

Developing Compassion



Developing a compassionate attitude is like working a muscle; the more you use it, the stronger it becomes.

But it's easy to be compassionate when you're having a good day. What about when you are faced with a situation that is testing your patience? The next time you feel your fuse burning dangerously short, imagine turning on your compassion like a faucet and let it flow - even if it contradicts how you're feeling, or what you would normally do. Even if this feels uncomfortable or out of character, try it a few times and note how the situation turns out. Did it go differently than you expected? How were your actions or words received?

Rather than think of it as something you do for others, think of it as something you do for yourself. Compassion grows anywhere you plant it and it bears fruit in the driest soil. And the more you put into the world, the more of it there will be.

"The true measure of a man is how he treats someone who can do him absolutely no good."

-Dr. Samuel Johnson