</td>
</tr>
</tbody>
</table>

### PILLAR 2: FEELING LOVED

<table>
<thead>
<tr>
<th>Feels Unloved...</th>
<th>Feels Loved...</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Complaining&lt;br&gt;☐ Addiction to drugs or alcohol&lt;br&gt;☐ Poor grooming and dress&lt;br&gt;☐ Withdrawal&lt;br&gt;☐ Self-stimulation&lt;br&gt;☐ Hurting self&lt;br&gt;☐ Hurting other&lt;br&gt;☐ Irritability&lt;br&gt;☐ Running from caregivers&lt;br&gt;☐ Running from peers&lt;br&gt;☐ Screaming&lt;br&gt;☐ Hoarding objects&lt;br&gt;☐ Hurtful sexual expression&lt;br&gt;☐ Sense of worthlessness</td>
<td>☐ Asking for help&lt;br&gt;☐ Finding joy in others&lt;br&gt;☐ Pride in self&lt;br&gt;☐ Socializing&lt;br&gt;☐ Pride in hobbies&lt;br&gt;☐ Caring for bodily needs&lt;br&gt;☐ Helping others&lt;br&gt;☐ Contentment&lt;br&gt;☐ Finding joy in caregivers&lt;br&gt;☐ Finding joy in peers&lt;br&gt;☐ Sweetly communicating&lt;br&gt;☐ Sharing possessions&lt;br&gt;☐ Loving sexual expression&lt;br&gt;☐ Sense of self-esteem</td>
</tr>
</tbody>
</table>

### PILLAR 3: FEELING LOVING TOWARD OTHERS

<table>
<thead>
<tr>
<th>Despising Others...</th>
<th>Loving Others...</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Frowns, cries, clings, curses&lt;br&gt;☐ Grabs, hurts, disrespects&lt;br&gt;☐ Communicates harshly&lt;br&gt;☐ Withdraws&lt;br&gt;☐ Self-stimulates&lt;br&gt;☐ Prefers solitude&lt;br&gt;☐ Hordes</td>
<td>☐ Smiles&lt;br&gt;☐ Touches warmly&lt;br&gt;☐ Communicates joyfully&lt;br&gt;☐ Approaches others&lt;br&gt;☐ Stays with others&lt;br&gt;☐ Seeks out others&lt;br&gt;☐ Shares personal objects</td>
</tr>
</tbody>
</table>

### PILLAR 4: HUMAN ENGAGEMENT

Engagement is learning that it is good...

* to be together
* to do things together
* to do things for one another
* to do things for others