## **Loving Kindness**

Due Date:	Name:	Week Starting:
	rent times when you pra	ndfulness practices you did this week. Write out descrip- cticed loving kindness. Use the back of this worksheet if
		_To a friendTo someone I was angry with myTo all beingsOther:
	ript you used (i.e., the w	•
person:Feelings of o	Feelings of warmth or ca connectionWisdon	ncreased any of the following, even a little bit toward this ringLoveCompassion nHappinessSense of personal validity of help you become more compassionate:
	<del></del>	_To a friendTo someone I was angry with myTo all beingsOther:
Describe the so rect).	ript you used (i.e., the w	varm wishes you sent):Same as above (check if cor-
1		
2		
3		
4		
5		
person:	Feelings of warmth or ca	ncreased any of the following, even a little bit toward this ringLoveCompassion nHappinessSense of personal validity
Describe how the	ne skill helped or did no	ot help you become more compassionate:
List any and all	wise things you did this	s week:

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