



The Virtue of Compassion

Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

You are practicing Compassion when you:

Notice when someone is hurt or needs a friend

Imagine how they must be feeling

Take time to show that you care

Ask how they are and listen patiently

Forgive others when they make mistakes

Are helpful to a person or animal in need

Affirmation

I have compassion. I notice when someone is hurt or needs my help. I take the time to show that I care.

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