



Group or individual Exercise for RSD

Objective: To develop an ultimate compassionate image that represents pure compassion, care, and kindness towards yourself.

Start by closing your eyes and taking deep breaths, slowing down your breathing, and relaxing.

2. Think of compassion, notice what images, thoughts, or feelings arise in you. Allow whatever is there to be there, or allow things to come and go as they please.

3. Allow an image to arise that represents compassion for you. Take your time to develop an image that symbolizes all the things that go with compassion. If nothing comes immediately, that's okay, just take your time and see what emerges, no matter how strange it may seem.

4. Develop an image that holds warm feelings towards you, conveys a sense of understanding for you, for your struggles and your feelings, shows kindness, care, and concern for your well-being, and is strong and wise as it supports you.



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5. Notice if the image is of a person or not, something real or imagined, an animal, some other being, or an aspect of nature. Is it young or old? Male or female? What colors or light are associated with it?

6. Allow yourself to fully immerse in the image and notice how it makes you feel. What physical sensations in your body go with these feelings? What facial expression does the image display towards you? What body posture or stature does it convey towards you? How does it sound or communicate with you? What things does it say to you? What tone does it use? What does it do to help or comfort you?

7. Spend a few minutes just appreciating this image of ultimate compassion. Pay particular attention to the compassionate feelings this image generates. See if you can allow these feelings to take over, to grow inside you, almost feeling your whole body fill with compassion.



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How to use it moving forward

1. Choose the compassionate image that triggers feelings of compassion within you, whether it's imagining giving compassion to someone or creating your ultimate compassionate image.
2. Practice bringing this image to mind regularly ,daily ,and when you are relatively calm.
3. Strengthen the image by using it to spark compassionate feelings within you.
4. Use the image during tough times when you are experiencing emotional pain.
5. Remember to start your imagery practice with a few rounds of slow breathingto get you in the mood for compassion.