

Journal Prompts: Empathy & Compassion for Others

1. Who in your life do you feel most compassion for, and why?
2. How can you practice empathy toward someone who is difficult to understand?
3. Write about a time when someone showed compassion toward you. How did it affect you?
4. How can you show more kindness to others today?
5. When was the last time you practiced empathy for someone? What was the situation?
6. How can you offer emotional support to someone who is struggling?
7. How do you offer empathy to yourself during challenging moments?
8. What's one way you can deepen your compassion for others in your life?
9. How do you balance empathy with setting boundaries?
10. Write about a time when you showed compassion to someone in need.