

HANDOUT 12.6: COMPASSIONATE FORECASTING

Think about some Fears, Blocks and Resistances that you feel are still alive in you at this point of your journey and write them down. Notice whether you experience shame and self-criticism for these FBRs. Remember that they can be the most powerful gateway to experiencing more compassion in our lives.

What do you think would be compassionate in facing and addressing those FBRs? If you wanted to approach them with greater compassion, what would you do?

It might be something like “giving myself more time”, “changing my standards”, “remembering that all human beings are experiencing this or have experienced this in some form”....or maybe “connecting with a weekly practice group”.

My Fear, Block or Resistance	What would be helpful in being with and working with this FBR