

## Enduring Capabilities

### 1. Attention and Self-Awareness



- a. **Attending to Our Body and Sensations:** Notice and describe sensations in the body, and understand how they relate to stress and well-being.
- b. **Attending to Emotions:** Attend to and identify one's emotions in type and intensity as they arise.
- c. **Map of the Mind:** Categorize emotions in relation to one's own experience and to existing emotion models.

### 2. Self-Compassion



- a. **Understanding Emotions in Context:** Understand how emotions arise within the context of underlying needs, perceptions, attitudes, and situations.
- b. **Self-Acceptance:** Accept oneself and one's emotions by understanding their context, allowing for a relaxation of self-judgment.

### 3. Self-Regulation



- a. **Balancing the Body:** Regulate the body and nervous system to optimize well-being, especially when affected by stress.
- b. **Cognitive and Impulse Control:** Direct and sustain attention on chosen objects, tasks, or experiences, avoiding distraction.
- c. **Navigating Emotions:** Respond constructively to impulses and emotions and cultivate the behaviors and attitudes that facilitate one's long-term well-being.

### 4. Interpersonal Awareness



- a. **Attending to Our Social Reality:** Recognize our inherently social nature and attend to the presence of others and the roles they play in our lives.
- b. **Attending to Our Shared Reality with Others:** Appreciate what we share with others on a fundamental level, such as wanting to experience happiness and avoid hardships, having emotions and body states, and other common experiences.
- c. **Appreciating Diversity and Difference:** Appreciate that part of our shared reality is the diversity, uniqueness, and difference of individuals and groups, learning to respect those differences and the way they add to our collective life.

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### 5. Compassion for Others

- a. **Understanding Others' Feelings and Emotions in Context:** Understand others' feelings and reactions in relation to the situations in which they occur, and understand that, like oneself, others have feelings caused by needs.
- b. **Appreciating and Cultivating Kindness and Compassion:** Value the benefits of kindness and compassion and purposefully nourish them as a disposition.
- c. **Appreciating and Cultivating Other Ethical Dispositions:** Value and foster development of ethical dispositions and prosocial emotions such as forgiveness, patience, contentment, generosity, and humility.



### 6. Relationship Skills

- a. **Empathetic Listening:** Listen attentively with the purpose of more fully understanding others and their needs.
- b. **Communication Skills:** Communicate compassionately in a way that empowers self and others.
- c. **Helping Others:** Offer help to others according to their needs and proportionate to one's ability.
- d. **Conflict Transformation:** Respond constructively to conflict and facilitate collaboration, reconciliation, and peaceful relations.



### 7. Appreciating Interdependence

- a. **Understanding Interdependent Systems:** Comprehend the interrelated nature of our world and the methods of systems thinking.
- b. **Individuals within a Systems Context:** Recognize how all individuals exist within a systems context, and how they affect and are affected by that context.



### 8. Recognizing Common Humanity

- a. **Appreciating the Fundamental Equality of All:** Extend the realization of fundamental equality and common humanity to those outside one's immediate community and ultimately to the world.
- b. **Appreciating How Systems Affect Well-Being:** Recognize how systems can promote or compromise well-being on cultural and structural levels, such as by promoting positive values or perpetuating problematic beliefs and inequities.



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### 9. Community and Global Engagement



- a. **Exploring One's Potential for Effecting Positive Change in Community and World:** Recognize one's own capacity to individually or collaboratively effect positive change based on one's abilities and opportunities.
- b. **Engaging in Communal and Global Solutions:** Explore and reflect on creative and collaborative solutions to issues affecting one's community or the world.