

## Silent compassion

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### Summary

This activity will help you to make a shift from feeling upset by what another person has said to feeling more compassionate.

### Aims

To have more compassion for yourself and another person in a given situation.

### Participants

Adults

### Method

Self-reflection

### Keywords

Feelings, needs

### Contributor

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### Description

To recognize the feelings and needs of yourself and another person that is involved in a situation.

### Material

Pen and paper

### Handout

[yes](#)

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Category: Communication, Group size: Individual, Duration: 20 min

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