



Building a Compassionate Image

This is to help you build up a compassionate image. As we do this, we can practice giving it qualities. These will include:

Wisdom, Strength, Warmth and Non-judgement

So, in each section below think of the above. Try to create an image of your ideal of caring. What you really like from feeling cared for and cared about.

How would you like your ideal caring compassionate image to look (visual qualities)?

How would you like your ideal caring-compassionate image to sound (e.g., voice tone)?

What other sensory qualities can you give to it?

How would you like your ideal caring-compassionate image to relate to you?

How would like to relate to your ideal caring compassionate image?

Now we are going to think about in any fears, worries, or difficulties you might have while doing this exercise.