

### **Exercise 6.3: Focusing compassion on others** (page 163)

In this exercise, the aim is to bring your compassionate mind online and to focus it on another person or animal. To prepare for this exercise, bring to mind who or what you want to focus your compassion on. As in previous exercises, you might want to risk assess this first so that the focus of your compassion is not someone or something that is in severe distress. We do not want to become overwhelmed by their distress; rather you are aiming to exercise your compassionate mind so that you can bring it online more easily over time.

You can use either version of your compassionate mind: Exercise 6.1, where you focus on imagining and moving into your compassionate self; or Exercise 6.2, where you use a memory of you at your best. Please have this prepared before you start the exercise so you know which version of your compassionate mind you are bringing online. When this is in place, you are ready to begin the audio exercise.