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Lifestyle & Hobbies › Emotional Intelligence › Compassion

Beginner lessons for Compassion

Unlock the Power of Compassion in Everyday Life

DEFINITION

> Compassion is the ability to empathize with others' feelings and take action to help. It involves understanding their struggles and responding with kindness.

KEY CONCEPTS

Empathy

The ability to understand and share the feelings of another person.

Active Listening

Fully concentrating on what someone is saying, showing genuine interest and concern.

Kindness

Engaging in acts that promote the well-being of others without expecting anything in return.

Non-judgment

Accepting others without criticism, allowing for open and honest communication.

Self-Compassion

Extending compassion to oneself, recognizing personal struggles and treating oneself kindly.

EXAMPLES

→ Listening to a friend share their problems without interrupting.

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

→ Sending a supportive message to someone going through a tough time.

MEMORY TIPS

★ Remember 'E.A.K.' for Empathy, Active Listening, Kindness.

★ Visualize a heart to symbolize compassion and kindness.

★ Think of 'Caring' as 'Compassion in Action' to reinforce the concept.

COMMON MISTAKES

✗ Confusing sympathy with compassion; sympathy is feeling for someone, while compassion is acting.

✗ Being judgmental instead of accepting others' experiences.

✗ Neglecting self-compassion, which is essential for being compassionate towards others.

QUICK RECAP

Compassion involves empathy, active listening, and kindness towards others. It requires understanding their feelings and responding positively. Remember to practice self-compassion to enhance your ability to be compassionate to others.