



# The Compassion Collective

## Finding Your Resistance Pathway: A Self-Reflection Worksheet

*Explore your strengths, passions, and resources to find your unique role in creating change.*

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### Introduction: The Power of Knowing Your Role

Resistance isn't about doing everything—it's about doing what you can, where you are, with what you have. It's easy to feel overwhelmed by the challenges we face, but the truth is, no single person can tackle them all. The most sustainable and impactful way to resist is to focus on your strengths, passions, and capacity.

For some, resistance might look like attending a protest or organizing mutual aid efforts. For others, it could mean holding space for others, offering compassionate listening, or creating spaces for community healing and connection. Every role matters because resistance isn't one-size-fits-all—it's about showing up in the way that aligns with who you are.

This worksheet is an invitation to reflect, clarify your role, and create a plan that feels authentic and energizing. Whether you're working with your family, neighbors, apartment complex, or larger networks, you are a vital part of the collective effort for change.

Take your time, reflect deeply, and remember: the process of finding your role is just as important as the actions you take.

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### Step 1: Reflect on Your Strengths

Answer the following questions to identify your natural skills and tendencies:

1. What are you naturally good at?  
*(e.g., organizing, listening, speaking, building, strategizing, creating, holding space for others)*

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2. How do you typically respond to crises?  
*(e.g., by taking immediate action, analyzing the situation, offering emotional support, holding space, or creating long-term plans)*

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3. What do people come to you for?  
*(e.g., advice, leadership, creative ideas, practical help, emotional support)*
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## Step 2: Assess Your Resources

Consider what you can realistically offer:

1. How much time can you dedicate to resistance work each week?  
*(Circle one)*
  - A few hours
  - One day
  - Multiple days
  - As much as needed
2. What resources do you have?  
*(Check all that apply)*
  - Money
  - Space (e.g., a home, car, or office to share)
  - Skills (e.g., writing, legal expertise, first aid, compassionate listening)
  - Connections (e.g., community leaders, organizations, neighbors)
3. What are your current responsibilities or limitations?  
*(e.g., caregiving, health, work, energy levels)*

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## Step 3: Explore Your Passion

Answer these questions to clarify what motivates you:

1. Which issues feel most urgent or meaningful to you?  
*(e.g., racial justice, community healing, climate action, democracy, LGBTQ+ rights, mental health)*
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2. What makes you angriest, saddest, or most hopeful about the current state of the world?

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3. What would you be proud to tell future generations you worked on?

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## Step 4: Match Yourself to a Pathway

Based on your answers above, determine which pathway—or combination of pathways—resonates most with your strengths, resources, and passion.

This step is inspired by Daniel Hunter’s article [“10 Ways to Be Prepared and Grounded Now That Trump Has Won”\(Waging Nonviolence\)](#). The framework helps individuals identify their unique contributions to resistance through four key pathways:

1. Protecting People
  - Am I drawn to directly helping others?
  - Do I thrive in situations where immediate, tangible action is needed?
2. Defending Civic Institutions
  - Am I comfortable working within existing systems?
  - Do I value preserving the structures that safeguard democracy and human rights?
3. Disrupting and Disobeying
  - Am I bold, creative, and willing to take calculated risks?
  - Do I want to challenge oppressive systems head-on?
4. Building Alternatives
  - Am I a visionary who enjoys creating long-term solutions?
  - Do I prefer proactive work that models the future I want to see?
5. Community Care and Healing (expanded for inclusivity)
  - Do I feel called to hold space for others in challenging times?
  - Am I drawn to compassionate listening, emotional support, or fostering connection within my community?

My Pathway:

- Protecting People
  - Defending Civic Institutions
  - Disrupting and Disobeying
  - Building Alternatives
  - Community Care and Healing
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## Step 5: Create a Personal Resistance Plan

Now that you’ve identified your pathway, set actionable goals to stay focused and effective:

**1. My First Step:**

*(What's one small, immediate action I can take this week?)*

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**2. My Support Network:**

*(Who can I connect with to stay grounded and effective? List 2-3 trusted people or groups.)*

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**3. My Boundaries:**

*(What will I say "no" to so I don't burn out?)*

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**4. My Renewal Plan:**

*(How will I care for my body, mind, and spirit while resisting?)*

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## **Optional: Share Your Role**

Let others know where you're focusing your efforts. Share your chosen pathway and actions on social media or with your community to foster solidarity and inspire others to find their own roles.

Resistance is a collective effort, and every role matters—whether you're organizing a protest, offering emotional support, or envisioning a better future. Together, we can build the world we want to see.

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