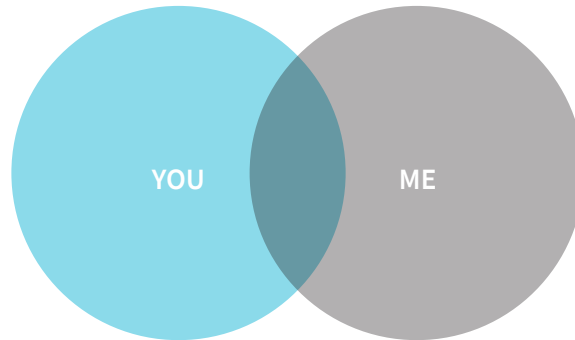




SHOW UP HARD

COMPASSIONATE WITNESS



Compassionate Witness

Reflecting on the Compassionate Witness framework:

- Describe an interaction when you engaged as a Compassionate Witness.
- Where did you feel the interaction in your body?
- What thoughts did you have?
- In what ways did it serve you?
- In what ways did it serve the other?
- What is your takeaway from this reflection?