

# WORKSHEET: COMPASSIONATE REFRAMES

Think about something you're struggling with right now or in the recent past. Maybe it's something you beat yourself up about or find hard to forgive. Try to access your most compassionate self. If that is difficult, imagine how you might respond to a loved one, a friend, or a child. **Offer yourself kindness, grace, and forgiveness.** See the best in the situation and try to help alleviate suffering. **Now, practice extending that self-compassion outward.** Remember to view each situation with compassionate empathy, letting go of projection, and instead, giving people the benefit of the doubt.

**How do you respond with compassion in each of the following scenarios?**

You're walking down the street, and you smile at the person you pass. Instead of smiling back, the person has a scowl on their face and averts their gaze.

**How can you practice compassion in this moment?**

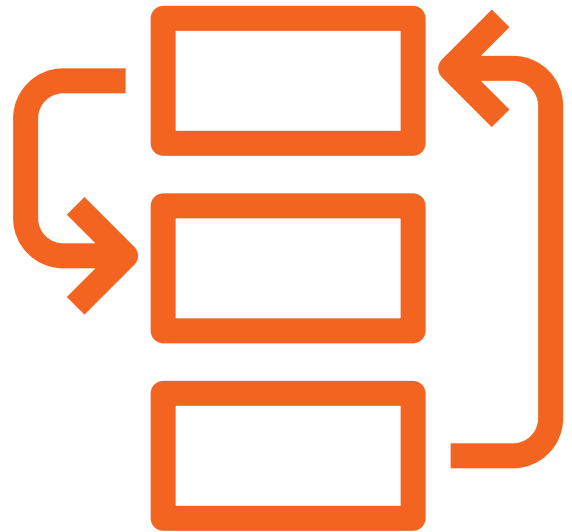
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You spent weeks preparing a presentation at work. In the middle of your presentation, a co-worker walks in late with a cup of coffee in their hand.

**How can you practice compassion in this moment?**

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You're at a grocery store and holding a carton of eggs. A parent is busy looking at the items on the shelf and does not notice their child bump into you and cause you to drop the carton of eggs, which crack and make a mess in the aisle.

**How can you practice compassion in this moment?**

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Now, think of a situation when you felt wronged, inconvenienced, or hurt and you did not respond compassionately. Try not to judge yourself. Instead, give yourself compassion and think of this as a learning opportunity. Take some time to recall the details of the event, including how you and the other person reacted. What might have changed if you took a moment to pause and respond – rather than react? From the perspective of compassionate empathy, what alternate perspectives emerge? **Take some time to write down how you could have responded differently.** Apply this lesson moving forward.

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