



THE COMPASSION WHEEL

The Compassion Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to compassion. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke.



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(20 minutes)

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)

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? _____

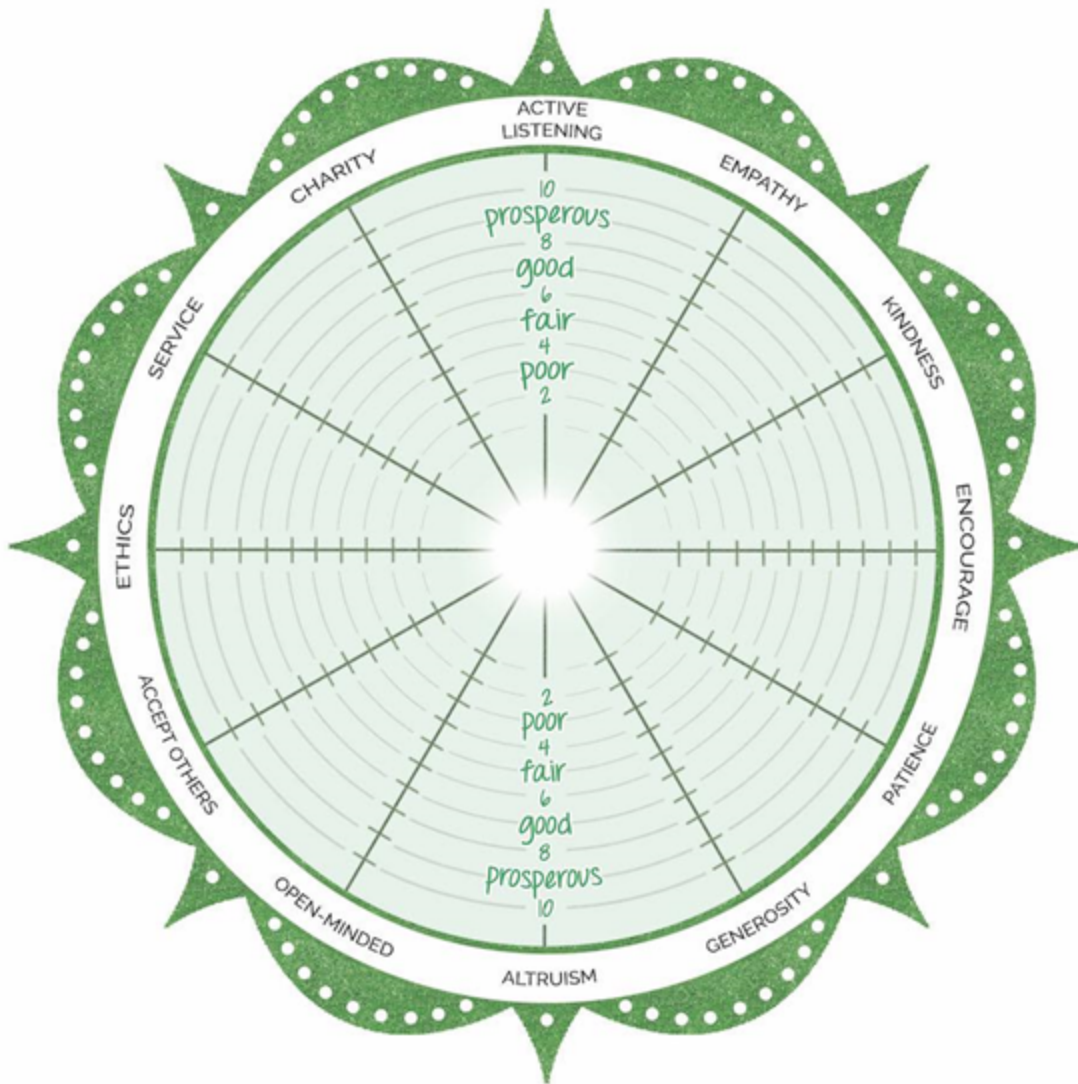
Accept Others: Multicultural awareness, acceptance, and affirmation. This includes acceptance of people from various races, cultures, ethnicities, religions, socioeconomic statuses, political orientation, sexual orientation, gender identity, and lifestyle. How would you rate yourself when it comes to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



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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!

Worksheet by Joyce Marter, LCPC

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