

“Just Like Me” Exercise

Often our compassion resilience relies on our ability to step back from negative encounters. Try this 5-step mindfulness exercise when you are with someone you serve, colleague or family member and feelings of compassion seem out of reach. Do it discreetly. With your attention geared towards the other person, tell yourself:

- Just like me, this person is seeking happiness in their life.
- Just like me, this person is trying to avoid suffering in their life.
- Just like me, this person has known sadness, loneliness, and despair.
- Just like me, this person is seeking to fill their needs.
- Just like me, this person is learning about life.