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What is Compassion

Compassion: The Heart of Caring for Others

DEFINITION

> Compassion is understanding and caring for someone else's feelings. It means wanting to help others when they are in pain or need support.

KEY CONCEPTS

Empathy

Empathy is the ability to understand and share the feelings of another person.

Kindness

Kindness is being friendly and considerate to others, often through small acts.

Support

Support means being there for someone, offering help or encouragement when needed.

Active Listening

Active listening involves fully concentrating on what someone is saying to understand them better.

Non-judgmental Attitude

Having a non-judgmental attitude means accepting others without criticizing or blaming them.

EXAMPLES

→ Helping a friend who is sad by listening to them.

→ Sharing your lunch with someone who forgot theirs.

→ Volunteering at a local shelter to help those in need.

MEMORY TIPS

★ Think of 'Caring' as the first letter of 'Compassion'.

★ Remember 'Feel, Heal, and Deal' to connect emotions with actions.

★ Use the acronym 'HELP' - Hear, Empathize, Listen, and Provide support.

COMMON MISTAKES

✗ Confusing compassion with pity, which is feeling sorry without understanding.

✗ Thinking compassion only means giving money or gifts.

✗ Believing that compassion is only for people we know well.

QUICK RECAP

Compassion is about understanding and caring for others' feelings. It involves empathy, kindness, and support. Remember to practice active listening and maintain a non-judgmental attitude to truly embody compassion.