



CHAPTER 9: COMPASSION



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Therapy Session Number 9

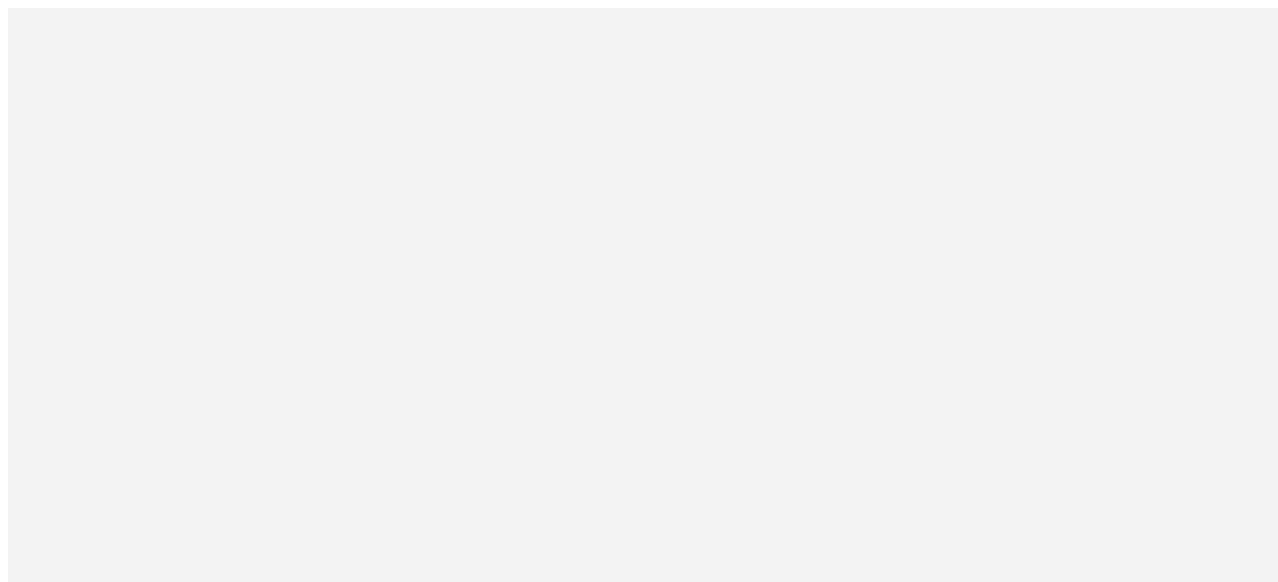
Welcome! In today's session, take some time to write about the following:

Recall a time when you felt somebody was compassionate toward you. Maybe they were kind, thoughtful, or empathetic. How did that feel? Did their response change your situation?

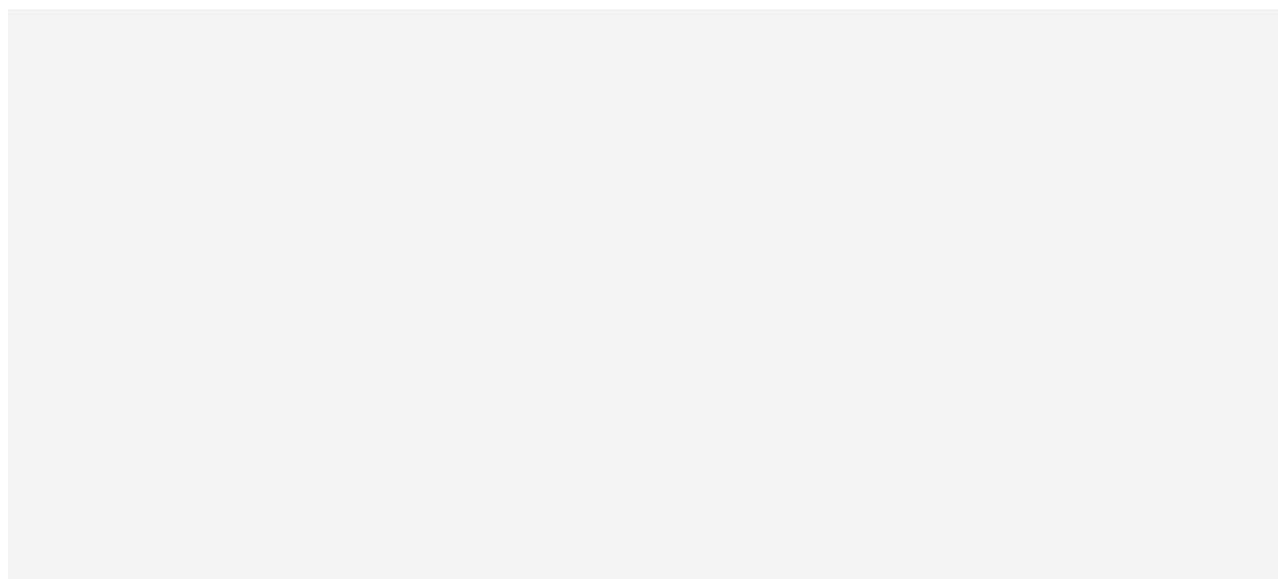
Recall an instance when you demonstrated compassion to somebody personally. How about professionally? Write about how this felt.

20 MINUTES

Consider how demonstrating more compassion might improve your relationships at work and even your finances. Write a best-case scenario describing how this could play out.



What's something you could do today to be more compassionate to the people in your life?



All this good karma will boomerang back at you, leading to true prosperity.



Increase Success Through Empathy

Answer the following questions:

What opportunities are there to show more empathy in your relationships? Scan through the list of non-empathetic and empathic responses and write down any ideas on what you can say to be more empathetic.

In what ways can you use nonverbal communication or active listening to express greater empathy?

What might be the benefit of being more empathetic in a relationship you want to strengthen? How would this improved relationship improve your life?

15 MINUTES; LIFETIME PRACTICE



Expand with Compassion

Respond to the following questions:

Reflect on a time in which you learned from a relationship or friendship with someone from a different background than you. What did you learn from this experience?

When have you experienced a compassionate connection with somebody and how did that feel? How did it promote positive change in your life?

How can you use what you've learned from these experiences to improve your relationships? How might this expand your life and success?

10 MINUTES; LIFETIME PRACTICE



Wield the Power of Lovingkindness

Respond to the following questions:

Choose a personal relationship you would like to strengthen. This could be a family member, your partner, or a close friend. Why is this person important to you?

List ten attributes you like about this person.

Circle three of these attributes and then find a way to communicate them to the person in the coming week. Notice the effects on your relationship and well-being.

15 MINUTES; LIFETIME PRACTICE



Pay It Forward

Answer the following questions:

How are you already being of service, altruistic, and/or charitable? How has this improved your mental health?

What keeps you from offering greater generosity in these areas? What needs to happen in order for you to expand your generosity?

How might paying it forward also lead to true prosperity?

15 MINUTES; LIFETIME PRACTICE



The Compassion Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

Active Listening: Being fully present to the person speaking to you, listening with all your awareness, making sure you clearly understand their message, responding thoughtfully, and remembering what has been said. How would you rate yourself when it comes to active listening?

Empathy: Understanding somebody's perspective and what they are feeling, sharing in that feeling, and having a desire to help them, if needed. When it comes to having empathy toward others, how would you rate yourself?

Kindness: How would you rate yourself when it comes to being friendly, warm, considerate, and thoughtful of others?

Encourage: Lifting others up by having faith and confidence in them and fostering hope is encouragement. How good are you at encouraging others?

Patience: Being gentle and understanding with others when they may be causing you some delay or inconvenience. How would you rate yourself when it comes to patience?

Generosity: Giving more than is required or expected in terms of time, information, assistance, services, money, or other resources. How generous are you?

Altruism: When it comes to selfless concern and devotion to the well-being of others, how would you rate yourself?

Open-Minded: When it comes to being open to different perspectives, thoughts, behaviors, and ideas without placing judgement, how would you rate yourself?

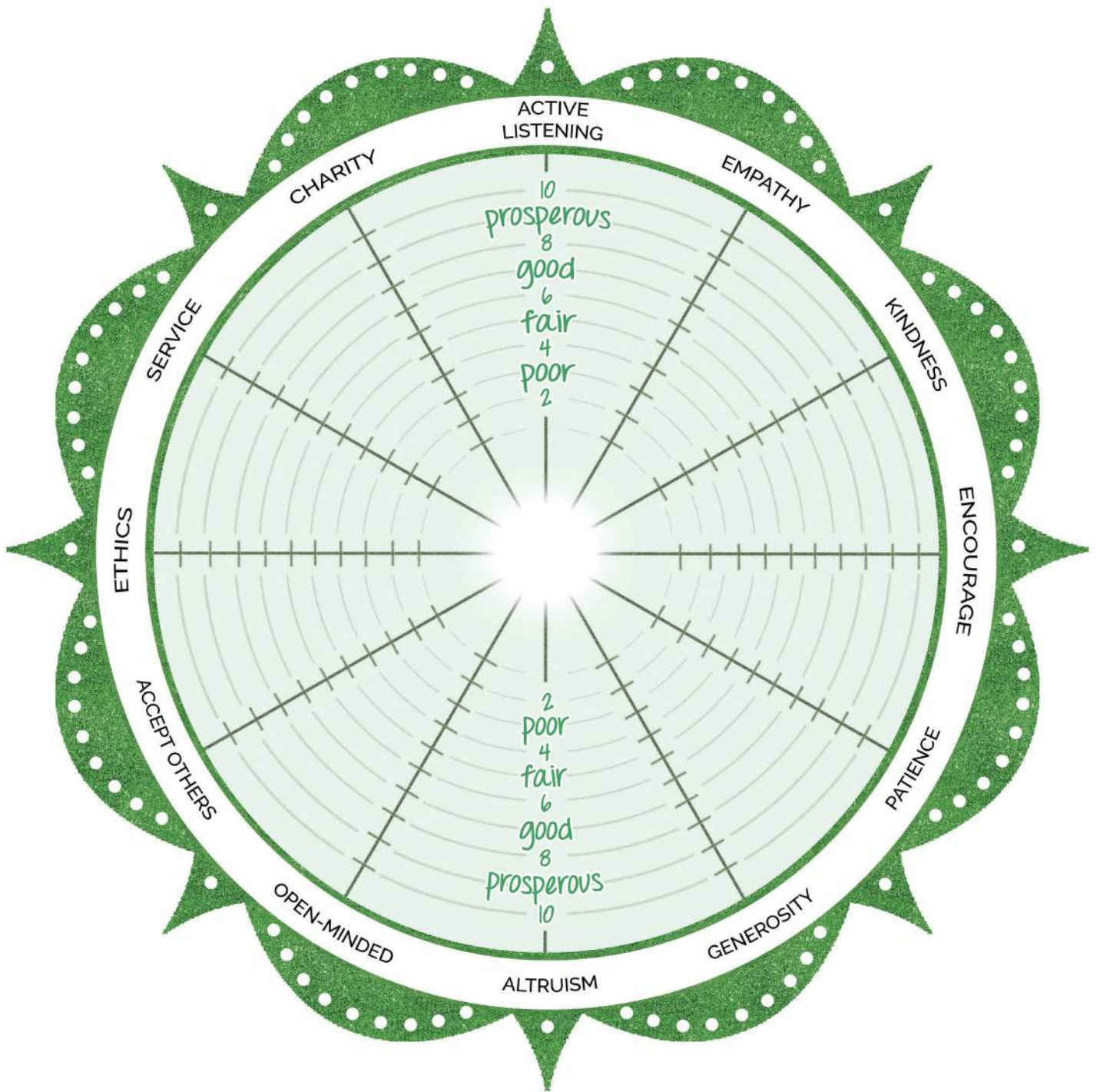
Accept Others: Multicultural awareness, acceptance, and affirmation. This includes acceptance of people from various races, cultures, ethnicities, religions, socioeconomic statuses, political orientation, sexual orientation, gender identity, and lifestyle. How would you rate yourself when it comes to accepting others?

Ethics: Upholding sound moral principles that govern your behavior both personally and professionally. Having mercy instead of displaying vengeance or litigiousness. How would you rate yourself when it comes to ethics?

Service: Being of service to a person, group, community, or cause through helpful behaviors, volunteer work, leadership, and other acts of contribution. When it comes to being of service to others, how would you rate yourself?

Charity: Note that this spoke refers to the Charity component on The Financial Health Wheel that you completed in the introduction. How would you rate yourself when it comes to donating money, food, or other resources to those in need?

Chart your responses on The Compassion Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Active Listening? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle. If you are having difficulty being honest with your responses, ask a trusted confidant to help you or imagine somebody close to you completing the wheel as if they were answering the questions about you.

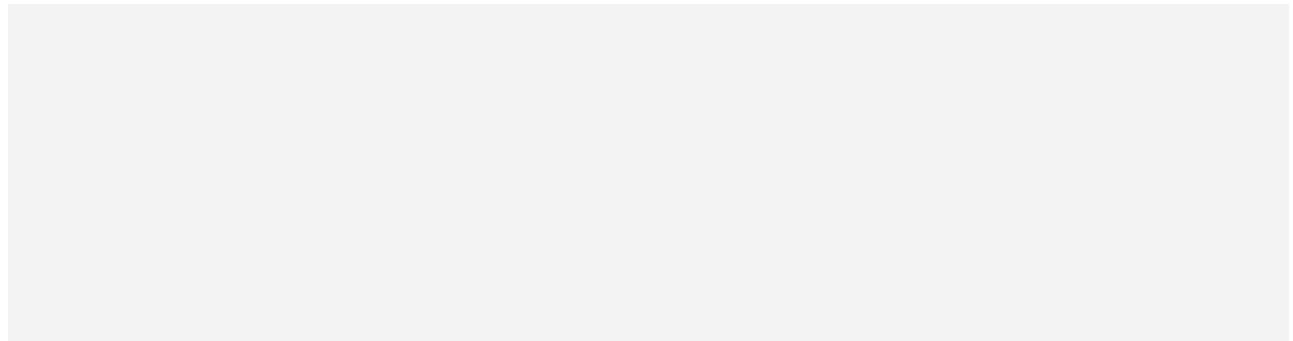


The Compassion Wheel

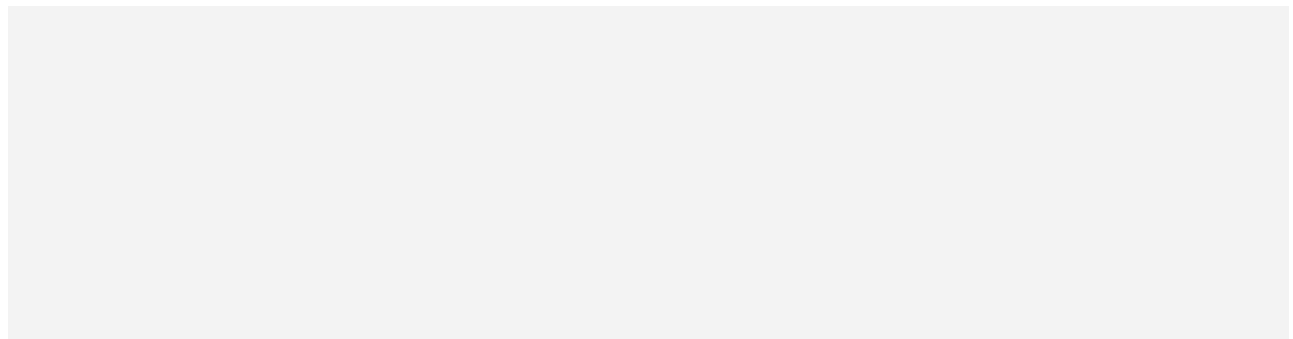
The Compassion Wheel

Don't worry about your scores. We are all works in progress and have room for improvement. Just be honest. Now, answer the following questions:

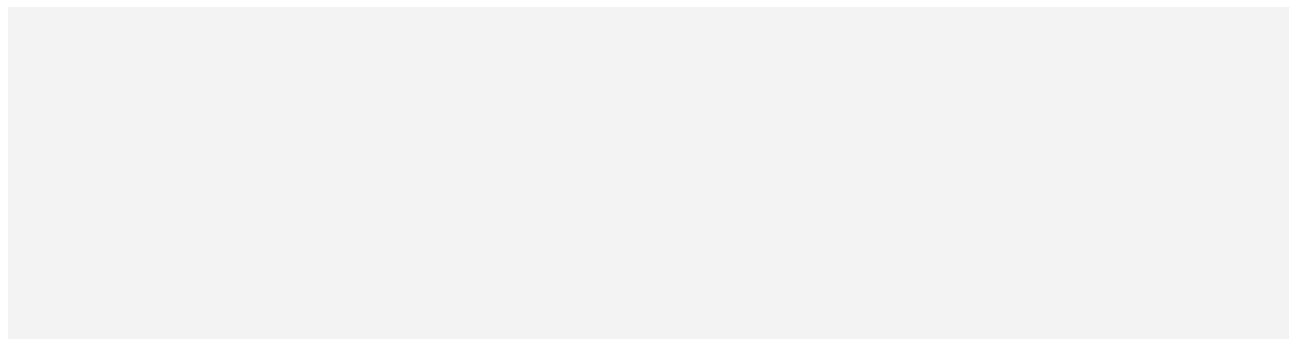
As you look at the biggest dents in your wheel, ask yourself why you scored lowest in these areas?



Do you value these traits or not? If not, how could this be limiting your prosperity?



What three action steps can you take to improve in each of these areas?



Revisit this exercise monthly or quarterly to continue to cultivate compassion. Date your wheel and file it for later reference!