

# compassionate activism

## REFLECTION WORKSHEET

### 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?

### Practice #1 - Humility and Curiosity

#### Reflecting on Your Typical Reaction

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?

## **Practice #2: Distinguishing Realities and Acknowledging External Reality**

### **Reflecting on Your Typical Reaction To the Situation**

1. Share briefly what you normally think and talk about regarding the situation.
2. With the help of your partner, identify what parts are make believe.
3. Describe what was said and done in that specific situation between you and the other person(s). Focus on the words and actions only.
4. Keep paring down your description until you and your partner feel like it's just composed of the words and actions.

### **Reflecting on Your Reflections**

1. What gets in the way of you acknowledging the situation as it is and as it is not?
2. What do you gain from resisting the reality and focusing on make believe?
3. What's the impact on you when you don't acknowledge the situation as it is?

### **Reflecting on Acknowledging as Acceptance**

1. Share "I accept that they said X."
2. What and how is it different for you when you just focus on the words and actions and accept that they happened as such – and not as you wished had happened?