

From: China.

As far as I'm concerned, compassion is a feeling of pity, sympathy, and understanding for someone who is suffering. For a more harmonious society, it's quite necessary for us who are luckier than others to be compassionate to them.

I used to smoke a lot in my daily life, though I knew it did great harm to my health and threat the health of my family, too. So I suffered from **Cognitive Dissonance** (Lecture 2.4) sometimes. In the Day of Compassion, I decided to be a non-smoker temporarily, for the sake of everyone.

As the theory of **Thin Slice** (Lecture 1.7) told us, first impressions can take place with an amazing speed and tend to influence impressions later. In order to let others feel my compassion, in the Day of Compassion, I kept reminding myself of wearing a big smile whatever happened. Besides, I gave a hug to my wife and little girl after getting up, and took the initiative to greet everyone in my office. To my great joy, they all rewarded me with a big smile.

For low carbon emissions, I chose to take a bus to my office, rather than driving my own car. After I got off the bus, I saw a disabled young boy begging on the street. Seeing his face, a feeling of sympathy came into my mind. I stopped, gave him all the change I had, instead of passing by indifferently, like I always did. I told myself, it's a small amount of money for most of us, but could solve the food for this poor guy. More importantly, according to the **Bystander Intervention** (Lecture 6.1), passive bystanders will reduce helping responses, because people always think about other bystanders to give a hand for those in need. So it's time for us to stand out, do whatever we can to help. It really doesn't matter what little efforts each of us can make. Once we step forward, I believe there's going to be a huge difference.

After work, I got back home, only to find my mom and dad arguing about trifles (They always did). Usually, I didn't care any of that, and wouldn't step in at all. However, today I wanted to do something. So I chose to **take the third side** (Lecture 6.4), asked them to do as *Dr. William Ury* told, "Go to the balcony", calm down, and think what really matters to us. Finally, it worked. Their talk was back on track, and our dinner ended up with good atmosphere.

Thanks to the Day of Compassion, I came to realize how considerate, respectful, and compassionate I could be. I have to admit that I'm quite careless, even somewhat indifferent to others. I think the main factor that prevents me from being as compassionate as I can be has something to do with **Situational Attribution** (Lecture 2.2). We usually attribute problems like climate change to situational factors, keep complaining about situations, and underestimate dispositional factors. Instead, we need to consider seriously about what role an individual is playing in those problems, are we taking measures to solve the problem, or just sitting there doing nothing, or even making it worse?

Just as *Alice Walker* put it, "The most common way people give up their power is by thinking they don't have it." (Lecture 6.6) We often care little of compassion simply because we tend to think effort from single person is so tiny that can change nothing. And then we will find hundreds of reason of not extending a hand. That is

Confirmation Bias (Lecture 1.5). However, I'd like to quote the great saying, "Whatever you do will be insignificant, but it's very important that you do it." (Mahatma, Gandhi) In fact, every effort counts when it comes to helping others in need, facing the climate change, and problems like that. Every single person should try to be as compassionate as possible, do the best they can, which will absolutely make a huge difference.

At the end of the Day of Compassion, I told my family and my friends about this program. They finally came to realize why I acted so differently and "strangely". In terms of **Self-fulfilling Prophecy** (Lecture 1.6), I also told them that everyone is compassionate deep inside, we just can't release that real person in some cases. Whether it's true or not, I just hope it will help them evoke new compassionate behavior (like attribute reasonably, stretch out for others in need), and finally influence more people.

As for me, I hope this is just a beginning for me to take compassion into practice. I'm looking forward to seeing a different person, considerate, caring, with great compassion to every person, animal, and environment in some day.