



Project:
Honest sharing - evaluation

Description

Connectedness as the key to a fulfilled life - Honest Sharing is both a path and a goal. The Institute for Compassion offers the possibility to participate in "Honest Sharing" (according to Gopal Norbert Klein, 2019).

Through our autonomic nervous system, we humans, like all other mammals, can be in a beneficial and relaxed contact with other people and to form nurturing connections.

Often, however, our life circumstances contribute in one way or another to the fact that we not be able to develop this ability in a healthy form, usually without being aware of it. As a result, our systems remain in a certain degree of tension and lead to patterns of relationships and behavior from which we can suffer or even become ill.

Honest Sharing is a self-help method to help individuals or even a whole group of people into a relaxed and regulated state without a therapist. The participants exchange their inner movements within a simple but fixed structure.

Within the framework of a scientific evaluation, the mode of action of this program is to be initially in a pilot study described below:

Method

Subjects: 12 participants were enrolled.

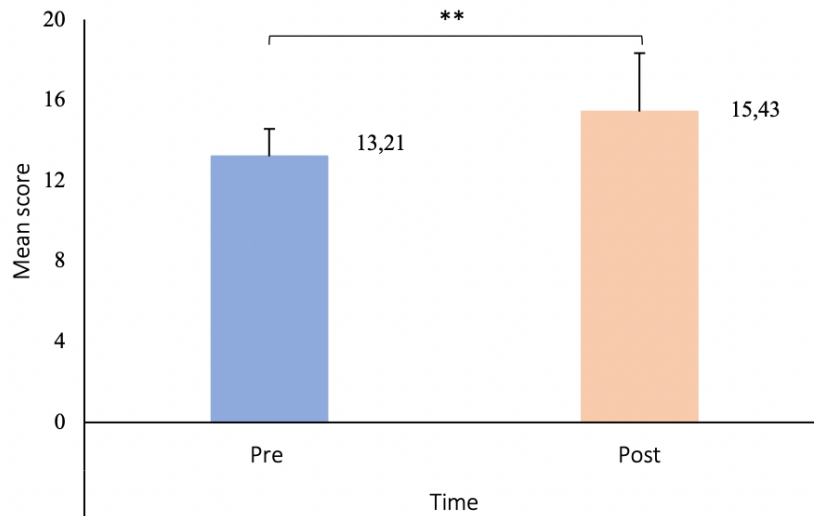
Intervention: honest sharing session, 1x weekly for 8 weeks.

Self-compassion scores were recorded via according to Neff's (2003) SCS-D questionnaire, using the translated version by Hupfeld. & Ruffieux, (2011).

Results

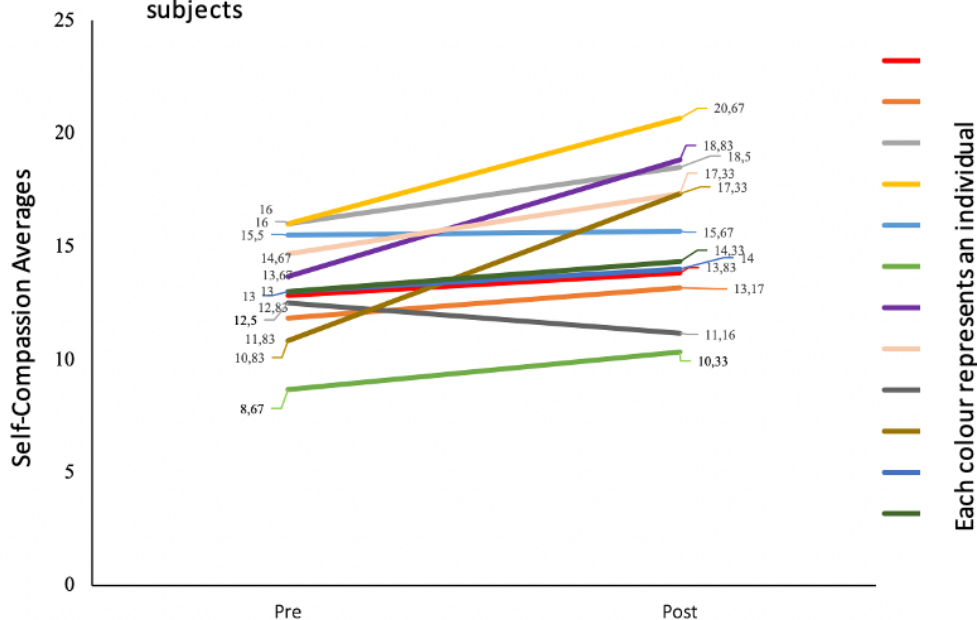
Descriptive statistics show a significant increase in mean scores in the total score. The inferential statistical analysis shows a significant effect.

Difference between pre self-compassion mean score and post self-compassion mean score (n=12)



When looking at the individual differences, there are few subjects (e.g., Subject 9) who also record an opposite course. Possible influencing variables outside the intervention may also have a covariation effect here.

Comparison of the self-compassion mean value of the individual subjects



Conclusion

Even with this small sample, it is evident that performing honest sharing once a week can have a significant effect on participants' self-compassion after 8 weeks.

In further studies, we seek to replicate these results, furthermore, we address the question of whether, in addition to self-compassion, compassion toward others is also changed by Honest Sharing.

Literature

- Hupfeld, J. & Ruffieux, N. (2011). Validation of a German version of the Self-Compassion Scale (SCS-D). *Journal of clinical psychology and psychotherapy*, 40 (2), 115-123.
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.