

COMPASSION EXERCISE

This exercise is to increase your sense of personal peace and compassion for others. Use this exercise as inner work if you are in conflict with someone, have negative thoughts about someone, a difficult history with someone etc. This can also be done with a group in mind.

Put your attention on that person or group and repeat to yourself:

1. Just like me, this person is seeking some happiness and contentment in his/her life.
2. Just like me, this person is trying to avoid suffering in his/her life.
3. Just like me, this person has known sadness, loneliness and despair.
4. Just like me, this person is seeking to fulfill his/her needs.
5. Just like me, this person is learning about life.
6. That person, not only is like me, at essence, that person is me and I am him/her.

This material is adapted from Marshall Rosenberg's work on Non-Violent Communication..