



CCARE | The Center for Compassion and Altruism Research and Education
COMPASSION COURSE | Cultivate a Compassionate Heart
QUOTES | WEEK 3

QUOTES | WEEK 3

“So how can we really seek a compassion that can stand in awe at what people [including ourselves] have to carry rather than stand in judgment at how they carry it?”

- Gregory Boyle

“All unskillful behavior can be understood as a tragic expression of an unmet need.”

- Marshall Rosenberg

“An important aspect of self-compassion is to be able to empathetically hold both parts of ourselves, the self that regrets a past action and the self that took the action in the first place. The process of mourning and self-forgiveness frees us in the direction of learning and growing. In connecting moment by moment to our needs, we increase our creative capacity to act in harmony with them.”

- Marshall Rosenberg