

MindfulLiving™ Module 6

Compassionate Communication

Introduction Getting Started

Understanding Compassionate Communication

- ❖ Compassionate communication is a vital skill that transforms how we connect with others. It involves expressing our thoughts and feelings with honesty and empathy—a powerful force that fosters understanding and connection. It also requires actively listening and understanding the perspectives of those we interact with.
- ❖ This approach fosters more profound, meaningful relationships and creates a supportive environment where everyone feels valued and heard. As you reflect on the questions in this worksheet, consider how compassionate communication can enhance your personal and professional interactions.
- ❖ Think about the impact of your words, their intentions, and how to create a more empathetic and understanding dialogue with those around you.

Instructions for Students - Compassionate Communication Module

❖ **Purpose of the Worksheet:**

This Getting Started Worksheet will help you lay the foundation for your practice and provide insights into your transformation.

❖ **Mindfulness Journal:**

Shery Clein, your MindfulLiving™ Coach, strongly recommends keeping a MindfulLiving™ Journal to record your reflections and progress. Journaling is a powerful tool for self-discovery and growth. It allows you to explore your thoughts and feelings deeply, track your development, and gain clarity on your journey toward more compassionate communication.

❖ **Taking Your Time:**

Take your time with these exercises. They will deepen your self-awareness and clarify your goals for incorporating mindfulness practices into your communication.

❖ **Reflection:**

These questions are designed to guide you in practising mindful and compassionate communication. Reflect on each one thoughtfully to shape your approach to conversations and interactions.

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10 Life-Changing Questions for Compassionate Communication:

1. Current Expression:

How do you express your feelings during challenging conversations?

2. Active Listening:

When was the last time you truly listened without interruption? How did it make you feel?

3. Empathy in Communication:

What steps can you take to communicate with more empathy in your relationships?

4. Mindful Reactions:

How do you usually react when someone disagrees with you? How could you respond more mindfully?

5. Defining Compassionate Communication:

What does compassionate communication mean to you? How can you incorporate it into daily interactions?

6. Impact of Words:

How often do you think about the impact of your words before speaking?

7. Reflecting on Conflict:

Think of a recent conflict. How might you have approached it with more compassion and understanding?

8. Barriers to Open Communication:

What are the main obstacles that prevent you from communicating openly and honestly?

9. Fostering Positive Communication:

How can you promote supportive communication at work or home?

10. Strengthening Relationships:

How can you ensure your communication nurtures and strengthens your relationships?

Thank you for engaging with this module on compassionate communication. Your dedication to fostering more profound and empathetic connections is genuinely commendable. Applying these practices creates a better understanding and supportive environment in your personal and professional relationships. We look forward to supporting you in the next transformative phase of your journey. Wishing you continued growth and meaningful connections.

♥ By Shery Clein, MindfulLiving™ Coach – Advocating Awareness Intelligence



Compassionate communication is a heartfelt connection to others.

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