

## EXERCISE:



### **A profile of your Compassionate Self**

What are the intentions and wishes of your Compassionate Self?

(for example, does it want to be helpful, supportive? Does it want the best for people?)

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What are the physical characteristics of your Compassionate Self?

(for example, what is its body posture, facial expression, or voice tone? Are any particular colours associated with it? Is it old/young, tall/short?)

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Given its intention to be helpful, what are the qualities, skills, and strengths of your Compassionate Self?

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What helps your Compassionate Self to be compassionate?

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If your Compassionate Self had a motto, or tagline, that captures what it is all about, what would that be?

(for example, “I want to be a person who is helpful and not harmful” or something short like that)

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