

INTERVIEW GUIDE FOR COMPASSION

Instructions: In pairs take time to interview one another using the following questions.

Be a generous listener. Do not dialogue, rather take turns to actually conduct an interview. If you need more information or clarification ask additional follow-up questions. Use this sheet to record the results of your interview. When your interviews are completed you will present the results to the wider group.

Before you conduct the interview take a minute to read the questions and decide how you will personally answer the question and make a mental note of your response. Now proceed with the interviews, paying full attention to the interviewee rather than to your story.

1. Experience of Tenderness: Reflect on your life experience. Recall a memorable time when you felt very tender toward someone and that the experience left you feeling very connected and affirmed. Tell me about this memorable experience of tenderness. Describe the event in detail. Describe what you did as a result of the experience?

2. Value: Without being humble, what do you value most about yourself when you are tender.

Meditation Walk: I walk in tenderness. Tenderness above me, tenderness below me, tenderness to the east, south, west and north of me, tenderness within me.

1. Experience of Fierceness: Reflect on your life experience. Recall a memorable time when you felt very fierce toward someone or something and that the experience left you feeling very connected and affirmed. Tell me about this memorable experience of fierceness. Describe the event in detail. Describe what you did as a result of the experience?

2. Value: Without being humble, what do you value most about yourself when you are fierce.

Meditation Walk: I walk in fierceness. Fierceness above me, fierceness below me, fierceness to the east, south, west and north of me, fierceness within me.

1. Experience of Mischievousness: Reflect on your life experience. Recall a memorable time when you felt very mischievousness toward someone or something and that the experience left you both feeling very connected and affirmed. Tell me about this memorable experience of mischievousness. Describe the event in detail. Describe what you did as a result of the experience?

2. Value: Without being humble, what do you value most about yourself when you are mischievous.

Meditation Walk: I walk in mischief. Mischief above me, mischief below me, mischief to the east, south, west and north of me, mischief within me.