

Benefits of Compassion

Questions	Whole group summary response	Individual response
Of the benefits outlined within the presentation which do you find most appealing for you right now in your life?		
Why did you choose this domain and what does it matter to you (your small group)?		
How would your life be different specific to the domain you selected if you embodied and practiced compassion on a regular basis?		
<p>If people in your life practiced compassion more regularly how would it benefit them, you, and others?</p> <p>Think of specific people and identify which domains they would experience benefit in and how would that occur?</p>		