

PICK ONE PERSON YOU WANT TO WORK ON BEING MORE COMPASSIONATE WITH THIS MONTH:

WHAT DO YOU WISH THEY WOULD DO DIFFERENTLY? LIST ALL OF THE THINGS YOU CAN THINK OF IN DETAIL:

IF THEY CHANGED IN THIS WAY, HOW WOULD YOU FEEL?

WHY WOULD YOU FEEL THAT WAY? (WHAT THOUGHTS WOULD YOU BE THINKING?)

IN WHAT WAY ARE THESE THOUGHTS ALREADY TRUE? FIND EVIDENCE FOR THEM:

WHEN YOU NOTICE YOURSELF IRRITATED WITH SOMEONE ELSE, DO A THOUGHT
DOWNLOAD HERE. BEGIN WITH YOUR JUDGMENTAL THOUGHTS:

WHICH OF THEIR TWO CORE FEARS (FEAR OF MISSING OUT OR NOT BEING VALUED)
MIGHT BE DRIVING SOME OF THEIR BEHAVIOR? OR IT IS BOTH? DO A THOUGHT
DOWNLOAD ABOUT WHAT MIGHT BE GOING ON FOR THEM:

TAKE A GUESS AT WHAT MIGHT BE ON IN THEIR MODEL:

C:

T:

F:

A:

R:

WHAT THOUGHTS HAVE YOU DISCOVERED THAT CREATE MORE COMPASSION AND LESS JUDGEMENT FOR YOU?