My Compassion Charter

1. I RECOGNISE MYSELF AS UNIQUE VULNERABLE, EVER-CHANGING AND WITH NEEDS.

In order to get to know others,
I need to accept myself as I am.

+ *I accept myself and accept that others are different.*
+ *I treat both myself and others with respect.*

- *I feel superior or inferior to other people.*
- *I hurt myself by comparing myself to other people.*

2. I AM CARING AND COMPASSIONATE TO MYSELF.

To be able to care for others
first I have to take care of myself.

+ *I recognise my needs and try to meet them.*
+ *I accept my limits.*
+ *I set limits and say "no"*

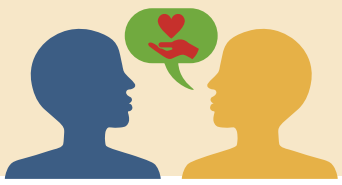
- *I feel sorry for myself.*
- *I neglect my emotions.*

3. I ACCEPT PEOPLE AS THEY ARE.

I accept that we are all unique and
that throughout our lives we may change
the way we think, feel, act.

+ *I respect others unconditionally, even if they are different to me, or think differently to me.*

- *I reject, discriminate and marginalise other people for their ideas.*



4. I AM KIND TO OTHER PEOPLE.

I am friendly and treat people with respect,
to become a role model for others.

+ *I am approachable and friendly.*
+ *I express interest.*
+ *I am available.*

- *I act without thinking.*
- *I don't pay attention to others.*
- *I am in a hurry when I meet people.*

5. I RESPECT THE PRIVACY OF OTHERS

I respect the physical, social and emotional distance
that others may inidcate verbally or non-verbally.
I set limits when I need to.

+ *I respect the private space of others.*
+ *I ask permission to approach.*

- *I impose my will.*
- *I go beyond established limits.*

6. I LISTEN CALMLY, RESPECTFULLY AND OPENLY.

I listen kindly to what others share.
I express interest in what they say.
My behaviour and emotions are sincere.

+ *I pay attention to verbal and non-verbal communication.*
+ *I accept silence.*

- *I give advice.*
- *I attempt to be the centre of the conversation.*

7. I OFFER COMPANY, BALANCE AND WELL-BEING TO OTHERS.

When I attend to someone, I give priority to their needs,
without neglecting my own,
so that both of us are comfortable.

+ *I listen to understand.*
+ *I give space and time to the other person.*

- *I always need to have an answer.*
- *I attach little value to the situation.*

8. MULTIPLY THE IMPACT AND OUTREACH ON SOCIETY.

I Observe and listen to the needs and concerns of my community,
to know where to support, comfort, understand and act.

+ *I seek the common good.*
+ *I use dialogue to mediate, generate social participation and reach agreements.*

- *I discriminate against or reject others when I take sides.*

9. BY MY ACTIONS I DEVELOP A COMPASSIONATE COMMUNITY.

I try to understand, alleviate and prevent both
my own suffering and that of others.

+ *I am aware of how important it is to be present, available and to listen to other people.*

- *I act out of self interest.*
- *I am insensitive to other people's suffering.*

10. What would you add?

Fundación "la Caixa"

Ayuntamiento de Vitoria-Gasteiz
Vitoria-Gasteizko Udala

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tlf.: 945 14 33 11

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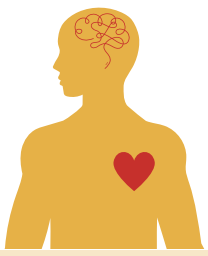

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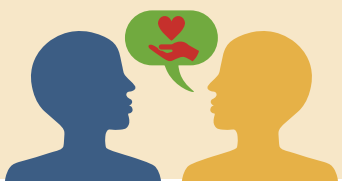

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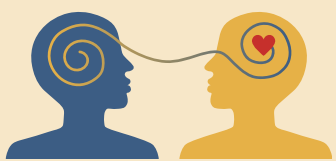

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