

EXERCISE:

A profile of your ideal Compassionate Other



What would your ideal Compassionate Other look like? Would it be human or non-human? (for example, it could either be human, an animal, or something in nature, like a tree or the ocean)

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What are the physical characteristics of your ideal Compassionate Other? (for example, if it has a face what sort of expression does it have? If it can speak, what would its voice sound like?)

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How would your ideal Compassionate Other show their compassion towards you?

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How would it feel to be in the presence of your ideal Compassionate Other?

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If you like drawing, maybe you could use this space below to draw your Compassionate Other for yourself