



*WEEK FIVE: Step 4 – Embracing Shared Common Humanity  
and Developing Appreciation of Others*

**THEMES: Recognizing our connection with others; appreciating the contributions of others to your life; empathic connection**

*Guided Meditation Practice in Class and for Home Practice:*

- Embracing Shared Common Humanity and Developing Appreciation of Others

*Informal Daily Practice:*

- Notice interdependence. Look for opportunity to really see, appreciate, and possibly thank someone whose role you might have otherwise overlooked. Notice if this gives rise to a natural sense of connection or care.
- Look for an opportunity to reinterpret your reaction to a situation/interaction when you are feeling something other than empathy (e.g. disgust, irritation, pity, envy, schadenfreude) by remembering “Just like me, this person wishes to be happy, loved, and appreciated; just like me this, person wishes to be healthy, safe, and free of suffering.” Notice if this gives rise to greater compassion.
- Practice reciting “just like me” in your mind throughout the day as you interact with others
- Do a five minute “common” meditation throughout the day
- Reflect at the end of the day on ways that you may have stereotyped others, and the effects of this.

### **Week 5 Class Notes and Reflections**

*Use this page to take notes during class, and/or record your thoughts, feelings, observations, and questions related to this week's class session.*

### **Week 5 Meditation Practice**

**Meditation: Embracing Shared Common Humanity  
and Developing Appreciation of Others**

*Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.*

	<b>Practice Time</b>	<b>Questions &amp; Observations</b>
Day 1 (Thursday)		
Day 2 (Friday)		
Day 3 (Saturday)		
Day 4 (Sunday)		
Day 5 (Monday)		
Day 6 (Tuesday)		
Day 7 (Wednesday: next class mtg)		

### **Week 5 Meditation Practice**

Meditation: Embracing Shared Common Humanity  
and Developing Appreciation of Others

**Overall reflections on this week's meditation practice:**

**Overall reflections on the process of supporting (and/or avoiding or resisting)  
your own meditation practice:**

## **Week 5 Informal Compassion Practice**

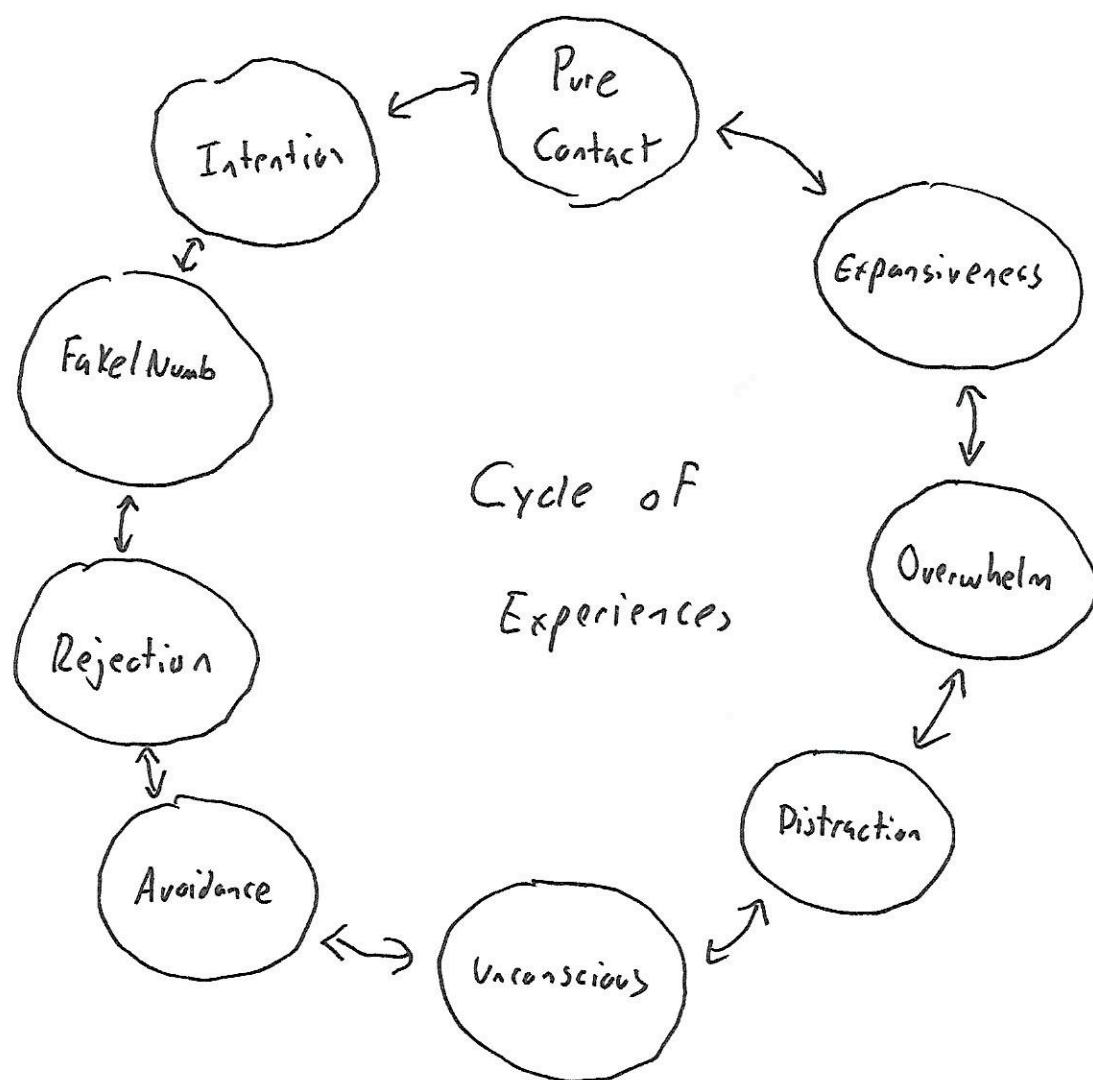
*Use this page to record any thoughts or observations about this week's suggestions, or your own strategies, for bringing compassion into everyday life. Your CCT facilitator may discuss informal daily practices in class.*

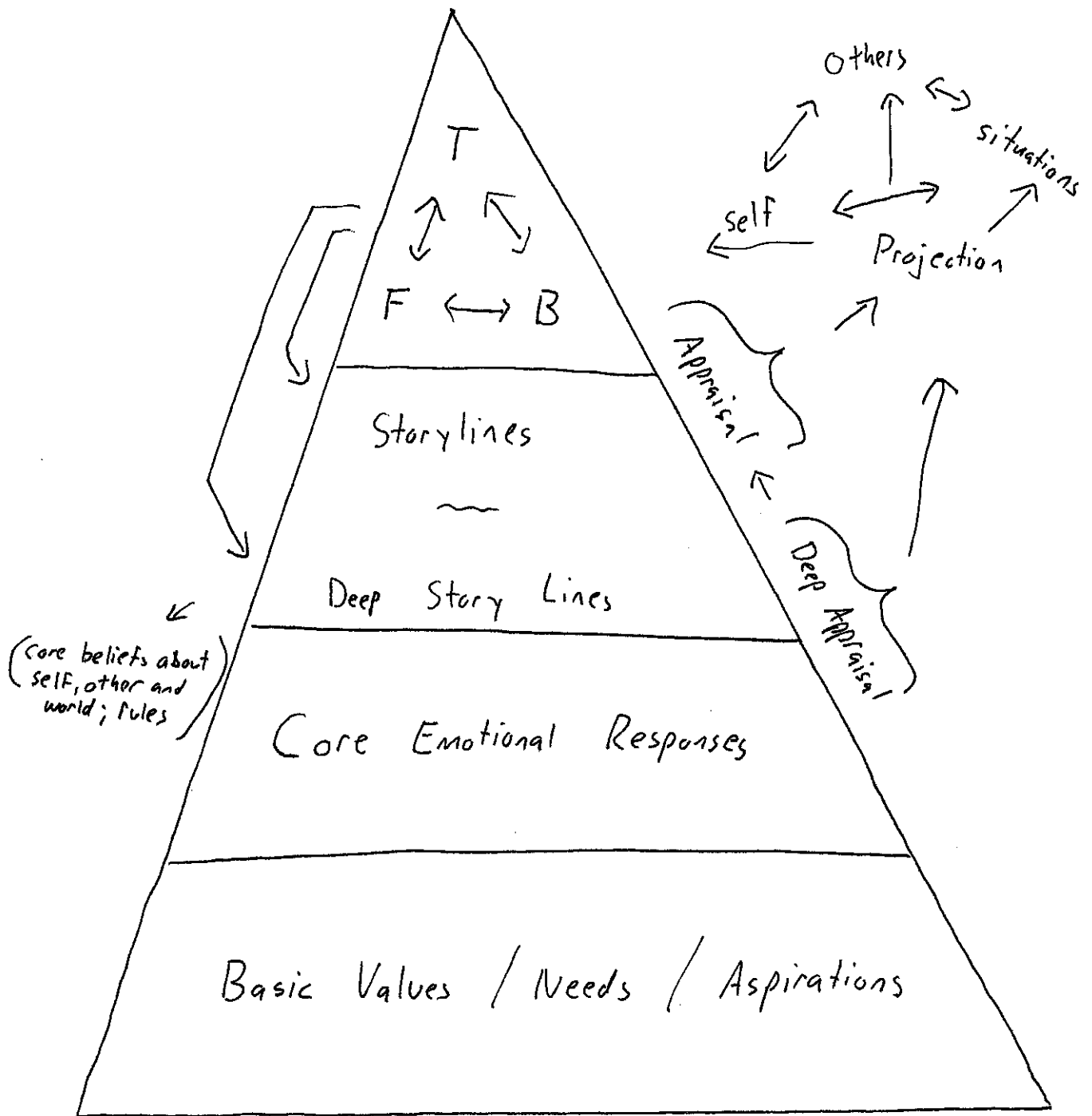
High  
Warmth

Low  
Status

High  
Status

Low  
Warmth





Dent Gitchel