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?