

Meme Triad: Compassion (Solution-Focused)

Name: _____ Date: _____

The Pygmalion Effect states that people tend to become what we expect them to be. If we treat others unkindly, they become unkind. If we treat others kindly, they are kind to us in return. Our assumptions about others and our perceptions of others interact to create a reality in which others interact with us.

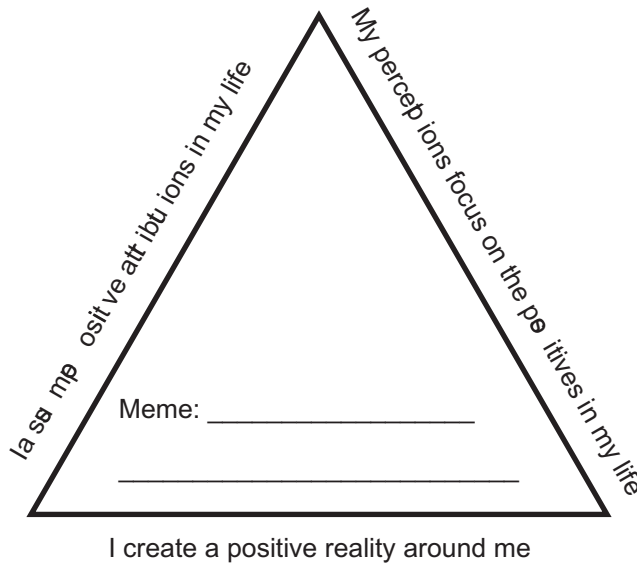
In the 'Meme' space below, write a meme that has enabled you to feel compassion towards yourself and/or others.

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

In the 'Why' space below, list ways in which you have been able to focus on the positives in your life.

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

After answering these questions, which side of the triangle makes it easiest to be compassionate?



What: _____

Why: _____

How: _____
