

MOD 1.4 How to Be Compassionate Without So Much Suffering



TAKE IT DEEPER:

Understanding Empathetic Distress:

Recall a time when it was difficult for you to be with a suffering colleague, student, friend, or family member. What emotions did you experience? How did you navigate those emotions?

Describe how you might use one of the five strategies (check in with yourself, question your response, verbalize your feelings, try a self-distancing strategy, or practice a compassionate response) to address empathetic distress.

How will you remember to implement these strategies in future scenarios when you might otherwise experience empathetic distress?

“You may not control all the events that happen to you,
but you can decide not to be reduced by them.”

— Maya Angelou