

HANDOUT 3.2: SPOTLIGHT OF MY DAY: THREE COMPASSION EPISODES

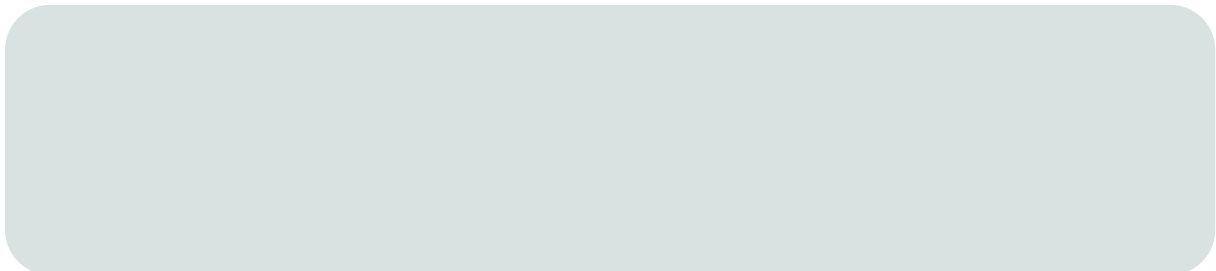
To train ourselves to orient our attention deliberately, try to think back to the past week and consciously place the spotlight on three situations in which you were kind to someone or someone was helpful to you.

Keep in mind that these can be very “small” things, like someone smiling at you, holding the door for you, calling a friend in need, carrying the grocery for the old lady at the store...

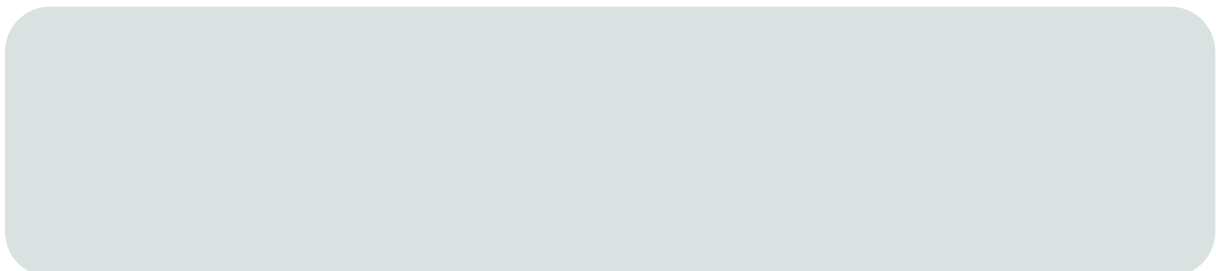
Try to focus on things you felt were helpful to you, things that made you feel good, or maybe just a bit “less bad”.

For each of these situations try to describe the bodily sensations, feelings and thoughts that accompanied them.

MY FIRST COMPASSION EPISODE



What sensations, feeling and thoughts accompanied or followed this compassion episode?



MY SECOND COMPASSION EPISODE

What sensations, feeling and thoughts accompanied or followed this compassion episode?

MY THIRD COMPASSION EPISODE

What sensations, feeling and thoughts accompanied or followed this compassion episode?