

# Compassion Fatigue: Connection to Trauma, Stages, and Assessments

## Section 3



## HEART: Commonalities Practice to Build Compassion

Try this five-step exercise when you are with a student, colleague, or family member and feelings of compassion seem out of reach. Do it discreetly and try to do all the steps with the same person. You can begin by simply bringing someone to mind. Eventually you can do this when you want to bring yourself out of a place of judgment in a tough interaction with another person. At the root of it all, we are all human beings that crave attention, and recognition, and affection, and above all, happiness.

With your attention geared to the other person, tell yourself:

- Step 1: "Just like me, this person is seeking happiness in their life."
- Step 2: "Just like me, this person is trying to avoid suffering in their life."
- Step 3: "Just like me, this person has known sadness, loneliness, and despair."
- Step 4: "Just like me, this person is seeking to fill their needs."
- Step 5: "Just like me, this person is learning about life."

Adapted from [Zen Habits: A Guide to Cultivating Compassion in Your Life, With 7 Practices](#).