

Prompt-The Source of Compassion

- Share an aspect of your life where you have struggled or suffered. Provide as much or as little detail as you are comfortable sharing.
- Identify your response to your struggle. Was it to become bitter and judge yourself negatively? Or, did you feel greater compassion toward either yourself or those who are struggling with the same or a similar issue?
- Think about any obstacles you encounter to feeling compassion borne out of your own suffering. Judging mind? Cynicism? Self-criticism? Other?

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