

Sympathetic Joy Practice Exercises:

First scenario:

A colleague/friend has been promoted to a job that you were really hoping to get, and had worked hard for. In addition, the extra income is really needed by you and your family right now. Your colleague is very pleased about his promotion, and excited to share it with you.

You like your colleague a lot and want to be able to be truly happy for him, but you are feeling deflated and envious. In fact, it has hit you like a ton of bricks.

Please consider in your group:

1. Your fond feelings for your colleague, and your wishes for his success and happiness.
 2. Other feelings that are arising related to not getting the promotion.
 3. What skillful ways you might respond to all your feelings.
 4. What your responses might be to your colleague.
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Second scenario:

There has been a new ruling about the statue of Robert E. Lee in Emancipation Park. Your uncle, who was a favorite when you were a child, is a Civil War buff, and is happy about the statue of Lee remaining in the park because he has always admired the values, excepting slavery, that Lee stood for, and he sees a certain important heritage in that.

You are very upset, especially about the harm done in the events of last August 12th, and the pain you believe this statue causes.

Please consider in your group:

1. What kind of feelings are arising for you in this situation.
2. How might you see yourself expressing them?
3. Is it possible for you to have Sympathetic Joy for your uncle at this time?