

Circle Topic

CR Section 2: What Does It Look Like to Act with Compassion?

Self-care and Closing
(15 minutes)



“Just like Me” Exercise

Share

- Do this exercise to develop grace for one of your family members when it is hard to do so. Close your eyes or look towards the ground and recall a time when you have found one of your family members more challenging. Maintain your focus on this person as I read these statements.
 - “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.”

Facilitator Tip: After reading through the five steps one time, repeat the last part of each section — “is seeking happiness in their life, is trying to avoid suffering in their life, has known sadness, loneliness and despair, is seeking to fill their needs, and is learning about life” – then pause for five seconds before inviting participants to bring their attention back to the circle.

Let participants know you will email a virtual copy of the [“Just Like Me”](#) exercise with them after group.

- Try this five-step exercise when you are with someone 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 who crave attention, recognition, affection, and above all, happiness.

Ask

- (Talking piece) For our closing today, I’d like to hear from everyone one more time, what is one thing that stood out to you today that you want to think more about between sessions?

Share

- Thank you for being here today. Our next meeting will be (*share next session date and time here*).
- Same as last time, the facilitation team will be sending out a pre-read before our next session. It will give you some additional context for what we will be covering at our next group. If you didn’t get a chance to read the pre-read for this week and would like to learn more about the topic we discussed today, take a few minutes to review it. We will also send you a copy of all the handouts we shared with you today.
- We look forward to seeing you next time.