# COMPASSIONATE



## Care for others with compassion.

#### What it's about; what it does for us...

...Feeling the suffering of others; it compels us to want to help them.

### We feel this when...

...we notice when others are in need or upset.

#### It makes us...

...want to do something to help others. It makes us look out for others, as well as ourselves, and want to alleviate suffering.



