

THE 3 “A”S OF CONSCIOUS COMPASSION

Conscious compassion includes awareness, acceptance, and action. This worksheet is designed to ensure that your compassion is coming from trust versus threat.

Step 1 Identify Who or What You Want to Build Conscious Compassion For

Step 2 **Awareness:** Notice What Is

- What **sensations** are occurring in and on the body?
Heaviness in your chest, swirling in your belly, tightness in your jaw, moisture on your palms, etc.
- What **feelings** do you notice?
Sad, scared, angry, joy
- What **images** do you see in your minds eye?
- What **stories** does the mind want to make up about the situation?
Just notice them while doing your best not to see them as the truth.

Step 3 **Acceptance:** Be With What Is

There are three stages of acceptance.

- **Allowing.** Can you allow the person or situation to be just as they are or it is? Take a breath and check your head, heart, and gut.
- If you can Allow, can you **Accept**? Can you welcome the person or situation to just the way they are or it is? Take a breath and check your head, heart, and gut.
- If you can accept, can you **Appreciate**? Can you see value in the person or situation just the way they are or it is? Take a breath and check your head, heart, and gut.

Step 4 **Action:** Move from Awareness and Acceptance

- **Listen from your head, heart, and gut.**
- **Is there an action to take?**
This isn't something to effort to figure out or manufacture, but an effortless idea that makes itself known.
- **Take action.**
Listen without judgement and trust what action wants to happen. It may surprise you. Have the courage to follow through even when it seems counterintuitive or counter culture. Conscious compassion requires a courageous heart.