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FINDING COMPASSION

In Hindu philosophy forgiveness is seen as being compassionate, tender and kind, and having the ability to let go of the harm caused by someone or something else.

It is essential for freeing oneself from negative thoughts, enabling you to focus on blissfully living a moral and ethical life. In the highest self-realized state forgiveness becomes the essence of one's personality, allowing the persecuted to remain unaffected, without agitation, anger or the need to adopt a victim mentality.

Under Judaism the acts of repentance and forgiveness are inextricably linked and Jews are counseled to never allow their anger towards others to cause them to lose sight of self-reflection and cleansing.

They Jews are also counselled to extend forgiveness to those who seek it, so that they do not delay their own spiritual development, or that of the person seeking atonement. Under Judaic teachings, you have fulfilled your obligation to seek forgiveness when you have asked for it three times.

Compassion is an important part of achieving forgiveness, whether that forgiveness is for yourself or for another. And compassion is something we sorely lack in what seems to be a very lonely world for many people.

In fact, according to suicide.org, global suicide rates have increased by a whopping 60% in the last 45 years, with 16 out of every 100,000 people worldwide opting to end their lives.

The World Health Organisation (WHO) now ranks suicide as the 15th leading cause of death in the world and the 2nd leading cause of death among persons aged 15 to 29.

Globally there is a suicide that takes place every 40 seconds – which effectively means that between 2 and 3 people have

committed suicide since you started reading this page.

This number only accounts for persons who succeed though, and doesn't take into account suicide attempts, which estimates place at 20 for every successful suicide.

Finding compassion for someone, especially when what they have done has left a bitter taste in your mouth, is a lot easier said than done though isn't it?

The following series of exercises is designed to help you be able to look at the person you want to forgive with more compassion so that you can find a way to release them, achieving forgiveness and inner peace.

For all three sections, if you are working with forgiving yourself, then work with yourself at that younger age as a separate person.

In part one of the exercise, we're going to do a reality shifting exercise that is designed to show you how uncomfortable it feels to be judging and looking down on someone, or have them do that to you.

In part two, we're going to ask you to step into the person's shoes and try and see the situation from their point of view and also your relationship to them from their point of view.

In the third part of the exercise we will look at and answer some coaching questions that are designed to help you connect with the person even more closely.

If you would like to extend the connection even further, you could break through a number of barriers, both seen and unseen, conscious and unconscious, if you do some energy work, such as activating the heart and throat chakras, or infinity bonding, before or after the exercise series.

Have someone proxy for the person this exercise is centered on, imagine they are there, or use a photograph of them, printed or on your phone or tablet.

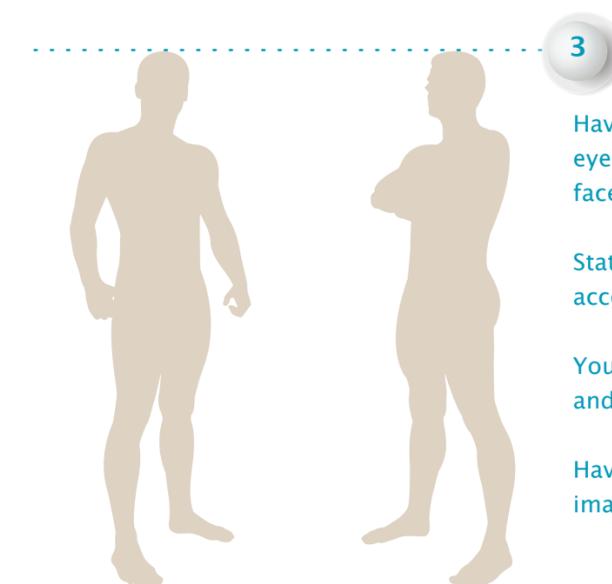
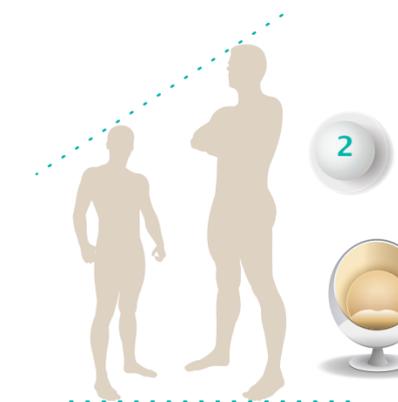
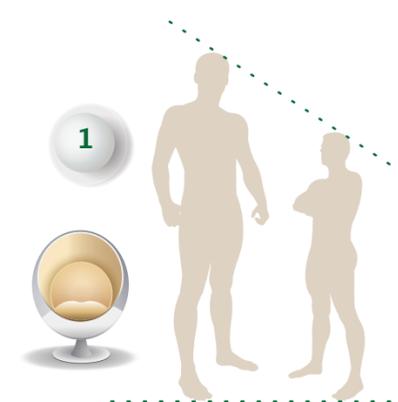
Stand on a chair and look down on them for a while if needs be, and notice when it starts feeling uncomfortable for you.

If you need, you can stay in that position for a few minutes to let the discomfort really settle in.

Now reverse positions and have them stand on the chair, above you looking down on you.

If you're working with a photo, hold it so that it's looking down on you, or better yet, have someone else hold it. Notice when it makes you feel uncomfortable to be judged.

Stay in that position so that you get a feel for how uncomfortable it makes you feel to be judged.



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Have the person stand eye to eye with you, or look eye to eye with the photograph they are holding in front of their face.

State your relationship to the person and tell them you accept them as your equal.

You are my brother/father/sister/mother/lover/child/friend and I love you and accept you as my equal.

Have the person repeat the statement back to you or imagine them saying it.



STEP INTO THEIR SHOES

You may choose to give a day or two for part one to settle in or you may choose to do part two immediately; it purely depends on what you feel comfortable with.

Now that you have equalled-to the other party in this scenario, we are going to have you identify more closely with the other party by stepping into their skin and seeing both the situation and your relationship to them, from their point of view.

Begin by doing a basic relaxation exercise.

Close your eyes and see yourself sitting at at a desk. It can be your desk, one you currently know, or even the desk of your dreams – it doesn't matter. You know what's right for you.

While you're sitting at your desk, become aware that you are busy writing your autobiography on the screen. It must be so cool to be so important that your life story is in demand.

Spend a moment or two reading what you have written in your life story so far, as you slowly become aware of (your person's name), standing in the doorway watching you, completely unaware that you've noticed them.

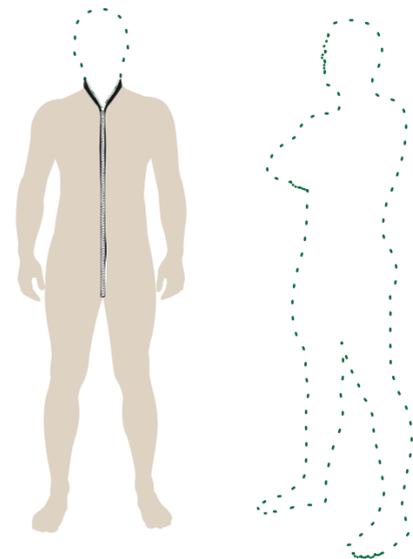
You realise this is because even though it feels like you've turned around, another part of you is still sitting and typing away merrily. So you get and walk over to where (your person's name) is standing and observe them for a moment, as they observe you typing.

As you're standing, become aware that you can step into (your person's name)'s body, exactly like a zip up suit – just step into their body pull the zip closed in front of your torso and over the top of your head.

Take a moment here to settle into (your person's name)'s body and become aware that you can feel what they are feeling, you can see yourself sitting at your desk through their eyes, hear the sound of your typing.

And you can hear another sound too... it's the sound of (your person's name)'s inner voice, and it's saying the loveliest things about you:

... that time that you both...
...how much fun they had with you when...
...how easy it is to be around you because...
...what a caring person you are because...
...that time you helped them with...
...how easy it is to love you because...
...that the best thing about you is...
...that you're beautiful because...
...that they wish they had your talents of...



...and of course all the other wonderful things they have to say about you.

Spend a moment or two listening here, enjoying and remembering.

Also become aware now that they are thinking about the event in question...

...that they wish you knew..
...how sorry they are for...
...how much they wish they had done differently...

Once you're finished hearing everything you need to hear, mentally or verbally thank (your person's name) for sharing their love and appreciation with you, unzip the suit and step out, walking back to your desk quite quickly.

As you step up closer to the desk, feel yourself seamlessly merge with the self you left typing and become aware that you are now typing all the wonderful things you've just learned about yourself.

Take a moment to get all the information down – take a few moments if you need to.

When you're ready, open your eyes.

While you're still feeling softer and emotionally warmer towards this person, answer the questions on the right.

If you are having someone guide you through the process, then they can also ask you the next set of questions while you are still in the visualization process, after you have stepped out of the person's skin and are still looking at them.



Do you recall a time...

- ...they made you smile or laugh?
- ...you felt protective over them?
- ...you felt compassion for them?
 - ...you had fun with them?
 - ...you enjoyed their company?
- ...you thought they were easy to be around?
 - ...you considered them caring?
- ...they were there to guide or help you?
- ...you thought they were easy to love?
 - ...you admired them?
- ...you defended them to someone else?

Can you remember...

- ...believing they had your back?
- ...believing they have your best interests at heart?
 - ...being excited to see them?
 - ...enjoying their company?
 - ...feeling safe around them?
 - ...being grateful for them?

You can do all these exercises and run every process you can find until you're blue in the face, but if you do not really intend to achieve compassion and forgiveness, it's not going to happen.

Exercises and processes are really just a way for you to focus your attention and intention, while giving your conscious mind something to do at the same time:)



categories



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