

# Compassion For Others, Compassion List, Activity & Reflection

My dad (RIP) was a super sensitive guy. Commercials made him tear up. For me, witnessing acts of kindness, reading, or watching stories of personal triumph and heroism are so touching and heartwarming. Every person has a story that is moving if we are open.

With so much need in our communities, it is easy to feel helpless to address these huge social maladies. Focus on one person at a time. Giving locally quells so much suffering and provide more comfort than you can even imagine. If each of us reaches out to our neighbor, one person helping another person, repeated by hundreds, then thousands, it would change an exponential number of lives.

The warm-up activity below will tap into your compassionate heart to support others in your immediate community. Your colossal surge of compassion heals.

## *Compassion for Others Activity*

**WHAT:** Identify the top three groups of people for whom you feel most compassion.

**WHY:** To decouple from excess by growing compassion.

**HOW:** Use the compassion list to identify which three living, breathing, needing, and deserving groups will get your stuff.

**TOOLS:** Computer or tablet. Phone. Paper. Writing utensil. Compassion list on page 115.

**TASK:** Write down your top three groups that make you feel most compassionate.

**TIME:** One hour.

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## Compassion List

Adults in career or life transitions	Military families. Veterans
Animals	Poverty
Children	Racial and social injustice
Educational outlets: schools, libraries	Refugees in your community
Environment	Religious organizations
Homeless/Housing	Suffering from local natural disaster
Job loss	Victims of abuse
Medical/Disease/Disabilities	Youth

Other \_\_\_\_\_

Write down the top three groups you feel most compassionate for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Reflection Activity*

**WHAT:** Of the three groups, for whom do you feel most compassion? In the space below, answer the reflection question.

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