WORKSHEET 5

COMPASSION AND WISDOM WORK TOGETHER

Here you can find some personal questions about this topic:

Are there examples in your life where you acted too kindly (with too much compassion)?

Were there situations where you were wise, but cold-hearted (with wisdom, but with little compassion?)?

Name situations where you were happy with your action and the other person was happy too (where compassion and wisdom were balanced).

Find examples of situations where you could act differently than you have in the past by incorporating the good of others.

Draw an avatar who heroically copes with a difficult situation with compassion and wisdom.