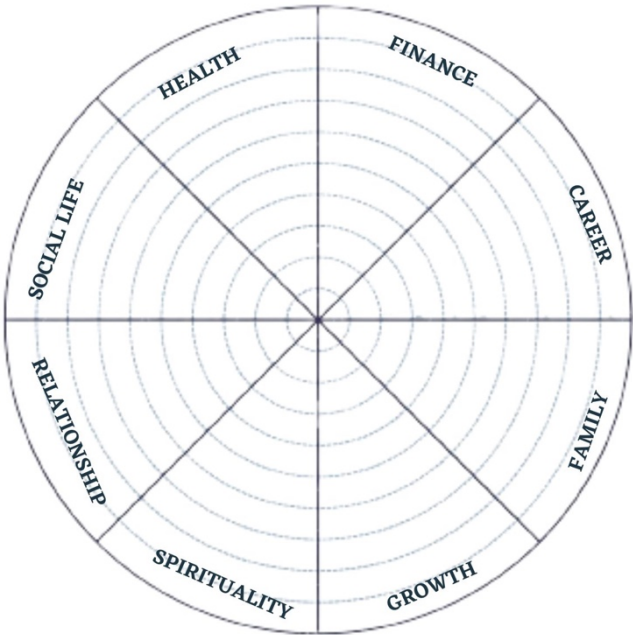


HANDOUT 9.7: COMPASSION PIE CHART

How much compassion do you feel is present in the different areas of your life? Are there differences between how it was before, how it is now, and how you would like it to be?

For each pie chart, fill in the slots starting from the center of the figure, based on how much compassion you were able to bring to that area of your life. By compassion we mean the ability to act sensitively and wisely toward things that were wrong, and to show courage to create a positive change. Do you notice any repeating patterns?

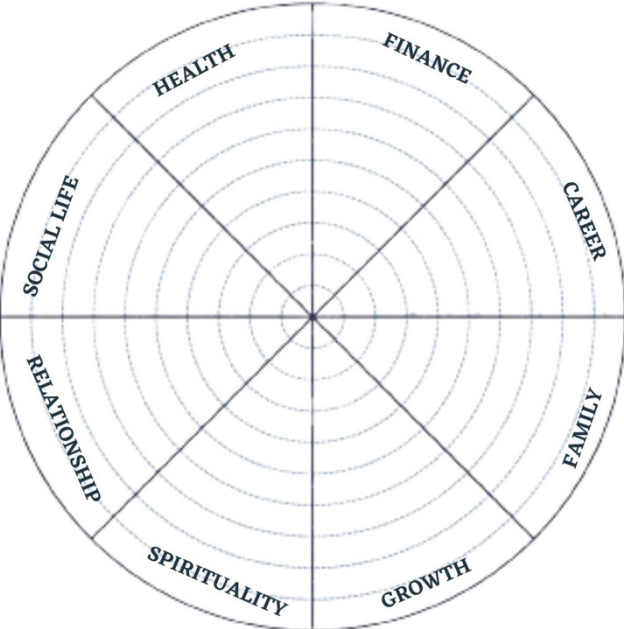
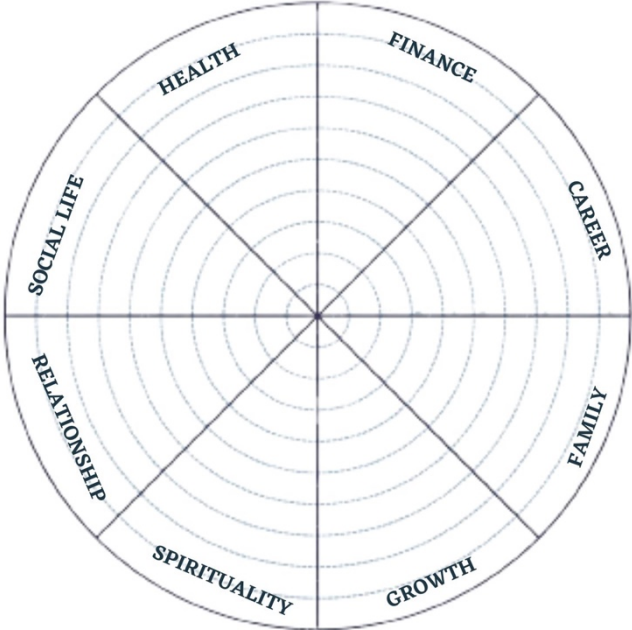


COMPASSION IN THE PAST

Notes

COMPASSION IN THE PRESENT

Notes



COMPASSION IN THE FUTURE

Notes