

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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