



**CCARE | Center for Compassion and Altruism Research and Education**  
**COMPASSION COURSE | Cultivating the Heart – Live/Online**  
**DAILY INFORMAL PRACTICES | WEEK 6**

## DAILY INFORMAL PRACTICES

1. Notice at least one trigger during your day-to-day life this week, and write down these observations:
  - a. What's happening **Physically** | What body sensations are present? Body sensations may include: tightness, heat, pit in the stomach, mild quiver. Write down anything you notice happening physically.
  - b. Then look at what's present **Emotionally** | What are the feelings that are present when you think about this person, event, or situation? Emotions may include: sadness, frustration/anger, anxiousness/fear, grief. Write down anything you notice happening emotionally.
  - c. And **Mentally** | Often there is a mental narrative or a self-limiting belief or judgment that is present when we're triggered. That narrative could be judgments or beliefs about the person/situation or negative judgments or beliefs towards ourselves. Write down any mental commentary you notice.
  - d. **Nervous System** | Often our nervous system responds as if we're under threat. This reaction might include fight, flight, freeze or fawn, or a hybrid of some of these reactions. Bring awareness to your nervous system response and write it down.
  - e. **Compassion** | Bring compassion towards yourself, and towards the person involved in this trigger. Bring both of you into the space of your heart.

**Optional/Recommended** | Share what you wrote with your buddy.

2. When it feels appropriate and comfortable, **experiment with the quality of empathic care**. See what it's like to connect with someone who is experiencing some stress in their life that causes them to suffer, *while INTERNALLY staying on your side of the tennis court*. Intend to be fully present, attentive, and authentically engaged. Explore what it's like INTERNALLY *to be with them*, not for them. You do NOT speak these words out loud to someone, you only say the phrase internally to yourself when you notice you are starting to experience empathic distress.