

# Mindful Compassion Worksheet

1. Follow the directions for the introductory mindful compassion exercise. Afterwards, write down some of your initial thoughts and feelings freestyle. Whatever comes up.
  
2. To help guide you through your process and relationship with mindful compassion practice, here are a few other question to contemplate and respond to:
  - Was it equally difficult or easy to practice compassion to self and others? If so, what might contribute to that?
  
  - Did any specific emotions, core beliefs, narratives, or thoughts arise that got in the way of sending compassion to yourself or others? If so, write them out.
  
  - \*Is there any specific people in your life that it's difficult to send compassion to? If so, what gets in the way of that? **\*Reminder:** There is no need to send compassion/forgive someone who has hurt you prior to you being ready. Healing happens on your clock.