

The Joy Codex Elements In Action

Compassion

Exemplify Compassion

Lack of Compassion

1	Demonstrating concern for the misery and suffering of Self and Others.	1	Demonstrating little or no concern for the misery and suffering of Self and Others.
2	Increased compassion when those that suffer receive relief.	2	Clear resentment when Others are receiving compassion.
3	Communicating with cognitive intention and compassion in mind.	3	Communicating with resentment, negativity, and selfishness.
4	Helping the needy/volunteering.	4	Disdain for the needy.
5	Desire to see Self and Others in a joyful state.	5	No concern for Self and Others emotional state.
6	Showing concern for Self and Others well-being.	6	Little or no concern for Self and Others well-being.
7	Acting with the intention of compassion.	7	Acting without concern for Others.
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Use the spaces provided to add the items you have identified that exemplify compassion and the items that don't. How do your thoughts influence your compassion with regard to self and others? How will you exemplify compassion and what is the opposite of your action item, how will you know when it isn't demonstrated?