

Compassion Worksheet

Name: Sarah Johnson

Age: 24

Date: Jan 15, 2024

This worksheet is designed to facilitate self-reflection and development in the area of compassion. It should be used as a guide in therapy and personal growth.

Understanding Compassion

Describe your current understanding of what compassion means to you.

Compassion, to me, seems like understanding and caring for others' pain, but I struggle to apply it to myself.

Assessing Personal Compassion

Reflect on a recent situation where you felt you need to be compassionate for someone. Describe the situation.

My friend was going through a breakup. I tried to be there for her, listening and offering support.

How did you respond to this situation in terms of thoughts, feelings, and actions?

I listened and gave her advice. Inside, I felt numb and disconnected, like I was going through the motions without real empathy.

Did you feel you were compassionate towards others?

Outwardly, yes. Inwardly, I felt hollow and emotionless, as if my attempts at compassion were just an act.

Did you find it challenging to be compassionate?

Yes, it's hard to feel true compassion when I'm overwhelmed by my own sadness.

Reflect on a recent situation where you felt you needed compassion from yourself. Describe the situation.

I had a major depressive episode last week. I couldn't get out of bed and hated myself for being so weak.

Did you feel you were compassionate towards yourself?

No, I was harsh and critical, telling myself I should be stronger and not so pathetic.

Developing Compassion Skills

List ways in which you can enhance your compassion towards yourself.

I could try to challenge negative thoughts and replace them with more understanding ones, perhaps start a gratitude journal.

Identify specific actions or practices you can adopt to develop your compassion skills (e.g., mindfulness, empathy exercises).

I could start practicing mindfulness to be more present in my interactions and perhaps try some guided empathy exercises to better understand others' feelings.

Compassion in Daily Life

Describe one situation in the upcoming week where you plan to practice compassion.

I will try to be more understanding and patient with my coworker who often seems stressed out.

Have you been able to successfully apply compassion in this situation?

Not yet, but I am hopeful that I can make a change.

Reflect on the outcome of applying compassion in this situation.

I hope it will help me connect better with my coworker and maybe ease some of my own negative feelings.

Overcoming Compassion Fatigue

If applicable, describe any feelings of compassion fatigue you've experienced.

Sometimes, I feel drained from pretending to care, especially when I'm struggling myself.

What strategies can you use to address and prevent compassion fatigue?

Maybe setting boundaries and taking time for self-care could help me recharge.

Setting Compassion Goals

Set a specific goal related to enhancing your compassion. Include details on how you plan to achieve this goal.

My goal is to start practicing self-compassion through daily affirmations and to attend a support group for depression.

Life Coach's Observations and Details

Observations and recommendations:

Sarah shows a willingness to develop compassion but struggles with self-criticism. Encouraged her to continue mindfulness practices and consider joining a support group for additional guidance.

Signature

Name of Life Coach: Emily Johnson

Name of Practice: Mind Body and Soul Wellness Center