

WHEEL OF COMPASSION

This resource helps you to centre compassion in your work, so that you can do your best, more sustainably.

This resource combines two frameworks to create a structure: compassionate qualities (Irons and Beaumont, 2018) and directions of compassion (Gilbert, 2017).

It involves **one simple activity**, which can be completed in about **10 minutes**

It could be useful if you want to:

- track how courageous, wise and caring you have been lately
- explore how you have been giving and receiving compassion
- create an intention for how you would like to bring even more compassion into your work

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<https://drjotaylor.substack.com/>



1.

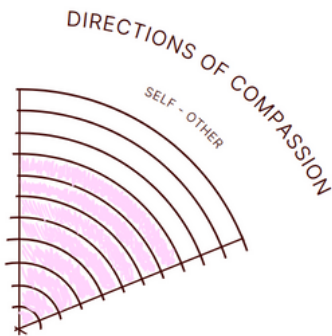


Compassionate qualities help us to notice and reduce suffering and distress...

1) Using the wheel below, shade in the layers of each segment for Commitment to Care, Wisdom and Courage. The more shaded layers, the more present the quality has been recently.

e.g. if you can remember being very courageous, you might shade in more layers for that segment

2.



Compassion can flow in different directions: from us to others, from others to us and from ourselves, to ourselves.

1) Using the wheel below, shade in the layers of each segment for the three directions. The more shaded layers, the more you think compassion has been flowing in that direction.

e.g. if you can remember receiving lots of compassion from others recently, you might shade in more layers for that segment

3.



What next?

1) Looking at your responses on wheel below, choose one area you would like to develop...

2) Note down an intention, for the next week, to help bring more of this into your work.

e.g. "I'd like to try and notice times when people are compassionate to me", or "I will try to take a breathe and see if something wise comes to mind".



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