

Worksheet 5: Building your compassionate companion

How would you like your compassionate image to look/appear?

Is it a colour, an object (rock, tree, etc.), an animal, a human? If so, you may want to keep a photo or create a collage, painting or sculpture to remind you of them during imagery work.

Would you like one companion or a group of companions who are good at different aspects of compassion and can show up when needed?

What would you like your compassionate companion(s) to sound like?

Does it have an accent, a gendered voice, a particular voice tone (firm, humorous, gentle, etc.)?

What other sensory qualities can you give to it (e.g. its smell or textures)?

You can use these to remind you of your companion.

How would you like your ideal caring, compassionate image to relate to you?

Will it talk out loud to you or be a voice in your head?

Will it be with you in person? If so, is it next to you, in front of you so you can see it, or sitting behind you, maybe at your shoulder to offer its wisdom and courage?

Will it text you, send you an email or a letter to offer you its compassion?

Will it hold/hug you or keep its distance but gently let you know it is there?

How would like to relate to your ideal caring, compassionate image?

Do you want to accept its compassion, even if this is hard?

Do you want to sit with it, be helped by it or keep it at a distance you feel comfortable with?

Do you want to accept everything it says or does?

Do you want to have a conversation with it to explore the compassion it offers you?

Do you want it to offer you compassion and then decide later how you will use it?