

GROWING COMPASSION



TOWARDS OTHERS

CREATED BY GALLERY OF HOPE

GROWING COMPASSION



TOWARDS OTHERS

CREATED BY GALLERY OF HOPE

WHY DO I WANT TO BE MEAN TO THIS PERSON?

IS THERE SOMETHING ABOUT THIS PERSON THAT BRINGS OUT THE WORST BEHAVIOR IN ME? ARE MY OWN THOUGHTS/HURTS INFLUENCING HOW I FEEL TOWARDS THEM?

WHAT ARE MY THOUGHTS ABOUT THEM?

WHAT ABOUT THIS PERSON ANNOYS ME?

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THINKING POSITIVE THOUGHTS ABOUT A PERSON I DON'T LIKE

WRITE DOWN THINGS I ADMIRE OR RESPECT ABOUT THIS PERSON - ARE THEY KIND, DO THEY DRESS WELL, DO THEY WORK HARD, DO THEY HAVE A NICE SMILE, ETC?

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WHY DO I YELL AT MY LOVED ONES?

**WRITE DOWN EVERY REASON I CAN THINK OF ABOUT WHY I YELL.
THEN WRITE DOWN HOW I CAN CHANGE EACH REASON - TO BE ABLE TO STOP.**

REASONS WHY I YELL AT LOVED ONES	HOW CAN I CHANGE IT? I WANT TO STOP!
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WHY DO I BULLY OTHERS?

THINK ABOUT THE QUESTION, "WHY DO I BULLY OTHERS?" THEN WRITE DOWN MY FEELINGS, THOUGHTS, BELIEFS, REASONS, ETC, ASSOCIATED WITH BULLYING.

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DISTRACTIONS I CAN DO TO HELP ME FROM BULLYING SOMEONE

WRITE DOWN DISTRACTION ACTIVITIES/IDEAS I CAN DO TO HELP STOP BULLYING

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I CHOOSE TO STOP MY BAD BEHAVIOR! I DON'T NEED TO BULLY ANYONE!

PAST/CURRENT HURTS THAT CONTRIBUTE TO ME HURTING OTHERS

WRITE DOWN MY PAST AND CURRENT HURTS THAT I BELIEVE ARE CONNECTED AND CONTRIBUTING TO ME HURTING OTHERS. SOME HURTS, ESPECIALLY CHILDHOOD ONES MAY BE HIDDEN DEEP INSIDE, SO WRITE THEM DOWN AS THEY ARE REMEMBERED.

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WHY DO I TREAT OTHERS BAD?

LEARNING ABOUT MYSELF CAN GIVE ME INSIGHT FOR CHANGE.

WRITE DOWN MY THOUGHTS, BELIEFS, AND REASONS, ON WHY I TREAT OTHERS BAD.

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POSITIVE THINGS I WILL DO TO BE KIND TO OTHERS

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A SMILE BRIGHTENS HEARTS! AN ACT OF KINDNESS SOFTENS THE SOUL!

WHY DO I TREAT PEOPLE/ANIMALS BAD?

LEARNING ABOUT MYSELF CAN GIVE ME INSIGHT FOR CHANGE.

WRITE DOWN MY THOUGHTS, BELIEFS, AND REASONS, ON WHY I TREAT OTHERS BAD.

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WHY DO I BULLY OTHERS?

LEARNING ABOUT MYSELF CAN GIVE ME INSIGHT FOR CHANGE.

WRITE DOWN MY THOUGHTS, BELIEFS, AND REASONS, ON WHY I TREAT OTHERS BAD.

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WHY DO I TREAT PEOPLE/ANIMALS BAD?

WHAT THOUGHT REASONS IN MY HEAD MAKE IT SEEM OK TO HARM OTHERS?

REASON WHY I TREAT OTHERS BADLY	TURN IT INTO A POSITIVE THOUGHT
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WHAT CAN I DO TO CONTROL MYSELF?

WRITE DOWN DISTRACTION ACTIVITIES/IDEAS I CAN DO TO HELP CONTROL MYSELF.

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I CAN CHANGE MY BAD BEHAVIOR! I DON'T NEED TO HARM OTHERS!

WHAT FEARS AFFECT MY THOUGHTS & FEELINGS TOWARDS OTHERS?

WRITE DOWN WHAT FEARS ARE HOLDING ME BACK FROM CARING, LOVING, OR SHOWING MERCY, KINDNESS AND COMPASSION TO OTHERS?

WRITE DOWN INFORMATION ABOUT MY FEAR(S) LIKE: DID AN EVENT HAPPEN IN MY PAST THAT AFFECTS HOW I TREAT OTHERS TODAY IN THE PRESENT? DOES MY FEAR DEAL WITH JEALOUSY/ANGER? WHAT SITUATION(S) CAUSED FEAR TO BEGIN/GROW?

ALSO WRITE DOWN WHAT I MAY BE ABLE TO DO TO OVERCOME MY FEAR(S)?

MY FEAR: ABOUT MY FEAR: HOW CAN I OVERCOME IT?	MY FEAR: ABOUT MY FEAR: HOW CAN I OVERCOME IT?
MY FEAR: ABOUT MY FEAR: HOW CAN I OVERCOME IT?	MY FEAR: ABOUT MY FEAR: HOW CAN I OVERCOME IT?
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FEAR OF OTHERS/FEAR OF SHOWING KINDNESS, CAN LEAD TO THINGS LIKE ANXIETY, REGRET, PTSD, NEGATIVE THOUGHTS, LONELINESS, WORRY, ISOLATION, AND PHOBIAS.

SUPPORT FROM A MENTAL HEALTH SPECIALIST MAY BE NEEDED TO FULLY HEAL.

CHANGING AGGRESSIVE THOUGHT PATTERNS

LIST MY AGGRESSIVE THOUGHTS, THEN CHANGE THEM INTO NONAGGRESSIVE ONES

THOUGHT OF VIOLENCE/AGGRESSION	TURN IT INTO A THOUGHT OF FRIENDSHIP
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CHANGING MY EMOTIONS/FEELINGS TOWARDS SOMEONE I OFTEN HURT

WHEN I SEE THIS PERSON, HOW DOES IT MAKE ME FEEL? WRITE EVERY EMOTION AND FEELING DOWN, THEN TURN EACH ONE INTO A POSITIVE PHRASE TO READ DAILY.

MY EMOTIONS/FEELINGS ABOUT THEM?

TURN FEELINGS INTO A POSITIVE PHRASE

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CHANGING MY THOUGHTS TOWARDS SOMEONE I LIKE TO HURT

WHEN I SEE THIS PERSON, WHAT THOUGHTS GO THROUGH MY HEAD? WRITE DOWN THESE THOUGHTS, THEN TURN EACH ONE INTO A POSITIVE PHRASE TO READ DAILY.

WHAT ARE MY THOUGHTS ABOUT THEM?

TURN THOUGHTS INTO A POSITIVE PHRASE

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THINKING POSITIVE THOUGHTS ABOUT A PERSON I CARE FOR

WRITE DOWN THINGS I ADMIRE OR LIKE ABOUT THIS PERSON. ARE THEY KIND, DO THEY DRESS WELL, DO THEY WORK HARD, DO THEY HAVE A NICE SMILE, ETC?

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KIND THINGS I CAN DO FOR SOMEONE I HAVE HURT

WRITE DOWN KIND/NICE THINGS I CAN DO FOR SOMEONE I HAVEN'T TREATED RIGHT. BEING KIND/NICE MAY HELP THEM AND MYSELF HEAL, DO NOT EXPECT FORGIVENESS.

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SAYING NICE AND KIND WORDS

**WRITE DOWN KIND/NICE WORDS OR PHRASES I CAN SAY INSTEAD OF MEAN WORDS.
MAKE SURE TO SPEAK FROM THE HEART WITHOUT USING ANY MANIPULATION.**

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WHAT ARE MY REASONS FOR BEING AGGRESSIVE TOWARD OTHERS?

**IN MY THOUGHTS AND MIND, WHAT GIVES ME THE RIGHT TO HURT OTHERS?
WHAT ARE MY REASONS FOR IT BEING OK TO ACT AGGRESSIVE TOWARDS OTHERS?**

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TO OVERCOME BEING AN ABUSER, I MUST GET TO KNOW MYSELF!

**HURTING OTHERS CAN CAUSE ME ANXIETY, FEAR, WORRY, REMORSE, ETC.
WHEN I FEEL THIS WAY, WHAT POSITIVE THINGS CAN I DO TO FEEL BETTER?**

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I CAN HANDLE THIS! I WILL TAKE DEEP BREATHS!

**WHAT CAN I DO TO RELAX/STAY IN THE MOMENT
TO PREVENT ACTING OUT IN AN AGGRESSIVE MANNER?**

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I WILL FIND & LEARN POSITIVE WAYS TO HELP STAY RELAXED/KIND!

INFORMATIVE VIDEOS/PODCASTS THAT HELP MANAGE MY AGGRESSION

YOUTUBE/SOCIAL MEDIA SITES CAN BE GOOD TOOLS FOR FINDING HEALING INFO.

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NOTE: TO PREVENT ACCIDENTLY LOSING A GOOD VIDEO, MAKE A FOLDER IN YOUR EMAIL ACCOUNT TITLED HEALING (OR WHATEVER YOU WANT TO CALL IT), THEN EMAIL YOURSELF THE LINKS BEFORE WRITING THEM DOWN.

WHEN IT FEELS LIKE I'M BEING DEFEATED BY LIFE – STAY KIND

STRESS, ANXIETY, FEAR, WORRY, ETC, CAN MAKE IT CHALLENGING TO EXPERIENCE GOOD THINGS THAT LIFE HAS TO OFFER. TO BREAK OUT OF THIS HARMING CYCLE WRITE DOWN POSITIVE THINGS I'M WILLING TO TRY FOR MORE PEACE IN MY LIFE.

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WHAT HELPS ME FEEL BETTER WHEN FEELING DEFEATED BY MY ACTIONS?

WRITE DOWN POSITIVE THINGS THAT I CAN DO TO LESSEN MY FEELINGS OF REMORSE?

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MY ANGER IS GETTING BETTER! HURTING OTHERS MAKES ME FEEL BAD!

MY ACTIONS

WHY DO I LET MY ACTIONS CONTROL ME?

HOW CAN I BREAK FREE FROM THE STRONG HOLD IT HAS OVER ME?

<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>	<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>
<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>	<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>
<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>	<p>MY ACTIONS: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>

WHAT ARE THE REASONS WHY I WANT TO OVERCOME BEING AGGRESSIVE?

**THINK ABOUT THIS QUESTION, DIG DEEP FROM WITHIN MY HEART.
THEN WRITE DOWN THE REASONS WHY I WANT TO
CHANGE MY BEHAVIOR AND OVERCOME BEING AGGRESSIVE TO OTHERS?**

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WITH ABUSE/BULLYING I MUST FIGHT MY OWN THOUGHTS & ACTIONS

**WHEN EMOTIONS ARE STRONG/HIGH, WHAT THOUGHTS OF ACTION DO I GET?
TO HELP PREVENT FUTURE EVENTS OF ABUSE OR BULLYING, WRITE DOWN TODAY'S
THOUGHTS THAT TEMPTED ME TO DO AN ACT OF AGGRESSION TOWARDS SOMEONE.
THEN CHANGE EACH THOUGHT, INTO THREE WAYS I COULD HAVE SHOWN KINDNESS.**

TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE WAYS I COULD HAVE SHOWN KINDNESS

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- 2.
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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE WAYS I COULD HAVE SHOWN KINDNESS

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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE WAYS I COULD HAVE SHOWN KINDNESS

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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE WAYS I COULD HAVE SHOWN KINDNESS

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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE WAYS I COULD HAVE SHOWN KINDNESS

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LIST THE CONSEQUENCES OF LISTENING TO MY AGGRESSIVE THOUGHTS

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**DEEP DOWN I WANT TO FEEL LOVED! I WANT TO CHANGE!
I WANT TO FEEL! I WANT TO GIVE COMPASSION & MERCY!**

WHILE TRYING TO IMPROVE MYSELF, LEARN FROM TIMES OF AGGRESSION

IF I HAVE A TIME OF WEAKNESS, TRY TO NOTICE DETAILS AND WRITE THEM IN DOWN BELOW. THINGS LIKE: HOW DID I FEEL AFTERWARDS? WHAT REACTION DID MY VICTIM HAVE? WHAT WAS THE LOOK IN THEIR EYES? DID IT BOTHER ME? DID I FEEL REMORSE?

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I CAN CONTROL MY ANGER! I'M NOT AN ABUSER AT HEART! I'M NOT MEAN!

THINGS THAT HELP ME REMAIN CARING

WRITE DOWN WHAT ACTIVITIES, PEOPLE, ITEMS, ETC, HELP ME TO REMAIN CARING.

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I'M WILLING TO GET SUPPORT! I CAN CONTROL MYSELF! I CAN SHOW LOVE!

WHAT ARE MY STRENGTHS AND MOTIVATION TO HELP ME SUCCEED?

OVERCOMING ABUSIVE BEHAVIOR IS CHALLENGING BUT WITH WORK IT CAN BE DONE. WRITE DOWN MY STRENGTHS AND WHAT MOTIVATES ME TO BE A CARING PERSON?

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WHY DO I ABUSE OTHERS?

THINK ABOUT THE QUESTION, "WHY DO I ABUSE OTHERS?" THEN WRITE DOWN FEELINGS, THOUGHTS, BELIEFS, REASONS, ETC, ASSOCIATED WITH ABUSING OTHERS.

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DISTRACTIONS I CAN DO TO HELP ME FROM BULLYING SOMEONE

WRITE DOWN DISTRACTION ACTIVITIES/IDEAS I CAN DO TO HELP STOP BULLYING

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I CHOOSE TO STOP MY BAD BEHAVIOR! I DON'T NEED TO BULLY ANYONE!