

Meme Triad: Compassion (Problem-Focused)

Name: _____ Date: _____

"Focus on the doughnut, not the hole"

The key to compassion with self and others lies in being non-judgmental. If your expectations are leading you to expect the worst about others or yourself, would it be just as easy to non-judgmentally expect the best from others or yourself?

In the 'Meme' space below, write a meme that has kept you from feeling compassion towards yourself and/or others.

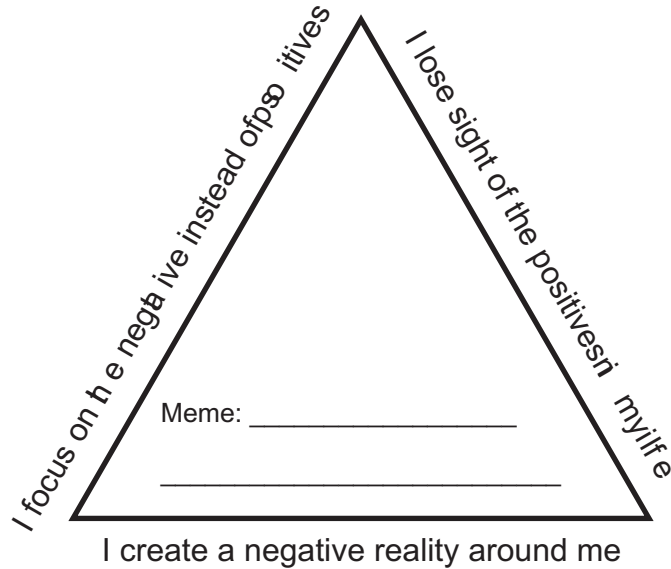
In the 'What' space below, list the ways you have focused on the negative instead of the positive (your negative assumptions)

In the 'Why' space below, list ways in which you have lost sight of the positives in your life.

In the 'How' space, list ways you have created a reality of negativism around you.

After answering these questions, which side of the triangle would be the easiest to change?

How would you change it?



What: _____

Why: _____

How: _____
