Title: Compassion Practices

Exercise Code: SLINTEGRA003

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| Modules: | Group size: | Duration: |
| 2. Professional Ethics  3. Personal Integrity  4. Professional Integrity  9. Intercultural dialog | Individual | 10-15 min |

# Purpose:

Empathy, as well compassion are often key components in what manifests in the social contex as altruism. Both in ethical therms and on practical basis they can become a conscious act by bringing immediate natural happiness into ones life. The key is to make it a habit.

# Description:

**Empathy Practice:**

The first step to cultivate compassion is develop empathy for other people. Here is example to practice: imagine that one of your closest loved one is physically or mentally suffering. Try to imagine: see, hear and feel pain. With more practice try to extend it to others who are ot so close to you.

**Oneness Practice:**

Instead to think about differences between you and others, try to think about similarities.

**Affirmations:**

Chose one of the following statements and repeat it one week 5 times per day:

1. Just like me, this person has known sadness, despair, lonileness.
2. Just like me, this person is seeking to fill own needs.
3. Just like me, this person seeks happiness.
4. Just like me, this person try to avoid suffering.
5. Just like me,…. (create your own sentence)

**Act of Kindness Practice:**

Every day choose one small behavior and make it as daily practice: a smile, a kind word, a favor, an errand for someone else, take time to listen, etc.

**Those who mistreat us practice:**

The final stage in compassion practices is reflection to those who mistreat us (your boss, stranger, family member, etc.) Did someone blame you about something it was not your fault? Spend few minutes being curious about person’s personal history. Try to imagine the mood and state of mind as well the suffering that person must have been going through to mistreat you that way. Acknowledge that he or she was doing his or her best, just the same as you were when you may have mistreated someone else. The necessary ingredients for natural happiness are forgiveness and compassion.

# Material: /

# Methods:

self-reflection, experiental learning

# Advice for Trainer:

If there will be decision to do this exercise in small group, then after certain period it has sense to an open discussion about group members practice and outcomes. In this case trainer should have group dynamics basic knowledge.

# Source/Literature:

Sonja Bercko. 2013. Znanje za ravnanje (Empathy). Velenje: Integra institute.

# Handouts: /