

“Just Like Me” Exercise

Often our compassion resilience relies on our ability to step back from negative encounters. Try this 5-step mindfulness exercise when you are with a family member, friend or colleague and feelings of compassion seem out of reach. Do it discreetly. With your attention geared towards the other person, tell yourself:

- 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.

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