

HANDOUT 5.3: MEMORY OF A COMPASSIONATE SELF

Bring to mind a memory of a time in your life when you noticed someone was struggling and you felt called to help. Try not to focus so much on the distress, but rather on your own wish to be helpful. Notice the way your desire oriented your thoughts and behavior.

Briefly describe the memory:

What were you paying attention to?

What were you thinking?

How did that feel in your body?

How did you want to act?