

compassionate activism

Compassionate Activism Model

1. 100% Committed to a Vision
2. 100% Acknowledging of Current Reality
3. In Community, In Every Moment

The Five Practices of Compassionate Activism

1. Humility and Curiosity
2. Distinguishing Realities and Acknowledging External Reality
3. Gentle Mindfulness and Compassionate Self-Accountability
4. Compassionate Truth-Telling and Consciousness-Raising Inquiry
5. Shared Envisioning and Non-Cooperation

Select a Situation

In order to integrate this model into your daily life, please select a common situation you face to use throughout the session.

1. What is a type of situation that is moderately emotionally charged for you?

2. Why is it emotionally charged for you?

3. What is your typical reaction to it?

Reflection Questions for Practice #1 - Humility and Curiosity

1. What gets in the way of you acknowledging that you *might not know everything* about this situation already?
2. What gets in the way of you being curious about the *other person's internal reality* and asking questions to learn more?
3. What gets in the way of you being curious about *your own internal reality* and digging deeper to get in touch with it?