

Q: What is "COMPASSION"?

A: "Kindness" and "Caring" are key synonyms for
"Compassion."

A: "When I am compassionate,
I see ...
I feel ...
I do"

From Bernadete Leal

A: The Dalai Lama's definition:
"...sensitivity to the suffering of self and others
with a deep commitment
to relieve the suffering"

A: Compassion literally means "to suffer together
... the feeling that arises when you are confronted
with another's suffering and feel motivated to
relieve that suffering."

From greatergood.berkeley.edu

Definitions collected

for use with **Compassionate Comprehension with the Common Core**

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