

I AM COMPASSIONATE WITH OTHERS AND MYSELF

I am a very compassionate person. I find it easy to be compassionate toward others. It is natural for me to be concerned about their welfare. I am sympathetic to their struggles and challenges.

I treat other people the way I want to be treated.

I am also compassionate with myself. I deserve the same consideration from myself that I give to everyone else.

I accept that I am a person with flaws and challenges. I avoid holding myself to an unreasonable standard. I know that I am a good person, even if I am short of perfect.

I know how to be gentle with myself. I know how to be supportive of myself.

I show compassion to others and myself. The world would be a much better place if we were all more compassionate.

I know that everyone is fighting a personal battle that is unknown to me. I am sensitive to this fact. I have struggles that I wish others would be sensitive to. Life is challenging for everyone. We all deserve compassion.

Today, I am showing sensitivity, sympathy, and compassion to everyone I meet. I am also being especially kind to myself today. I accept the fact that I am a human being just like everyone else in the world.

REFLECTION QUESTIONS

1

How do I show compassion to others in their struggles and challenges?

2

What practices can I adopt to be more compassionate towards myself?

3

How can recognizing my own flaws help me be more patient and forgiving with others?