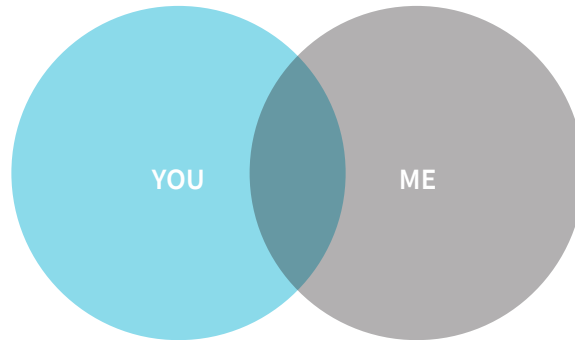




SHOW UP HARD

COMPASSIONATE WITNESS



Compassionate Witness

Reflecting on the Compassionate Witness framework:

- Describe an interaction when you engaged as a Compassionate Witness.



SHOW UP HARD

Reflecting on the Compassionate Witness framework:

- Where did you feel the interaction in your body?

- What thoughts did you have?

- In what ways did it serve you?



SHOW UP HARD

Reflecting on the Compassionate Witness framework:

- In what ways did it serve the other?

- What is your takeaway from this reflection?