

WORKSHEET 2: COMPASSIONATE PRACTICES

Record your regular practice, choosing an activity	Personal comments and reflections on your practice
<p><b>Soothing breathing rhythm and mindfulness:</b> being 'in-the-moment'. Practise looking at things in new ways, noting the things you enjoy and can savour, no matter how small – e.g. the first cup of tea of the day, the warmth of a bath. Consider things you are grateful for in joyous, fun ways, no matter how small. Even noting the first cup of tea of the day or the smell of coffee.</p>	
<p>When in a place of quiet, focus on your <b>ideal compassionate/caring image</b>. It has the qualities of wisdom, strength, warmth and non-judging/condemning and gives these unconditionally to you, with the deep desire for you to flourish and be free from suffering. Practise feeling that flowing into you from your image. Remember that images can be fleeting and more felt than seen. Your image is well aware of how difficult our evolved brains/minds and lives can be for us.</p>	
<p>When in a place of quiet, focus on <b>feeling yourself to be a compassionate person</b> with the qualities of wisdom, strength, warmth and non-judging /condemning – which you direct unconditionally towards yourself. Also practise directing compassionate feelings towards others. In both cases (directing towards yourself and towards others), focus on the deep desire for you and others to flourish, be happy and free from suffering.</p>	
<p><b>Compassionate behavior:</b> choose and enact compassionate behavior that has the intention and deep desire for you and others to flourish and be free from suffering. This may include letter writing or acts of appreciation or gratitude or courageously doing something you are fearful of but would like to overcome. Make a commitment to look after and take care of yourself, as you would a dear friend. Seek out ways to learn assertiveness if you feel this would help you. Express your appreciation to others. Make a point of trying to be kind to others and see how you feel when doing that. Pay attention to how different things you do affect your feelings. If you're in conflict with someone or something, work on the most compassionate and helpful (non-submissive) way forward. Note any novel ways you have found to develop your compassion-focused lifestyle.</p>	