



Choose the focus of your story*

Compassion-Blocking Thoughts

vs

Compassion-Flowing Thoughts

So much sadness –who could be happy?

These tragic events are unbearable to me.

I must keep replaying the self-torturing details.

I need others to understand me to deal with this.

I must address all my thoughts that come at me.

I am helpless to the replay of sad images.

The world is cruel.

I must fully let go of this animal forever.

I am so disappointed in people.

Staying upset is a way to honor this animal.

I want to avoid as much emotional pain as I can.

I won't be able to get through the day.

My job is to alleviate all animal suffering.

I can let joy come in along with sadness.

We all face a challenging aspect of loving animals.

I can choose my focus and how I tell this story.

Self-compassion will strengthen my ability to cope.

I will honor my feelings & question all thoughts.

I can choose the images I want to focus on.

I can bring more compassion to a flawed world.

I can choose to connect in a new way.

Humans are complex; but we are all in this together.

Staying open to life & continuing to love is a tribute.

All experiences are part of the journey.

I will embrace each day, one moment at a time.

My role is to share my unique gifts of compassion.
