Hi,

My name is Maxim and I’d like to thank you for your time and effort reviewing this assignment.

I consider my execution of this assignment both a major failure and a big success.

I know it sounds weird yet this is how I feel, let me try to explain myself.

I’ll start with the failure part and elaborate on it:

I tried to think of some real assignment to perform for day of compassion like volunteer somewhere , or help some needy people \ animals but due to lack of time (extremely tough week both at work and at home) and a lack of creativity I failed to perform such task . Therefore my next idea was just “try to be as compassionate as I can“ each day hoping that one of those days will be “good enough” to describe as “my day of compassion” , and even here I didn’t manage to have a day “worthy” enough to be called “day of compassion” . I feel a little like I failed the assignment and it saddens me a little (though my brain tends to blame problems at work and at home but I consider it as cognitive dissonance resolution to behavior vs. attitude).

Now to the “success” part of my assignment. I feel that even though I failed the assignment itself I succeeded in its objectives. I tried each day to be as compassionate as possible and though I haven’t managed to do some major contribution I tried each day (and in every aspect) to perform “little deeds”: I tried (and managed) to reduce a little meat \ poultry consumption (both mine and my collages at work and family at home) , I tried and managed to make myself and others treat some person at work with compassion (he needed it due to large chaos that he created) , I tried to treat my family with more attention , care and love (it’s easy to take as granted people who are closest to you) , I tried to treat strangers with more compassion (like offering strangers who had no camera to take a photo of them with my phone and sent it to their mail during some activity) and I want (still haven’t done it though) to ask a raise for some of my collages at work . And there are many other “little” issues that I did since the assignment was released. This assignment made me behave in more compassionate way each day and I love it ☺ .

Thanks to social psychology I managed to identify attribution errors towards people (sometimes people tend to blame someone for doing some act and yet they have problem answering the “what would you have done in his place?” question), deindividuation (at work we often use the departments such as IT , Support etc. … instead of people names) , stereotyping and prejudice (I’m now more sensitive to comments regarding ones sex or origin), it’s amazing (and a little scary) how common those issues are in our days.

To summarize my experience from “day of compassion” (though as I said, in my experience it was more like a “two weeks of trying to be compassionate”) , I think it made a little better person out of me . Though probably I didn’t have any real impact on the word (or even on my surrounding environment) like most of others who did this assignment, I do feel I managed to reach the objectives and continue trying to perform one day a real “day of compassion”, knowing that each day that I fail to do it I’m getting a tiny closer to the perfect image of myself. I feel like I’m using the foot in the door persuasion technique on myself and now that I’ve done some “minor” compassion deeds I’m more ready to some real challenge .

Anyway I hope you enjoyed the assignment and the course as me, and I’d like to thank you again for your time! Bye ☺ !