

Mending Broken Hearts, Ch. I 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

Culture of death...	Culture of life...
<ul style="list-style-type: none">* Based on control* Leading to compliance* Centered on behavior* Imposed change under the guise of choice	<ul style="list-style-type: none">* Based on companionship* Leading to community* Centered on the person* Mutual change that starts with us

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...	Loving...
<ul style="list-style-type: none"><input type="checkbox"/> Focused on "bad" behaviors (what to rid the person of)<input type="checkbox"/> Ordering people around<input type="checkbox"/> Ridiculing<input type="checkbox"/> Talking coldly<input type="checkbox"/> Talking harshly<input type="checkbox"/> Touching coldly<input type="checkbox"/> Glancing coldly<input type="checkbox"/> Ignoring<input type="checkbox"/> Setting bad example<input type="checkbox"/> Expecting too much<input type="checkbox"/> Pushing too hard<input type="checkbox"/> Being rigid<input type="checkbox"/> Using token economy (rewards and punishments)	<ul style="list-style-type: none"><input type="checkbox"/> Focused on what the person is becoming (safe and loved)<input type="checkbox"/> Inviting talk<input type="checkbox"/> Praising<input type="checkbox"/> Talking warmly<input type="checkbox"/> Talking softly<input type="checkbox"/> Touching warmly<input type="checkbox"/> Gazing warmly<input type="checkbox"/> Paying attention<input type="checkbox"/> Setting good example<input type="checkbox"/> Increasing hope<input type="checkbox"/> Helping and protecting<input type="checkbox"/> Being flexible<input type="checkbox"/> Giving unconditional rewards

PILLAR 1: FEELING SAFE

Feels Fearful and Meaningless...	Feels Safe...
<input type="checkbox"/> A feeling of worthlessness	<input type="checkbox"/> A feeling of self-worth and being grounded
<input type="checkbox"/> So filled with fear that this is no connectedness, just clinging to one person or indiscriminately moving from one person to another	<input type="checkbox"/> Knowing one's place in the world and feeling well about it
<input type="checkbox"/> Lacking a sense of self-worth	<input type="checkbox"/> Having a circle of friends
<input type="checkbox"/> Lacking a sense of self	<input type="checkbox"/> Accepting others
<input type="checkbox"/> Enveloped by constant insecurity	<input type="checkbox"/> Able to tolerate the changes in life knowing that you have a supportive circle

PILLAR 2: FEELING LOVED

Feels Unloved...	Feels Loved...
<input type="checkbox"/> Complaining	<input type="checkbox"/> Asking for help
<input type="checkbox"/> Addiction to drugs or alcohol	<input type="checkbox"/> Finding joy in others
<input type="checkbox"/> Poor grooming and dress	<input type="checkbox"/> Pride in self
<input type="checkbox"/> Withdrawal	<input type="checkbox"/> Socializing
<input type="checkbox"/> Self-stimulation	<input type="checkbox"/> Pride in hobbies
<input type="checkbox"/> Hurting self	<input type="checkbox"/> Caring for bodily needs
<input type="checkbox"/> Hurting other	<input type="checkbox"/> Helping others
<input type="checkbox"/> Irritability	<input type="checkbox"/> Contentment
<input type="checkbox"/> Running from caregivers	<input type="checkbox"/> Finding joy in caregivers
<input type="checkbox"/> Running from peers	<input type="checkbox"/> Finding joy in peers
<input type="checkbox"/> Screaming	<input type="checkbox"/> Sweetly communicating
<input type="checkbox"/> Hoarding objects	<input type="checkbox"/> Sharing possessions
<input type="checkbox"/> Hurtful sexual expression	<input type="checkbox"/> Loving sexual expression
<input type="checkbox"/> Sense of worthlessness	<input type="checkbox"/> Sense of self-esteem

PILLAR 3: FEELING LOVING TOWARD OTHERS

Despising Others...	Loving Others...
<input type="checkbox"/> Frowns, cries, clings, curses	<input type="checkbox"/> Smiles
<input type="checkbox"/> Grabs, hurts, disrespects	<input type="checkbox"/> Touches warmly
<input type="checkbox"/> Communicates harshly	<input type="checkbox"/> Communicates joyfully
<input type="checkbox"/> Withdraws	<input type="checkbox"/> Approaches others
<input type="checkbox"/> Self-stimulates	<input type="checkbox"/> Stays with others
<input type="checkbox"/> Prefers solitude	<input type="checkbox"/> Seeks out others
<input type="checkbox"/> Hordes	<input type="checkbox"/> Shares personal objects

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