

5 WAYS TO CULTIVATE COMPASSION FOR DEEPER CONNECTIONS

1. **Start with YOU**

- a. Notice your self-talk: Is it kind? Would you speak to your friend the way you speak to yourself? Are your standards too harsh? What is one compliment you can give yourself?
- b. Use Positive Affirmations: *I am doing the best I can. I am a kind and loving person. I deserve love and compassion. I am full of love and compassion. I can give myself love. I have the compassion to see the good in everyone. I have the ability to give others compassion.*

2. **Find Forgiveness**

- a. What are you holding on to that is blocking your compassion?
- b. Who do they need to be to earn your love?
- c. Let the past pass. Focus on the relationship you want to create now.

3. **Take an Empathetic Perspective**

- a. What is it like for them? What happened to them to cause this suffering?
- b. What do they need? How can I be a conduit for their healing?

4. **Let go of Judgement and Expectations**

- a. Every person has unique needs they are trying to fill. Their negative emotions or behaviors are an indication that they have unmet needs. Rather than judging it or taking it personally, get compassionately curious.
- b. Build the connection and the relationship that you desire through genuine kindness, without any expectations that it will be reciprocated. What are you grateful for about that person? What is one compliment you could give them?

5. **Perform Acts of Love, Kindness, Service, Giving**

- a. Giving and serving others satisfies the human need for contribution; it activates the pleasure part of your brain.
- b. Find random ways to show compassion daily: Hold the door, help an elderly person, give your child a special treat, use kind words, write a letter, give a compliment, ask a lonely person to join you for a meal, etc.

Compassion is love in action!

Living compassionately has endless benefits: Self-Compassion> Compassion for others> Deeper, more fulfilling relationships> Improved mental health, happiness, and overall wellbeing> Improved physical health> A positive ripple effect for many.