**Compassion Practice**

Preliminary practice

Noticing your reaction to what is uncomfortable or unpleasant. Instead of immediately pushing it away, just be with it or be curious about it.

Compassionate listening

Ways we listen

1. Peanuts cartoon parents
2. Can hear the other person but only in relation to “me”. Waiting to chime in.
3. Empathy – can understand other person’s point of view
4. Empowered – step into their own wisdom

Self-Compassion Practice

Hands over your heart – feel the warmth of the gesture

 This is hard. This hurts. This is a moment of suffering

 Other people feel this too

 What do I need?

Qualities of Self-Compassion

Being kind when we suffer – kind vs. judgmental

Seeing imperfection as a shared human experience – not isolating

Aware of negative thoughts and emotions – being mindful

From Kristin Neff, Ph.D *Self-Compassion* www.self-compassion.org

Feel free to contact me if you have any questions about your practice. Liz Korabek-Emerson