

1: 10 Character Traits of Jesus To Emulate

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And each facet comes together to display something of glorious worth. Indeed, He is Jesus the compassionate. Jesus is compassion in the flesh. He pities the pitiful and the helpless and the hurting. This will be encouraging to those who are hurting. Has anyone among us not felt beaten down and in despair? Has anyone among us never been miserable? Some of you are here this morning with heavy hearts. Maybe fighting back the tears because of pain and hurt, and disappointments. This is for you. He was a professor of theology at Princeton in the late 19th century and early 20th. While he was still at the height of his academic powers, his wife got sick. In fact it happened on their honeymoon. The newlyweds travelled to Germany and were hiking on top of a mountain when Mrs. Warfield was struck by lightning and she became an invalid. He took care of her the rest of her life and it was reported he rarely although some have said never spent more than 2 hours away from his wife. Even though she was handicapped, she still loved to read. Warfield would sit at her bedside day after day. And read to her. He was always gentle and caring with her. One day, someone asked him, "Have you ever thought about taking your wife to an institution?" Warfield said, "No way. My wife is my ministry. I will never leave her side. I am going to love her and take care of her as long as God grants us life. It was during this time he wrote books and continues to teach. He tried to synthesize the biblical passages that spoke of the emotions of our Lord Jesus. He pities and relives the miseries of His people. At once we will see a Jesus who is moved with pity on the suffering and the desperate. Out of compassion Jesus Heals 9: Out of compassion the dead are made alive 9: A man of influence, and an unlikely candidate to come and plead to Jesus. Clearly he is desperate. He knelt before Him, in a posture of humility. Sandwiched in this story is another story, a story of a woman in desperation. She came up behind Him and touched the fringe of His garment. She is ceremonially unclean. Like a leper, she was cut off in some ways from her community. You can just feel the emotion in this story. How many people can identify with this? She has an incurable problem. She has depleted her savings account on medical bills. This woman is sick and tired of being sick and tired. Nonetheless, in faith she sneaks up behind Jesus touched his cloak 7. Jesus calls her his daughter. Ladies, imagine Jesus calling you His daughter. You realize you are, right? On the inner circle. She is instantly healed. The professional mourners are already there, playing their instruments and singing away. The first time I witnessed such a site I was in Africa and got off a plane in Eldoret Kenya, got off this small little plane in the middle of rural Kenya, and walked outside this shanty of an airport and right to my left I heard this loud wailing and I could immediately see it was a funeral of some kind. But it was different than anything I had seen. Loud wailing and mourning. There was no holding back of emotions, but pure unfiltered and raw. Bodies flung up and down near the casket, which was still above ground. I imagine this to be a similar scene to what we see in this passage. People are weeping and mourning and music is playing. There is a great commotion. Maybe He could have healed, but now the little girl is dead. The story has ended. This is comical to them. The laughter serves to underscore the greatness of this miracle. Jesus goes inside, takes her by the hand, and the girl arose. The girl who was dead, is now alive. And this was reported all through the district. Imagine how the parents felt a. From the deepest fear and pain, to the heights of joy and celebration. Their little 12 year old girl is back from the dead! These two stories highlight some of the two most painful experiences of human existence. I have never lost a child to death. But I get it. I cannot imagine the pain and the loss. Even the thought of my child going through pain evokes some of the strongest emotions that I have ever felt. How many parents would gladly take the pain or the place of their son or daughter? Then you have this lady who has gone through doctor after doctor to the point of depleting her finances. Not to mention dealing with a chronic, never-ending problem that not only leaves her sick, but leaves her alone. How many of you have chronic pain, or know someone who lives with chronic pain? These two stories illustrate some of the deepest possible pains and hurts that humans can experience. Others of you are sitting here, and you are desperate. You may have a smile on your face, but inside you are barely keeping it together. It could be health. It could be medical bills. It

could be your family is falling apart. It could be secret sin. It could be people you care about who are suffering. But one thing we see here is that our faith will only grow in proportion to our desperation. Their desperation led them to Jesus! The greatest thing that could happen to you is for you to sense your need for Christ. Out of compassion the blind receive their sight 9: These two blind men follow Jesus, and cried out! Jesus walks into the house and the blind men follow him inside! Even though they are blindâ€”they can see, in a sense. Jesus asks them what they believeâ€” 1. What do you believe? And their eyes were opened. He wants a mob of proclaimers after, not before, the cross. Understandably, these two men, after they can see, tell everyone they meet. They displayed faith, but evidently lacked obedience. A great little illustration of people who like what they hear from Jesus and like what they receive, but are not willing to obey His Words.

2: What are some qualities of compassion? | The Education and Employment Ministry

Characteristics of Compassion: Portraits of Exemplary Physicians profiles recipients of the prestigious "Excellence in Medicine" award given by the American Medical Association. Today's physicians are faced with many challenges and can no longer devote the greater part of their working hours directly to patient care.

The personality of the nursing staff and quality of care that a patient receives can heavily influence their mental state. It is essential for a nurse to exemplify compassion and sensitivity to all patients. For this reason, nurses are the cornerstone of healthcare systems and their role is characterized by regular contact with patients. They represent a valuable resource and they are usually the first point of contact in healthcare facilities. The value statements of the healthcare profession highlight respect, compassion and care. The lack of compassion has a negative impact on patients, particularly the elderly and those suffering from terminal illnesses. Studies have shown that factors, such as staffing levels, skill mix and patient dependency often affect the level of compassion shown by nurses. Working environments that are less than ideal can also affect the quality of care provided to patients by nursing staff. Compassionate care is expressed more effectively with actions than words. In recent years, policymakers in the health sector have started paying a lot of attention to compassion. Ultimately, this is aimed at delivering care with decency and humanity. For this reason, nurses should aim to give patients the same level care as they would wish for their loved ones. For highly motivated healthcare staff, such a desire is the hallmark of excellence in nursing. The absence or presence of compassion usually makes a lasting impression on both patients and their relatives. It helps shape perceptions around quality of care in a given hospital or other healthcare facility. Improving experience of care provides the desired value for families and patients. Some studies have shown that compassion impacts the effectiveness of treatment. Patients attended by a compassionate nurse tend to share more information about symptoms and concerns. In turn, this allows the practitioner to make an accurate diagnosis. The Elements Of Compassion Compassion requires staff to give something in the form of kind acts or words. However, personal factors, fatigue or organizational circumstances can hamper quality of care. The absence of compassion often attracts outrage from the media, the public or civic organizations. Compassion begins with basic care, such as ensuring that patients are well fed, comfortable, helped to the toilet and that pain is managed. In addition, it also encompasses respect, empathy and recognizes the uniqueness of an individual. It entails real dialogue on a human-to-human basis than practitioner to patient. Compassionate nurses are honest and do not practice stereotyping but understand and appreciate differences. Qualities Of A Successful Nurse Good nurses are excellent communicators with both patients and colleagues. Effective communication contributes to positive patient outcomes. As the first point of contact, nurses help uplift spirits and calm nerves. The ability to explain complex information in an easy to understand manner is a key skill. Patients typically seek clarity and speaking eloquently makes it easier for patients to grasp the information. Clarity allows patients to follow instructions properly, thus improving chances of positive medical outcomes. Patients must understand all risks, dosages and complications to make well-informed decisions. The most important part is that the nursing staff should strive to make patients feel comfortable. Effective nurses are reliable and responsible. They complete all their tasks accurately, diligently and demonstrate attention to detail. The process of assessing and treating patients has little room for error. The profession requires practitioners to develop leadership skills. This enables staff to cope with the nature of responsibilities placed upon them. It is common for nurses to work long hours, including during weekends and holidays. Patience is a key quality in this field. It allows professionals to stay calm even under pressure. Nurses are trained to avoid confrontation even when dealing with irate patients or colleagues. Staying calm provides a sure-fire way to handle distressing situations professionally. The profession can be highly rewarding for individuals who genuinely care about people, including the elderly and children. Providing emotional support and encouragement allows patients to feel uplifted and stay positive. Maximizing The Impact Of Quality Care Studies have revealed that gaps in healthcare infrastructure and inefficient work processes can lead to stress for nursing staff. In turn, this drastically reduces time spent in direct patient care. These factors are also known to cause nurse burnout,

which may contribute to poor recruitment and retention of qualified staff. On another level, lower nurse-patient ratios can translate to an increase in mortality. This demonstrates that nurse staffing and clinical efficiency play a pivotal role when it comes to patient safety. Meanwhile, innovative healthcare facility design and optimized work processes help improve recruitment and staff retention. Additionally, the optimization contributes significantly to patient safety, boost efficiency of service delivery as well as prevent reimbursement penalties.

Coping With Stress The nursing field can be emotionally draining at times, which causes stress. A combination of staffing challenges, irate patients, conflicts with colleagues and long hours can lead to burnout. In more severe cases, it can translate to job dissatisfaction. Stress management tools are an absolute necessity in clinical settings. At times forces combine to create an unbearable situation for nursing staff. Communication provides a practical solution for practitioners to cope with different types of workplace challenges. Experts agree that stress is unavoidable in healthcare facilities but it is manageable. When working in an environment where communication is clear, nurses handle their roles more confidently. They can understand the plan of care and may not experience any stress. Additionally, staying organized has been proven to reduce stress in the workplace. Making an effort to set priorities in a day allows practitioners to formulate effective plans based on achievable targets. Enlisting the help of an experienced mentor is a viable way to not only enhance self-development but also deal with stressful situations. A mentor can give a practitioner a chance to vent or express concerns. Keeping frustrations to oneself can deepen the crisis. Managing stress helps avoid burnout. Nursing staff capable of managing stressful situations and stay in control at all times have significantly better chances of advancing into leadership positions.

3: Characteristics of Compassion: Portraits of Exemplary Physicians - Helen Meldrum - Google Books

Compassion is not only a characteristic it's a complete lifestyle. Here are ten things only compassionate people do. Aside from the awesome characteristics.

Scales[edit] Much of the research conducted on self-compassion so far has used the Self-Compassion Scale, created by Kristin Neff , which measures the degree to which individuals display self-kindness against self-judgment, common humanity versus isolation , and mindfulness versus over-identification. Development[edit] The original sample for which the scale was developed consisted of 68 undergraduate students from a large university in the United States. In this experiment, the participants narrowed down the potential scale items to During this research study, undergraduate students were selected at random to complete the 71 previously narrowed down scale items. This study consisted of randomly selected, undergraduate students. They were as follows: By comparing two different groups of people, researchers would be able to see the different levels of self-compassion. Forty-three Buddhist practitioners completed the Self-compassion Scale as well as a self-esteem scale. As expected by Neff, the Buddhist practitioners had significantly higher self-compassion scores than the students. This includes 6 subscales – self-kindness, self-judgement, common humanity, isolation , mindfulness , and over-identification. Neff recommends this scale for ages 14 and up with a minimum 8th grade reading level. The first dimension is self-kindness versus self-judgment. The second dimension is common humanity versus isolation. The third dimension is mindfulness versus over-identification. Self-compassion exercises have been shown to be effective in increasing self-compassion, along with increases in self-efficacy, optimism, and mindfulness. The user is then asked to compare and contrast how they react internally to their own struggles, and to endeavour applying the same loving kindness to themselves that they would apply to a friend. The user is asked to focus on a stressful event or situation. Then, the user is asked to repeat several prompts to themselves, each of which emphasizes one of the three main tenets of self-compassion: Once they have brought this issue to mind, they are asked to write a letter to themselves from the perspective of an unconditionally loving imaginary friend. The user is then asked to focus on the soothing and comforting feelings of compassion that they have generated for themselves. Initially, they are asked to occupy the chair of the self-critic, and to express their feelings of self-criticism. They are asked to analyze this criticism and make note of its defining characteristics. Then, the user is asked to take the chair of their criticized self, and to imagine verbally responding to their inner critic. Subsequently, the user is prompted to conduct a dialogue between these two aspects of the self, the criticizer and the criticized. Following this, the user is asked to imagine themselves as a compassionate observer of this dialogue, and finally the user is asked to reflect upon the experience. Users are asked to aim to notice when they are being self-critical, to react to their self-criticism with compassion, and to reframe the language of their inner critic. The user is asked to analyze each of these events through the lenses of self-kindness using gentle, comforting language to respond to the event , mindfulness awareness of the negative emotions elicited by the situation , and common humanity how the experience is part of the human condition. Then, the user is asked to try to come up with a kinder and gentler and more caring way of motivating themselves to make the desired change, and to try and be aware of how they use self-criticism as a motivational tool in the future. Research has found that self-forgiveness promotes greater overall well-being, specifically higher self-esteem and lower neuroticism. It would seem that accepting responsibility for negative actions leads to pro-social behavior, and coupling acceptance with self-forgiveness increases this effect. Self-acceptance means accepting the self despite flaws, weaknesses, and negative evaluations from others. However it is essential to pay attention to self suffering in a grounded way in order to avoid "over-identification". Self-compassion focuses on soothing and comforting the self when faced with distressing experiences. It was also reported that the increase of self-compassion appeared to reduce stress associated with the program. Individuals are taught how to achieve awareness while holding an attitude of non-judgemental acceptance. Self-compassion in response to negative thoughts and feelings is an adaptive process, which validates it as a key learning skill in MBCT. They also found that MBCT reduced the connection of cognitive reactivity and depressive relapse, and that the increased

CHARACTERISTICS OF COMPASSION pdf

self-compassion helped mediate this association. In addition there are homework MSC assignments that teaches participants to be kinder to themselves. We accept ourselves as good enough, and we recognize the need for all of us to change and grow. The basic premise of using self-compassion therapies in DBT is to cultivate a compassionate mind state, defined by feelings of warmth, safety, presence and interconnectedness that can in turn relieve emotional dysregulation. ACT, involves non-judgmental awareness and openness to cognitive sensation an emotional experiences. The avoidant behavior is treated by having clients observing their thoughts and accepting that their thoughts are not necessarily harmful. Mindfulness and acceptance exercises skills facilitates the behavioral changes necessary for its user to pursue a life that they feel is vital and meaningful. Defusion is also used in self-compassion as a means of allowing self-criticisms to pass through the mind with believing, proving them wrong or engaging stance to make these thoughts workable.

4: Self-compassion - Wikipedia

We shared what we view as qualities of compassion, what it sounds like, how it makes you feel and where you see it. The tone of everyone's answers were very similar, and it was obvious to me that everyone had a personal understanding of what it was based on experience.

Yet this is changing. Organisations are now showing interest in a more compassionate style – in leading with feelings. What does it mean to be a compassionate leader? How can I inspire others to create a more caring culture? Will being more compassionate mean going soft, diluting hard decisions and watering down a solid focus on outcomes? How many have you seen around your workplace? What they say and do resonates – and they always have the time to engage in connective conversations with others. Compassionate leaders manage their moods. They know feelings are catchy and they use positive emotions to inspire, not infect others with negative, de-motivating feelings. Compassionate leaders put people before procedures. Compassionate leaders show sincere, heartfelt consideration. Compassionate leaders are mindful. Compassionate leaders are hopeful. They move others passionately and purposefully with a shared vision that plays on the positive, energising and renewing power of hope. Compassionate leaders have the courage to say what they feel. They convey feelings, fears, even doubts, authentically, which builds trust and makes them approachable. Compassionate leaders engage others in frank, open dialogue. They speak candidly with truth, humility, respect and conviction – and make it safe for others to do so too. Compassionate leaders are connective and receptive. They read what other people are thinking and feeling. This empathetic connection keeps them in touch and in tune. Compassionate leaders take positive and affirming action. They act out compassion. In the process, many have encased themselves in some pretty impenetrable, compassion-proof armour. Is it time to climb out and make workplaces more humane? The more effective ones have always been like that anyway! Is there a place for a new breed of compassionate leader? Want to be Happy? Cultivate Compassion! Stimulated by a series of dialogues sponsored by the Dalai Lama between practitioners of Buddhism and western psychologists, a number of leading researchers are now studying the positive psychology of compassion. The right, by the way, is linked with fear, anxiety, sadness and depression. From a Buddhist perspective, all of this comes as no surprise. Buddhist practitioners have always maintained the most powerful way of becoming happy is to cultivate compassion. Western psychology often forgets that happiness is a state of the mind – just as much as depression is – and so its main cause must also be psychological. While we strive to find happiness outside ourselves – in wealth, success, fame, work or relationships – the truth is that the extent of our happiness depends mainly on our emotions. And compassion is key. The Components of Compassion! What makes up compassion? Is there such a big gulf between east and west in our understandings of this term or is there agreement on some of its essential components? The Dalai Lama sums it up succinctly: Respect and caring is common meeting ground. You feel curiosity, respect and real empathy. In Buddhism, compassion is a deep understanding of the emotional state of another which sounds like the western idea of empathy. Compassion may lead us to feel empathy with another person. In western thought, empathy is what enables us to connect with other people, which can then lead to us feeling compassionate toward them. Selfless and unconditional, both traditions agree, are conditions for true compassion. It is based not on our own projections and expectations, but on the needs of the other, irrespective of whether another person is a close friend or an enemy. Committed action is a common factor. Being of benefit to others is part of both views. Compassionate acts attempt to alleviate pain and suffering of others. In Buddhism, this is the primary focus. Being tender-hearted though is not the same as being soft-headed. There are two areas The Dalai Lama highlights about compassion, on which the west still seems vague. The Lost Art of Compassion: Discovering the Practice of Happiness in the Meeting of Buddhism and Psychology, Lorne Ladner , HarperCollins, New York Compassion is often seen as a distant, altruistic ideal cultivated by Christian Saints and Buddhist monks or as an unrealistic response of the naively sentimental or kind-hearted. Clinical psychologist and long-time Tibetan Buddhism practitioner, Ladner has a foot in both camps so to speak. He covers some clear, effective practices for cultivating compassion in daily living and shows how its

practical application in our life can be a powerful force in achieving happiness. If we spend time actively cultivating such feelings, then we will quickly begin seeing how they lead to happiness for ourselves. When we develop feelings of love or compassion, we may not always be able to actually benefit others in a direct way, but we ourselves do always benefit from such feelings. They serve as causes for our own happiness. And, as we give more and more time to developing such feelings, then we will naturally begin benefiting others as well. My experience as a psychotherapist has shown me that the expression of simple human compassion is healing in-and-of-itself. By developing deep, powerful feelings of compassionate connection with others, we can learn to live meaningful and joyful lives. Such feelings of joyful compassion teach us how taking care of others is actually a supreme method for taking care of ourselves. Not a fast-fix, but Ladner offers 10 reflective practices to open up to compassion – emphasizing that "you cannot give others what you do not have yourself. And he does this without making us feel like we need to reach nirvana next week. Information on our 2-day advanced EI coaching clinic for leaders:

5: The Compassionate Leader

Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.

Krejcir Will allow us to feel the pain and plight of others. Is the Character of Compassion working in you? Here is how you can find out. How do I exhibit Compassion in my daily life? What can I do to develop a better attitude of Compassion? What blocks Compassion from working and being exhibited in me? How can I make Compassion function better, stronger, and faster, even in times of uncertainty and stress? It will enable us to convey a deep feeling of love and concern that moves us to meet their distresses, struggles, and needs. This all flows from our understanding of who God is, and our obedience, trust in, and gratitude for what He has done for us. Our lives must be motivated by who we are in Christ, and nothing else! Lack of sympathy, Coldness and Thoughtlessness are the opposites. Unmerciful, in Scripture, usually refers to those who are unmerciful to the poor. However, it also means people who are without compassion, who do not feel for the distresses of others, and those who cause these distresses. These are all opposites of what God does with us, and how He calls us to respond to others. Is it a duty, or does it flow naturally? What are the things that cause you to be unsympathetic with others? How does Thoughtlessness counteract Compassion? What happens to our relationships with God and others when we are cold and uncaring? When have you been filled with Compassion the most? In what situation did you fail to be Compassionate when you should have been? What issue is in your life that would improve with more Compassion? Think through the steps you need to take to put Compassion into action in a specific instance, such as going to someone who has been hurt, seeking resolution and healing. Ask yourself, How can I develop this character further so God can better use me in the lives of others? True Compassion is a result of the poured out life that has been devoted to God and attached to His interests. The trials and tribulations we endure give us the strength and character to be of better use in the lives of others. Because we have been through it, we can help lead them through it, too. It will also make us more confident of our Lord and His working within and through us. Compassion is not bringing our own needs, ideas, sympathies, or agendas--no matter how needed and good--to a situation. We are to seek His intervention, but not demand that God fulfill that need. We are to bring ourselves closer to Him and experience His presence and preeminence. Compassion also gives us the ability to feel genuine empathy and concern for those who suffer distressing physical, mental, or emotional problems, to tolerate it, and even serve them cheerfully. This is a prime aspect of the Spiritual Gift of Mercy; however, not having that gift is no reason or excuse to not act on it Matthew 9: A true test of our election is the amount of love and sympathy we have for one another and the lost. This is what leads us to intercessory prayer, even for those we do not like. So, how much time do you devote to intercession? If you feel stale, and dry of love and companionship in your life, especially with God, you have a big problem! Drop to your knees in surrendered prayer and seek His face! God does not care about our emotional level. Rather, He is interested in our faith, trust, and response for what He has done. Kindness is the proof text to authenticity that is a result of God working in us. Grace means an undeserving act of kindness. Compassion is exercising that kindness! That means we refuse to use His goodness as a guide so we can experience sorrow for our own miss-actions, and develop compassion towards others for theirs within reason--there is no license to keep sinning Psalm God is generous with His grace, so we should be generous toward one another, and be thankful. If we refuse to see His goodness and turn from sin, we will be exhibiting the ultimate contempt for our loving Lord! Real character will not cave in under pressure, and will resist the temptation to compromise! Krejcir Into Thy Word Ministries <http://>

6: The Essential Characteristics of a Nurse

Compassion is not bringing our own needs, ideas, sympathies, or agendas--no matter how needed and good-to a situation. Rather, it is identifying with others, allowing God's ideas and interests to take us beyond ourselves to the situations of others, and helping to bring them closer to Christ.

Specifically, he defines compassion as having three components: To become a highly effective leader, you need to go through an important transformation. How else can they unleash the power of their organizations unless they motivate people to reach their full potential? If our supporters are merely following our lead, then their efforts are limited to our vision and our directions. Only when leaders stop focusing on their personal ego needs are they able to develop other leaders. The practice of compassion is about going from self to others. I found the work of Jim Collins, documented in his book *Good to Great*: The premise of the book is itself fascinating: Collins and his team tried to discover what makes companies go from good to great by sifting through a massive amount of data. The first and perhaps the most important finding in the book is the role of leadership. It takes a very special type of leader to bring a company from goodness to greatness. These are leaders who, in addition to being highly capable, also possess a paradoxical mix of two important and seemingly conflicting qualities: These leaders are highly ambitious, but the focus of their ambition is not themselves; instead, they are ambitious for the greater good. Because their attention is focused on the greater good, they feel no need to inflate their own egos. That makes them highly effective and inspiring. I do not pretend to know how to train Level 5 leaders either, but I am convinced that compassion plays an essential role. If you look at the two distinguishing qualities of Level 5 leaders ambition and personal humility in the context of the three components of compassion cognitive, affective, motivational, you may find that the cognitive and affective components of compassion understanding people and empathizing with them tone down the excessive self-obsession within us, and thereby create the conditions for humility. The motivational component of compassion, wanting to help people, creates ambition for greater good. In other words, the three components of compassion can be used to train the two distinguishing qualities of Level 5 leadership. Compassion is a necessary but maybe insufficient condition for Level 5 leadership, and therefore, one way to begin training Level 5 leaders is compassion training. This is one compelling benefit of compassion at work. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

7: Bible Verses About Compassion: 21 Top Scripture Quotes

"But self-compassion is actually the first step in changing any behavior you want to change." And there's science to back it up: According to a study from the University of California, Berkeley, those who practice self-compassion are more motivated to improve themselves and go for their goals.

Theories[edit] Theoretical perspectives of compassion have been developed through the years, the following three proposed perspectives show contrasts in their evolution and approaches to compassion. Compassion is simply a variation of love or sadness, not a distinct emotion. Suffering can result from psychological, social, and physical trauma [16] and it happens in acute forms as often as chronically. The later stages may involve the person expressing their victimization and searching for help. Compassion is often a characteristic element of democratic societies. A possible source of this process of identifying with others comes from a universal category called "Spirit. The Holocaust , Genocide , European colonization of the Americas , etc. The seemingly essential step in these atrocities could be the defining of the victims as "not human" or "not us. The Dalai Lama once said that "compassion is a necessity, not a luxury" [3] and that "it is a question of human survival". This identification with others through compassion can lead to increased motivation to do something in an effort to relieve the suffering of others. Compassion is an evolved function from the harmony of a three grid internal system: Paul Gilbert defines these collectively as necessary regulated systems for compassion. It is found that people only show less compassion for many victims than for single victims of disasters when they expect to incur a financial cost upon helping. This collapse of compassion depends on having the motivation and ability to regulate emotions. Both feelings involved an expected change in activity in the anterior insula , anterior cingulate , hypothalamus , and midbrain , but they also found a previously undescribed pattern of cortical activity on the posterior medial surface of each brain hemisphere, a region involved in the default mode of brain function , and implicated in self-related processes. Activity in the anterior insula related to compassion for social pain peaked later and endured longer than that associated with compassion for physical pain. It was found that while the subjects were performing compassionate acts the caudate nucleus and anterior cingulate regions of the brain were activated, the same areas of the brain associated with pleasure and reward. This research sheds light on how acting on compassion induces a positive feeling in people and how humans are innately wired to want to help the suffering. This is illustrated by the relationship between patients and physicians in medical institutions. Compassion fatigue According to Figley, individuals with a higher capacity or responsibility to empathize with others may be at risk for "compassion fatigue" or stress, which is related to professionals and individuals who spend a significant amount of time responding to information related to suffering. Self-compassion Self-compassion is a process of self kindness and accepting suffering as a quality of being human. It has positive effects on subjective happiness , optimism , wisdom , curiosity , agreeableness , and extroversion. Certain activities may increase feelings of and readiness to practice self-compassion; some of these activities include creating a loving-kindness rituals, practicing empathy, practice random acts of warmth and goodwill like tonglen , etc. Research indicates that self-compassionate individuals experience greater psychological health than those who lack self-compassion. In their view, reason alone was the proper guide to conduct. They regarded compassion a virtue as an effect, neither admirable nor contemptible. Compassion historically is considered as a passion, Justitia is blindfolded because her virtue is dispassion and not compassion. The virtue of compassion to all living beings, claim Gandhi and others, [52] [53] is a central concept in Hindu philosophy. Compassion to all living beings, including to those who are strangers and those who are foes, is seen as a noble virtue. Daya compassion is not kripa pity in Hinduism, or feeling sorry for the sufferer, because that is marred with condescension; compassion is feeling one with the sufferer. There are two forms of compassion: Absolute compassion applies to both, while relative compassion addresses the difference between the former and the latter. An example of the latter include those who plead guilty or are convicted of a crime such as murder; in these cases, the virtue of compassion must be balanced with the virtue of justice. It dedicates Chapter 25 of Book 1 to compassion, [64] further dedicating separate chapters each for the resulting values of compassion, chiefly, vegetarianism or

veganism Chapter 26 , doing no harm Chapter 32 , non-killing Chapter 33 , possession of kindness Chapter 8 , dreading evil deeds Chapter 21 , benignity Chapter 58 , the right scepter Chapter 55 , and absence of terrorism Chapter 57 , to name a few. Ahimsa in Jainism Compassion for all life, human and non-human, is central to the Jain tradition. Though all life is considered sacred, human life is deemed the highest form of earthly existence. To kill any person, no matter their crime, is considered unimaginably abhorrent. It is the only substantial religious tradition that requires both monks and laity to be vegetarian. It is suggested that certain strains of the Hindu tradition became vegetarian due to strong Jain influences. Jains refuse food obtained with unnecessary cruelty. Jains run animal shelters all over India. The Rabbis speak of the "thirteen attributes of compassion. Renowned in the Jewish tradition as a sage and a scholar, he is associated with the development of the Mishnah and the Talmud and, as such, one of the most important figures in Jewish history. Asked for a summary of the Jewish religion in the "while standing on one leg" meaning in the most concise terms, Hillel stated: That is the whole Torah. The rest is the explanation; go and learn. Many Jewish sources speak of the importance of compassion for animals.

8: What are the characteristics of compassion

Self-compassion is a process of self kindness and accepting suffering as a quality of being human. It has positive effects on subjective happiness, optimism, wisdom, curiosity, agreeableness, and extroversion.

Tweet Christians and non-Christians alike usually can agree that Jesus is the best role model to have. From His faith, perseverance, generosity, and even His intelligence, people see the best qualities that mankind can possess. The following is a list of 10 character traits of Jesus that everyone should emulate. Whenever people were around him, Jesus understood what their real needs were and sought to address them. For some, physical healing was necessary, for others the root issue was spiritual. In all cases though, Jesus took the time to actually notice that people were hurtingâ€”and His compassion drove Him to help them. Although He was praised as a great teacher and even had a decent following, He made sure to teach them to be servants by actually doing it himself. Jesus claimed that there is no greater love than to die for one of your friendsâ€”and He did just that. If anyone doubts His love, all they have to do is look upon the cross and see the agony that He bore for their sakes. He experienced that horrible death so that all can be saved. That, very clearly, is true love at its finest. This is definitely contrary to the everyday mantra of looking out for number one and obtaining personal justice. Jesus was by no means concerned for His own life; all He wanted was to provide a way for forgiveness. Wherever He was, or whoever He was with, He was fully in the moment and fully committed to His goals. There were certainly many obstacles during His ministry, but He stayed on track and finished strong. Whether it is in the garden of Gethsemane, across a river, or on a mountaintop, Jesus disappeared for a while in order to pray to the Lord. People always tried to find Him, and He never turned them away, but He also made sure to make time spent with His heavenly Father a priority. Children seemed to love coming to him, and He made sure the disciples knew not to hinder them when they did so. When speaking with His disciples, mother, or other ladies, He could be very kindhearted and gentle. But, when He was giving someone a rebuke or making a point in an argument, He knew when turning up the heat was necessary and only did so strategically. Despite all of that, He kept His composure and responded appropriately to every individual. Although He was offered food, power, and many other things, Jesus controlled His desires and submitted them all to the will of the Father. Yes, He had desires for food and such, but He had a greater desire to obey the Lord and accomplish what He set out to do. Even when the crowds sought to make Him king, He rushed away from their grasp. He did not want to become a sideshow performance that people could enjoy. Rather, He wanted to seek and save the lost and offer forgiveness for sinful people. Yes, He could have traveled around in order to show off His powers in other towns, but He chose not to. People will not find a better person to emulate positive character traits from than Jesus Christ himself. Read more about character: Would you like to get the daily question in your FB messenger? Just click the button below to get started.

9: Compassion - Wikipedia

Compassion is defined as a feeling of deep sympathy and sorrow for another person who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering of the individual or community (Merriam-Webster ,).

CHARACTERISTICS OF COMPASSION pdf

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