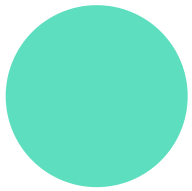




Session 2

Journaling

Reflect on the following and write or draw in your brown journal (or any journal you would like to use).



Think of a time that you have felt brave. Did compassion play a part in this?



Can you think of a time when compassion did (or could have) helped you feel more brave?

