

Compassion

Antidotes to Reactivity

Compassion

*Letting Go Of
Outcome*

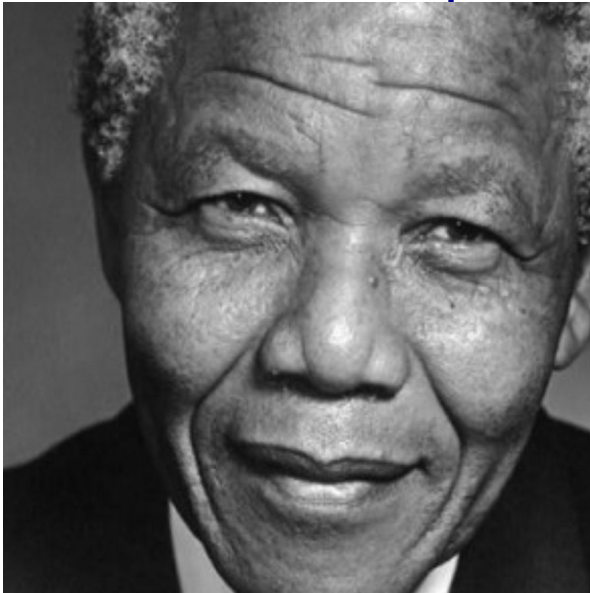
*Emotional
Awareness*

*Learning to
Self Soothe*

Knowledge

“Our human compassion binds us to one another—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.”

—Nelson Mandela





Cold Hands

**NOT BY
CHANCE**
VIDEO COURSE



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☐ Tips for Increasing Compassion

- Read *Anatomy of Peace*
- Observe teen in his/her sleep
- Pray for Compassion



*“Forgiveness is an act of the will,
and the will can function
regardless
of the temperature of the heart.”*

—Corrie Ten Boom