

The Compassion Exercise: Useful to help bring you back to a place of centeredness and to reel in projections you may be placing on the other person. It's a good warm up for any of the other tools here, and can also be used as part of a daily spiritual practice.

By Harry Palmer, from ReSurfacing (updated with gender neutral pronouns)

Do all 5 steps on the same person. If you are coaching others, use this prompt, "With attention on the person, repeat to yourself: _____," and pause for about 5 seconds between each step to allow the person to feel each stage of the exercise. I typically do three rounds, starting with someone easier and working my way up to the person I am in active conflict with.

Just like me, this person...

- is seeking some happiness for their life.
- is trying to avoid suffering in their life.
- has known sadness, loneliness and despair.
- is trying to get their needs met.
- is learning about life.