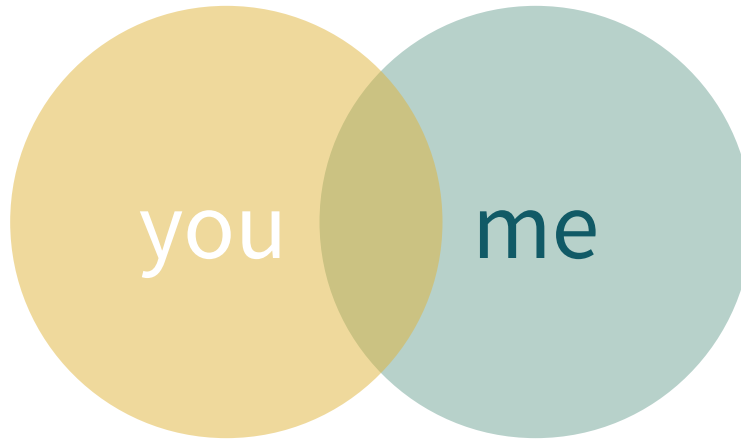


Compassionate Witness



- Describe an interaction when you engaged in this manner.
- Where did you feel the interaction in your body?
- What thoughts did you have?
- In what ways did it serve you?
- In what ways did it serve the other/me?
- What is your take away from this reflection?

- What is your place of enoughness?
- How will you invest in your resilience?