

I COMFORT OTHERS IN DISTRESS

We all go through periods of suffering. Seeing others in distress causes me to reflect on the periods in my life where I have been in pain and sorrow, too.

I am a compassionate person. When I see others suffering, I am moved by their distress. I set aside my own needs and reach out to those individuals to ask if they would like a listening ear or a friend.

Sitting down with others to listen to how they are feeling and hear their stories is my own unique way in which I can bring help to the suffering and joy to the sorrowful.

My gift of empathizing, listening, and offering a supportive shoulder to others is one which I freely give and expect nothing in return.

Today, when I see someone in tears, in physical pain, or emotionally suffering, I choose to reach out. I say something nice to them, give them a gift, do them a small favor, or just sit down with them to listen to their story. This is my way of paying it forward.

REFLECTION QUESTIONS

1

How do I show compassion and support to others who are suffering?

2

What are some ways I can offer help to someone in distress?

3

How does empathizing with others' struggles deepen my connections with them?