

At the Table



Session 1

Journaling

Reflect on the following and write or draw in your brown journal (or any journal you would like to use).

The definition of "compassion" that we've been using is:

I see your hurt.
I feel your hurt.
I want to ease your hurt.

Think and write about at time when you have felt compassion for another. How did you feel? What did you do? If you could have a "do-over", what would you do differently?



BE LOVED.
BE KIND.
BE YOU.